



BROOKLYN_BORN

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How many calories can you burn doing this? For an hour!

Monday, July 01, 2013



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If just leaping in the air isn't enough, you can try for some interesting poses while in flight



Maybe yoga meditation



Praying for the perfect entry?



Pretending a rescue?



Or just looking mad



Or silly



Or trying to walk on water



None of this could be entered into a fitness tracker unless there was a category for joy in movement.



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MARYJEANSL
Wonderful!
2902 days ago



CHANGINGHORSES
OMG! That looks like so much fun! Woohoo! I got happy just looking at the photos!
Enjoy your holiday!
2902 days ago



PMRUNNER
Some great photos, that looks like it was a lot of fun!
2902 days ago



CD13886868
Aw, these put a smile on my face! Thanks!
2902 days ago



SADWHITEWOLF

I think this is why I was such a skinny child. I played, physically, ALOT! I think that is why my





best work outs are my self-made aerobics routine. I just feel the joy of the dancing and music and burn, burn, burn!
2903 days ago



PINKBEANBOO

How fun!

2903 days ago



CD12146214

I am so loving the Swami pose....looks like us at the cottage but do you have a sailboat? I am soooo envious! Your grandkids look so happy and I bet they had a great nights sleep!

2903 days ago



PHEBESS

What fun!!!!!! Both what the kids are doing, and you sharing it with them!!!!

2904 days ago



AKATHLEEN54

Oh my gosh.... this so brings me back to the days when my kids and their cousins did the exact same thing at our summer house ... Oh what seems like yesterday!! Some of the poses are

even the same.... so much fun!!

2904 days ago



ONEKIDSMOM

Forget about the calories... think about the FUN! Those kids are having a blast!

2904 days ago



MISSB8604

SO fun! HA!

2904 days ago



TIME-4-TINA

so cute! someone has a great camera!

2904 days ago



BELLACUDDLES

How fun!! Great pictures!!

2904 days ago



CD14034154

What an excellent way to spend an afternoon!!! I love the quotes for the pictures!!! The very first thing out of my mouth, when I read they did this all day, was: "Oh the legs!" I remember when I was visiting my grandma in WV, her and granddad lived on a farm, and my sister, three 1st cousins, and I would climb up into the hay loft and jump down into a pile of hay on the floor. One of my cousins, had a bat head on a stick and he was chasing the girls with it. The next day when I got up, I could hardly walk, as my legs were so sore. I just wanted to cut them off. Well, Aunt Elsie, which is where my cousins were staying, called grandma and told her what we had done, as all 3 cousins had the same problem. When grandma asked my sister and I if we felt anything, we responded with a "NO MAM!" What a liar we were!!! It hurt like all get out!!! Oh well, such is life, for a kid, back in the day.

God bless you and yours and thank you for sharing,

- Nancy Jean -

2904 days ago



ILIKETOZUMBA

Those are AWESOME photos. Totally priceless! I love kids and how they get such "joy in movement" as you so aptly termed it. It's something I'm trying to rediscover after spending so much time working out like it was my JOB while losing weight. I want to be like your kids, and just be able to get some "exercise" through that kind of playing without worrying about calories or heart rates or tracking it or anything like that. Looks like you guys had a great time!

2904 days ago



KARRENLYNN

Sometimes it's not about the tracker, it's simply the joy of being able to move and appreciating the fact that you can!

Karen

2904 days ago





CHERALA

Your grandchildren and these photos are fantastic!
2904 days ago



STAY39

How awesome! What great pics! Looks like they had a ton of fun! I especially love the yoga pose and walk on water (the shadow in the water is very cool!) They Must have slept well that



night. Thanks for sharing!
2904 days ago



COCK-ROBIN

LOL, great pics!
2905 days ago



WATERMELLEN

So much fun!!



I'm thinking we need a "joy tracker!"
2905 days ago

Comment edited on: 7/1/2013 10:30:56 AM



MYSTERYROSE74

Awesome!!!! This looks like so much fun. I love all the poses!



Terrie



2905 days ago



CD13227574

Love the yoga pose
2905 days ago



AHUVAK1

I am having fun just looking at the pics.
2905 days ago



WILSONWR

Kids are so much fun to be around! I love doing things with our grandkids.
2905 days ago



CELIAMINER

So cute, and the pictures made me smile on a Monday morning! I'm amazed at how you caught each one just right.
2905 days ago



DR1939

Ah, kids and grandkids in particular. They can remind us of the joy in life.
2905 days ago



BOOKAPHILE

Great photos... and joy in movement would be an important category - especially for kids who do so much of it.



I think you had joy in watching and recording.
2905 days ago



BAZOOKABOBCAT

HAHAHAH!!! I love it!
2905 days ago



SUMMER-14

I love these pictures! Summer fun!



2905 days ago



MISCHAKEO

What fun they are having. I love the pictures. They are not worrying about calories..LOL. I wondered yesterday as I was going up and down the stairs cleaning out the basement..as to how many calories I was burning. Your grandkids had more fun.
2905 days ago



MOOSLADY

I think the pure of joy of it might be more healthy than any calories they burn! They will be looking back at this thirty years from now, saying remember how much fun we had at Grandma's....
2905 days ago



DOVESEYES



2905 days ago



LOVE-HEALTH

LOVED these photos ! Wishing you and your family all the best!
2905 days ago



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