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Weight is increasing and I'm happy about it

Sunday, August 31, 2014

No, the weight isn't on my body. It's right here.



I have a complete set of dumbbells ranging from 1 to 12 pounds. I keep them in the living room directly in the line of sight with the TV. I have a variety of upper body exercises that I do using 3 to 6 lb. weights

While I love all kinds of cardio and actually look forward to my morning runs, strength training is something that I have to remind myself to do.

While Martha Stewart would cringe at the "decoration" of my living room, if these things are out of sight they are also out of mind and suddenly my fitness log reminds me that it's been weeks since I did any weight training.

Last Sunday I wrote about how I was blogging instead of eating ice cream to cope with frustration over a project. I mentioned that I also was reading a Spark article about determining the proper weight to be lifting and I would try out the suggestions.

The article advised that for each exercise you should choose a weight at which you can only do 8 repetitions, but not more than 15. What a surprise! A week later my range is 5 to 10 pounds and I'm looking forward to increasing that.

LOOKING FORWARD! The same words I use to describe running.

I should also point out that I bought the little 1 and 2 pound weights for my mother as part of her physical therapy. That was as much as she could handle. That was a real wake-up call as to what might happen to me if I avoided my strength training.

Then last year when I hurt my shoulder (frozen shoulder), that was all I could handle with my left arm. Fortunately, sticking with the rehab routine brought the mobility and strength back to 100%

Note: I do have one more weight that's not in the picture. It's 15 pounds and I use it as a door stop in the basement. Maybe I'll have to bring it upstairs. I'm LOOKING FORWARD to needing it.

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SWEETENUGILL



I was trying to figure out my min/max weight combos the other day - I've got barbells with free weight to fix on - they're heavy thing to bring home from the shop - but I'm thinking I will have to get a few more weights soon!

2456 days ago



TRAVELGRRL



AWESOME! I need to get my weights out and put them by the TV also. SO easy to get in some multitasking, right??



2476 days ago



CELIAMINER



The one thing that keeps me going to my trainer (and spending the money) is the commitment to keeping up weight training. Well, the fact that she's a friend and a single mom also keeps me going back, but some day, when I retire, I will need to find my own commitment. It's not like I don't have a decent gym (with weights) in the basement.

2477 days ago



KATELJM



Just start where you start and stay with that weight for at least a week. Then check your weights again. I began with 5 & 10 lbs., and now I am doing 10-20 lbs.

I also have the 1- and 2-pound dumbbells. They might be just the thing for wrist curls. (I also bought them for my mom.)

2477 days ago



PHEBESS



Ugh, I had frozen shoulders two (both of them, about two years apart) - keep working the shoulders as well as everything else!

2477 days ago



SMOKY_TEA



I'm impressed! Good for you!

2477 days ago



DOVESEYES



Great blog gotta love strength training.

2477 days ago



BLAZINGSWORD



Good job on the weights! It does help. I am still recovering from back surgery 3 years ago. I love to swing a kettle bell, but maybe some day. In the mean time, I am doing some weights at the "Y", not much 5 to 7 pounds is all I can do for right now. Don't want to compress the spine too

much. But you go girl! You will have great "guns"! Not to mention a great body!

2477 days ago



MARYJEANSL



And here I thought (for a brief moment, as you no doubt intended) that you had lost so much weight that you were unhealthily thin and actually needed to gain a pound or two. :-)) They way I see it, Martha is unlikely to be visiting your living room anytime soon, so you should decorate the way you want. :-))

2478 days ago



BOOKAPHILE



I need to use my weights, too. I find that the heavier weights also have thicker bars which cause my arthritic thumbs pain in certain positions.

2478 days ago

LIVEDAILY



Great blog! I'm glad to see that I am not the only one who decorates with hand weights!! Although mine are in a sturdy basket. I keep them handy and do reps during commercials. I have



to increase my weight limits though. Thanks for sharing!
2478 days ago

v



MISSM66



2478 days ago

v



PHOENIX1949



2478 days ago

v



SUBMOM2

I think your weights look colorful and tidy. Good idea to keep them where you can see them. I've fallen out of my strength-training routine, and this post is a positive reminder for me to get back at it!



2478 days ago

v



ALICIA363



Great blog! I did 12 reps this morning with my 2-lb weights. Love that yours are in sight when you watch TV ... great idea! I've found it easier to forget/blow off the strength training while on the "couch to 5K" program than I did when it was exercise-bike-everyday (the monotony of the routine almost always made me remember to add weights every other day). Again, thank you--for making me smile and providing me with useful information!
2478 days ago

v



FORZACHANDMATT

I love your "decorating" - good for you! And thanks for the reminder of how important strength training is. And kudos for blogging instead of eating ice cream
2478 days ago

v



LINDAKAY228

I've been doing my weight training faithfully for the past couple of months again. I also do stretching daily which seems to be helping. But I'm still at 5 lbs. Some maybe I could go to 8 lbs now but I need to buy the set which I've been putting off. Need to get it done. I have a stability ball in my living room. Who cares what Martha Stewart says! Whatever works for us!
2478 days ago

v



WILSONWR

Weight training is something I've neglected since my wife passed away. Thanks to your blog, I think I'm going to change that and go to the gym today. Thanks!
2478 days ago

v



ONEKIDSMOM

Mine sit in the same room as the TV, too... but I need to use them more than I do! Thanks for a great reminder blog!
2478 days ago

v



CD4114015



inspiration for sure! And I believe that I will redecorate our computer room with our weights! Why NOT?
2478 days ago

v



MISCHAKEO

That is great that you are looking forward to increasing your weights. Thanks for the tip on repetitions. I am going to use it to test my weights. I also get satisfaction from increasing my weights!



2478 days ago

v



HMBROWN1

Great way to get weight training in! I also forget them too often. Have a great long weekend!
2478 days ago



DR1939



2478 days ago

V



CD2244567



2478 days ago

V



TERI-RIFIC



I've also recently realized how important weight training is. What a great idea to have the dumbbells right out where you have to face them every day. I mostly go to the gym. Once I left the machines and went to free weights it became much more fun for me. Studies show that after age 50 the progress you make doesn't stay with you like it does when you are younger - so that was an added incentive to me to stay with a program. My son got me doing dead lifts. That is an awesome exercise for the whole body.

2478 days ago

V



LOPEYP



2478 days ago

V

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