



# BROOKLYN\_BORN

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## Isaac Newton was right.

Saturday, March 09, 2013

Unless acted on by an outside force, a body at rest tends to stay at rest and a body in motion tends to stay in motion. At least that's what I remember from my HS/College Physics classes.

My body was in motion just about every day until 10 days ago. Then the outside force hit. Some invisible germ!

My fitness tracking during these 10 days has consisted of counting how long I could go without coughing or wheezing. I've barely been off the couch in all that time.

This morning I realized that I really didn't feel all that bad anymore not physically anyway. However, my mental state was definitely dragging me down.

This morning I was supposed to be running in a "Predict your Time" 4 mile race. I sent in my registration just before I got sick. It's a beautiful day, perfect for a race and I'm not there. There's a big scowl on my face right now.

This body has been at rest for over a week and needs some outside force to act upon it. While slowly catching up on SP, I took a good look at my own page where I posted my fitness plan. Each day is supposed to begin with a stretching/flexibility routine. I haven't even been doing that. (My scowl deepens!)

Stretching/flexibility will be my starting point. The Saturday "distance run" isn't an option, but distance and speed are relative, so I'll go for an easy walk.

Thank you SP for being my "outside force"

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**CELIAMINER**

Glad you are coming back, but also glad you listened to your body's wisdom and give yourself time to heal.

3017 days ago



**IFDEVARUNS2**

Stretching - smart thing and something you can do no matter what. Of course I'm a fine one to





talk: I don't stretch nearly often enough.  
3018 days ago



**SUZYMOBILE**

You also need to be somewhat kind to yourself. You've been on an amazing streak, you now need to heal up, and you'll be back to your old routine, a step at a time, soon.  
3018 days ago



**WATERMELLEN**

Like you I've been fluish . . . and found even slogging around the grocery store today to be waaaay too much exercise! Dizzy, woozy: like that. Came home, went back to bed while DH and DD put all the groceries away.



We WILL get back into it, yes we will. We've exercised diligently for years and years. I'm trying not to beat myself up. Truly: still feel yucky.  
3018 days ago

Comment edited on: 3/9/2013 5:35:33 PM



**CD8467616**

Getting off the couch is a worthy exercise - in my opinion. As you well know, it starts there.  
3018 days ago



**CD13252816**

Good for you. SP can be a very powerful source of action. Glad you got in that walk.



3019 days ago



**CD13136117**

Wishing you the best and hope you can get your body in motion again soon. I agree, it is so much easier to just get moving every day - compared to trying to get back at it after being down for a bit!  
3019 days ago



**CD13099273**

Sorry you missed that race and that you are still under the weather . Slow and easy to rise , these new germs that are hitting our society seem to hang on and resurface - better that you rested , there will be more runs . Karen  
3019 days ago



**MJZHERE**

Sorry you have been sick. Glad to hear you are starting to recover. Take it slow and you will be back before you know it.  
3019 days ago



**WINDSURFNERD**

Welcome back! Isaac Newton, the revered father of physics, was right of course. But he also recognized the power of mind over matter (who better?). Maybe he might inspire you in your upcoming plan?  
Naomi



3019 days ago



**DRB13\_1**

glad you are on the mend, and we'll be sending the tractor beam your way to help catapult you back into activity sooner than normal  
don't forget to warm up BEFORE stretching!



Be well healthy happy and  
3019 days ago



**GINIEMIE**

Sorry the crud took so much out of you. It's too bad your missing what sounded to be a fun race, but you can do your stretches and you can walk as far and as fast as your body will let you. Take it easy to not have a relapse but do get off the couch.



3019 days ago





**WILSONWR**

Sorry you had to miss that race - it sounded like fun.

I've neglected stretching also, but guess what - that's the topic of our 5% challenge this week. Each of us in the challenge has to stretch at least 10 minutes every day. Coach Nicole has some great videos on some good stretches, so I'm finally going to get to work on that "weak" area. Hope you get to feeling better soon!  
3019 days ago



**COCK-ROBIN**

We'll gladly be your outside force as well.  
3019 days ago



**DR1939**

Glad you are feeling better. Just be careful not to push too hard, relapse is always a possibility.  
3019 days ago



**KELLIEBEAN**

I'm glad to hear you are finally starting to feel better. Sorry you are missing your race today. You will rock the next one!  
3019 days ago



**CD8113065**

Yep, no matter how sick or well the body might be, if the brain doesn't tell it to move, it's not going anywhere on its own.

Nice to hear you are finally feeling better. A week is a long time to be down.  
3019 days ago

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