



BROOKLYN_BORN

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No need for a stair step machine. I just have to go outside.

Tuesday, July 23, 2013

The view of our dock doesn't look so bad from here.



That's because I'm only halfway down. Here's the view looking back up



There's 106 steps altogether.

When realtors advertise to people of our age, they emphasize "one floor living" and "no stairs." We've gone to the other extreme. Even the house has 3 levels.

I'm taking a lesson here from my grandmother who lived literally on the side of a mountain. Even visiting a neighbor was quite an exercise. The walk to "town" was all downhill, but then you had to trek back up again, carrying whatever you bought.

I don't know if I can match her endurance, since I naturally hate hills, but I'll give it a try.

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Grandma was mobile into her 90s and finally "benched" by cataracts. They didn't have the easy surgery back then.

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WATERMELLEN

We have a 3 story house with inside and outside stairs to the third floor: and a two story office. Lots of stairs are keeping us healthy!!
2879 days ago



MARYJEANSL

Unless someone is already disabled, I don't think it is a good idea to avoid stairs. Having them forces you to use them, and then you keep your legs stronger, get more exercise, etc. With that lovely hill you have, you have to be in fantastic shape.
2880 days ago



SUNSET09

Not only does it keep you in shape, what a view from the top. Here's to a long, healthy life!



2881 days ago



MOOSLADY

Take heart that my parents are turning 89 this Summer and still can get to both floors of their house. My Dad who has balance problems from a previous fall on the stairs, does limit how often he goes on the stairs but my Mom has no issues whatsoever.
2882 days ago



WILSONWR

That's a good way to stay in shape without trying!
2882 days ago



CD12146214

So what you are saying is that you run these stairs for exercise every day....just kidding....your place looks great, love all the sun!
2882 days ago



KELLIEBEAN

Whoa! that is serious. You will have thighs that can crack a walnut tackling those steps on a regular basis!

Gorgeous view!
2882 days ago



BELLACUDDLES

That's great!!!
2882 days ago



CD14034154

Brooklyn,

You place looks absolutely BEAUTIFUL!!! However, all those STEPS!!! I'm just starting to learn how to do steps, again, so I wouldn't want to tackle yours, yet!!!

I bet your grandma would've still been walking around, if she had that surgery!!! She sounds like the type of lady, that would just be like the energizer bunny.

Be blessed,

- Nancy Jean -
2882 days ago



OBIESMOM2

I've been told I'm a very sick individual because I like to run bleachers. I still can't do it for very long, but it's one of my favorite workouts





when I can slip in the gate at the high school stadium, I get a really good workout. 30 bleachers...heaven!
2882 days ago



CELIAMINER

Okay, I have to stop complaining about the rinky-dink hills in my neighborhood, even if they do make me feel I can walk them faster than I can jog them.
2882 days ago



LINDAKAY228

Wow that would definitely be a workout! I wish I had that around my home. I wear the fitbit ultra that counts floors or stairs (or hills) and I'm on a team on the fitbit website that is climbing the 7 summits of the world with our fitbit floors. I would have no excuses then LOL!
2882 days ago



BOOKAPHILE

What a great place to keep you in shape! A bonus is that you don't have to worry about flooding. You have a lovely place to live!
2882 days ago



DESERTJULZ

Love it! What a way to make you do some hills. :D Hills are better for you than flat walks & runs!
2882 days ago



CD13136117

Great photos! We have lots of steps too, and I keep telling myself that I must always stay in shape so I can handle them - a good motivator.
2882 days ago



DR1939

We live halfway up a moraine, not as steep as this but the steepest around. Summers are fine but winter walks down a snowy slope can be daunting.
2883 days ago



LINDA

Wow! What a gorgeous place!! Would be a pleasure getting stair exercise there!! Trying to get a run in would be a whole other story though.. Enjoy!
2883 days ago



MISCHAKEO

I love your pictures. I have a 3 story house also..I go up and down the stairs to exercise my cats. Great job of staying fit on your stairs!
2883 days ago



VONBLACKBIRD

We live on the side of a hill and I will tell you that exercise walking up and down the hill is double of a flat walk. You go girl.
2883 days ago



SARAWALKS

I'm with you, stairs are great, especially if you have them outdoors and as beautiful as these! My house has two levels and I live at the top of a big hill so if I take a walk, I always have that hill to climb when returning. It's been a challenge and a delight since one path runs through a totally undeveloped bit of land. That land seems to be protected somehow since every other scrap of land near me has had townhouses built on it. I keep praying the forest will remain...
2883 days ago




SLIMMERJESSE

Beautiful house and location.
2883 days ago



KAYOTIC

Oh, those hills! Good for the glutes, you know!  Enjoy!
2883 days ago



POINDEXTRA

It looks like you have a beautiful property! Buns and Thighs workout with those steps to the dock, and then an upper-body workout in the kayak. I think I might want you to adopt us:)
2883 days ago





NELLJONES

I go up and down stairs all the time in my house, but my hubby has had a terrible time with them since his strokes. Coronary artery blockages make it harder for some old people to walk or climb stairs, thus the one floor living recommendation. My hubby slipped on the stairs two years ago and broke his leg, which never healed properly. It isn't necessarily the stairs that keep you young.
2883 days ago



HDHAWK

It doesn't feel quite like exercise when you walk places that just happen to include hills.
2883 days ago



DWSCHUYLER

I think the steps are worth your view! Gorgeous!
2883 days ago



CD13545024

It's all good exercise. 🍪



2883 days ago



ONEKIDSMOM

I had a grandma like that, too. She didn't drive. She didn't live on the side of a mountain, but she walked to the grocery store, grew her own veggies, etc. Not really all that surprising that she remained able for nearly her entire life. She, too, was benched by eye issues.

Here's to living like our grandmothers... they were smart cookies!

2883 days ago



CD13202979

AWESOME
I live in a third floor apartment and have often thought that the exercise is good for me. Especially on the days when I do laundry and have to haul my clothes up and down the stairs. My laundry facility is in the basement. As long as I can do it..... I will.
2883 days ago



DMEYER4

pictures are beautiful. You sure can get your exercise climbing the hill
2883 days ago

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