**CHALLENGES** 



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## A coincidence or can SP read my mind?

Sunday, June 29, 2014

I've been looking for a new fitness activity. Running, walking, canoeing, kayaking have always had a place in my life, but I needed something else.

The only fitness class that I liked at the gym has been cancelled. There weren't enough of us left still interested in old-school low-impact aerobics with weights.

I've substituted a SP video with the set of dumbbells that I keep in plain sight by the TV to remind myself about strength training, but still something was missing. I missed the total body workout my old class provided as well as the companionship. Our gym is a social center for our large retired population.

Every morning I get email from SP with links to articles and blogs. It's a good reminder to log in although in my case not having coffee with my spark friends is like caffeine withdrawal. Those 10 days without Internet were tough.

A few days ago the featured article was:

- "The Most Undervalued Piece of Equipment in the Gym"
- "9 Reasons to Try the Indoor Rowing Machine"

www.sparkpeople.com/reso

urce/fitness articles.asp?

id=663

Hey, I've seen that thing! It's right in front of my favorite treadmill!

So after 5 miles on the treadmill, I tried it. Yes, it's a total body workout. I even feel my hamstrings working and they usually just go along for the ride.

I started slowly, thinking more about form than speed with the encouragement of the old guys sitting around drinking coffee. The gym lady said that it's too bad that only a few people use the machine because it's very worthwhile. I agree. I hope this old-school piece of equipment doesn't disappear like my fitness class did.

True to my philosophy of increasing gradually, I plan to add 1 minute to my time each session. Yeah, that's ONE minute. I'm a gradualist in the extreme. I know that if I hurt or get injured, I'll quit.

That mindset has kept me running for nearly 30 years. Maybe it will keep me rowing too.

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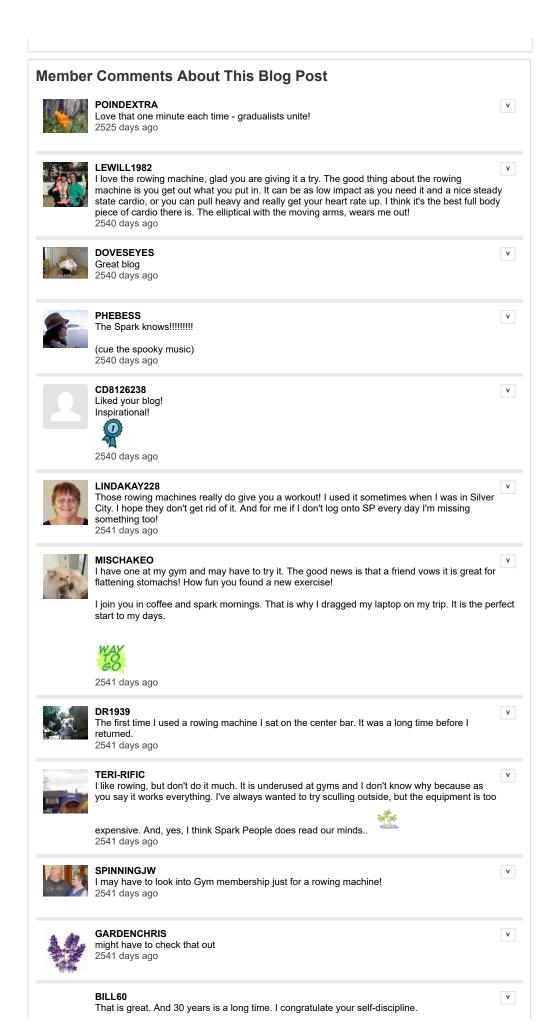
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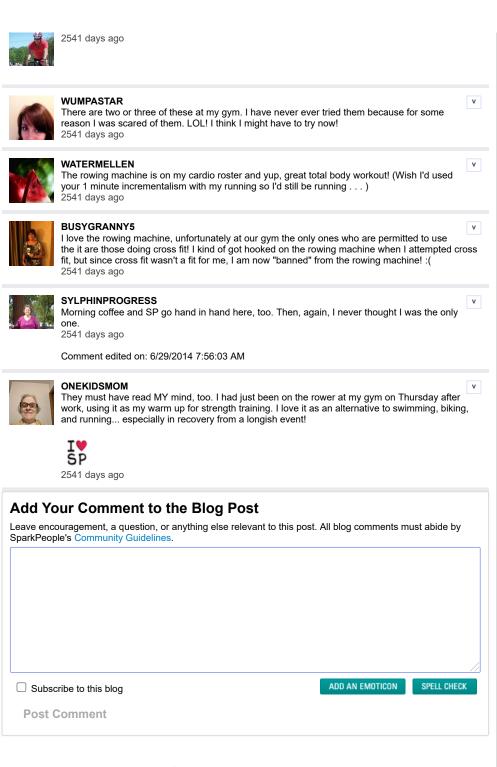
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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.