

If you find the FUN in it, you're more likely to keep at it. Good luck.

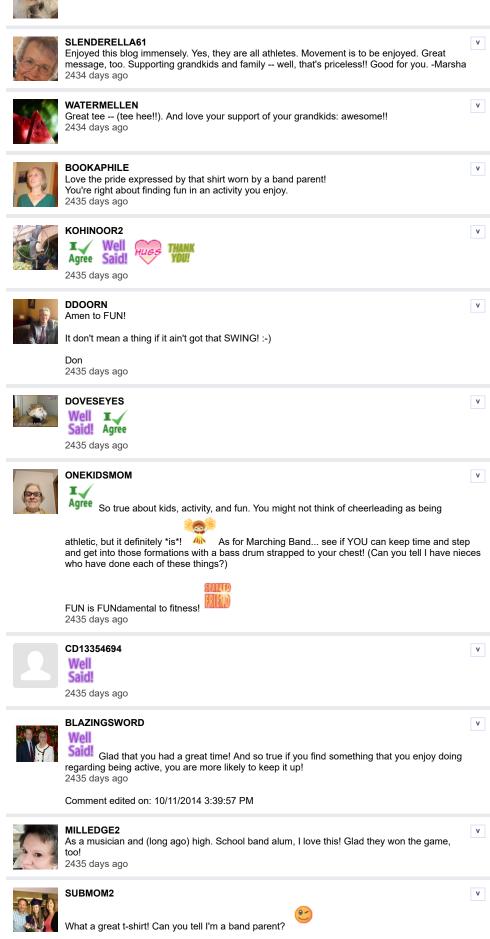
Edit: Almost forgot, the team won 45-16

Edit Blog Entry | Delete Blog Entry **Share This Post With Others** Report Inappropriate Blog Member Comments About This Blog Post JEANKNEE v Made my way here via a link from Alicia363 and enjoyed your blog! Sounds like a wonderful night at the game. We have nieces involved in cheerleading and marching band. Yes, they are athletes too and both find their activities fun. So much so that one niece continued with marching band as a university student I still remember my fitness buddy commenting last March about not having had this much fun since she was a kid. We were near completion of a 10 mile hike and were in the pouring rain and I was stomping through puddles. Yes, finding an activity that is fun is so important. Sad to me that I lost sight of that for so long. Happy to have rediscovered the joy in movement. Thanks again BrooklyBorn for a wonderful blog. 2428 days ago STRONGDAWG v I got here through ALICIA363's blog and I'm glad I made it over to read your blog. You are so right, we need to have fun with our exercise. I know if I'm not having fun, I don't want to do it. So I bike with a group of friends. I have a running partner. I prefer group strength training. Yoga in a group is better than by myself. Even if we don't talk with each other, I have fun with others. You are spot on with this blog. And I always thought the marching band didn't get enough credit for the physicality of what they do. 2428 days ago MARYJEANSL v I always used to really enjoy going to high school football games, and I remember always sitting in the bleachers freezing - but I wouldn't have missed it for anything. Good times. Congrats to your grandchildren for all their successful endeavors! 2433 days ago **KANSASROSE67** v Enjoyed your blog! We were also cold and wet at t football game Friday night as Juliana crowned the new Homecoming Queen. She was drum major for 4 years so it's still weird to watch the band march without her. 2433 days ago CD4114015 ٧ GREAT blog and I agree with you on all of it! Have a great week! 2434 days ago GINIEMIE v As a 4X band parent and a 1X band grandparent-the girls are too young yet-I can appreciate the shirt. I will Not sit and watch football on TV but I will cheer the HS team on before and after half time when I'm able to attend. Jacob, my dGS' school is too crowded for me to take Erik to watch a game and the half time, but Erik and I have attended special exhibitions. So right, the football players, cheer leaders and our band kids are all out there moving and getting exercise participating where they feel most comfortable. One of my great nieces is in HS volleyball as her aunt was so many years ago-there are choices for all of us. One of my dear friends who is diabetic and in poor physical shape was advised by her doctor to "JUST WALK" I love it and she's trying. 2434 days ago

MISCHAKEO

Good advice. Find fun in movement! It sounds like a fun game. 2434 days ago





	Glad you we	re able to go to	o the game. How	great that your	grandkids are so inv	olved at sch	
	And yes, it's	important for u	s grown-ups to s	tay active, too!			
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