



# BROOKLYN\_BORN

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## Cardio, Strength Training, Flexibility, Balance – trying to work on all aspects of fitness.

Thursday, January 29, 2015

I like physical activity. I always have. However, I don't like all options equally.

Cardio – no problem! I don't even need music or companions or TV. Outside, nature is enough. Indoors, I'm content with my own thoughts.

Strength Training – not so much, but necessary, so I do it. Here I need a visual reminder and motivation. So I keep my set of dumbbells right by the TV. I record Judge Judy and the Peoples' Court just for that purpose. There's something about watching other peoples' problems that makes those exercises go by faster.

Flexibility & Balance – I stretch after every run or walk or aerobics routine. Every single time! But I know I need more than that. I don't have natural flexibility and my flat, over-pronating feet make standing on one leg difficult unless wearing my "industrial strength" orthotics.

I really need to do yoga, but the classes available around here just aren't right for me. The instructor, a former gymnast, jumps around from one position to another much too fast for me.

My solution: Spark has some very nice yoga videos. Some designed for runners. One even seated or using the chair for support. If I keep my shoes on, I can balance even without the support.

Then there's Tai Chi. I used to love that class during my working days. In fact I credit it for rehabilitating my frozen shoulder to 100%. Here in rural VA, it's not very popular, actually almost unheard of.

Suddenly, the 'Y' is offering a class – ½ hour, twice a week. The instructor is beginning VERY slowly and advertising it as an option for those with arthritis.

After 3 weeks we've learned ONE of the 24 steps. Still, the class is growing – 8 participants last time. I intend to keep going to keep the numbers up.

A side effect has been to make me dig out the DVD that my old class made just before I retired and moved away.

It's nice to see the old gang and instructor, even virtually. I'm going to add that to my fitness routine while I wait for my real class to get up to speed.

Increasing exercise isn't just about losing weight. It's about quality of life, especially as we get older.

Occasionally I'll hear a comment about why make all the effort to eat right and exercise since we're all going to die anyway.

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Well that's true, but how do we want to spend those last years?  
Statistically, doing the right things improves our chances of a mobile, healthier old age.

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**MJZHERE**

Quality of life - especially as we get older. Boy, ain't that the truth! So one more thing the same about us two - those flat feet.

2321 days ago



**1STBUCKETITEM**

Good to hear about your exercise rituals, likes, and dislikes. I really have to start pushing harder this coming month. I didn't do as many fitness minutes this month as I did in December, but I have started to look into other exercise options. My Christmas present to myself was a Tai Chi & Qi Gong DVD although I'm just learning right now. So far it's been enjoyable. Both routines seem to strengthen my old joints without harming them. Like you, I've also done some "seated" yoga and find that it really does help my back and legs. Having different options I actually enjoy, does help to keep me out of a monotonous rut.



2323 days ago

Comment edited on: 1/31/2015 2:23:50 AM



**NANCYANNE55**

Lifting is my gig. I love it. Everything else I have to force myself to do.

2323 days ago



**MISCHAKEO**

I have added yoga in this past year. It has helped my flexibility and muscle strength immensely. Tai Chi sounds great.

2324 days ago



**PHEBESS**

Dance class! It's cardio, agility, and helps with balance! Plus makes us more graceful!  
Definitely one of my fave ways to multi-exercise!

2324 days ago



**MARYJEANSL**

Very impressive! The odds are definitely in your favor for a strong, active, and healthy old age.

2324 days ago



**ONEKIDSMOM**

It's all about the quality of life!

2324 days ago



**SWEDE\_SU**

agree. cardio - no problem. i'm out walking daily, running we're trying 3x week. i've finally added in ST - not like a gym rat, but these monthly challenges are working for me. now all that's left is stretching flexibility - a word that doesn't even like to be spelled correctly! - i do stretch after every single run, but that's it. need to add that piece of the puzzle... baby steps!

2324 days ago



**DOVESEYES**

Well Said! I Agree

2324 days ago



**MILLEGE2**

Why do it since we're all going to die anyway????? My goodness, whoever said that must never have noticed the difference in the quality of life of active seniors vs. those who are couch potatoes! Keep up the great work!





2324 days ago



**AMARILYNH**

Again, I'm right there with you! This made me giggle: "Occasionally I'll hear a comment about why make all the effort to eat right and exercise since we're all going to die anyway." Yes, we are all going to die, but I want to LIVE until I die, and if it is within my power to do so I want to live healthy and fit!! I'm doing my part; the rest is up to God. But when I go I want my family to KNOW it wasn't because I avoided healthy living!!

Live long and prosper!!  
2324 days ago



**MIRAGE727**

"...how do we want to spend those last years?"

Exactly! Thanks for sharing and putting out some great Positive Waves! I'm smiling every running race, Duathlon, and Triathlon I own! I love people my age who blow away the age excuse, and are rockin' a healthy lifestyle! You are looking fantastic! Stay strong!



2324 days ago



**GINIEMIE**

My goal is to live healthily and at least as long as my aunt, she is currently 92 and in reasonably good health although not very mobile. I'm working on more conscientiously doing stuff

to keep my mobility.



2324 days ago



**PHOENIX1949**

Quality trumps quantity - in my mind at least - trying to convince my body.  
2324 days ago



**GIVEUP30**



2324 days ago



**LINDAKAY228**

So true! I have my balance, strength, cardio, and stretching exercises I do 6 days a week. Stretching usually 7 days. I was 55 before I started exercising consistently and I have to admit it was a lot for the short term results. But then when I had a stroke, I told different medical professionals at different times the hiking, water aerobics, ect I was doing before my stroke and they all said that's what kept it from killing me or being even worse than it was and dependent on others the rest of my life. Now I do them for the long term and also to keep my body moving now. I have a lot of trouble with balance because of the stroke but keep working to hopefully make it better and definitely to keep it from getting worse.

2324 days ago



**IFDEEVARUNS2**

Quality of life, that's what it's about.  
Unlike you, I haven't been a fan of physical activity except dancing. That's changed, and I've discovered my inner athlete at long last.  
You are a wonderful example, and thanks for the ideas.  
2324 days ago



**DR1939**

In graduate school I drove two famous health psychologists to the airport. On the way they were discussing the age differences at death between men and women. What I remember most from that conversation was that women may live longer than men but, on average, women's quality of life in their final five years is much worse than men's in the same time frame.  
2324 days ago



**CD4114015**

I agree! It IS about quality of life....and at my age, I am more conscious of it than EVER!  
GREAT blog!

**THANK  
YOU!**

you gave me some ideas here!  
2324 days ago

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