



# BROOKLYN\_BORN

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## Rediscovering the BEAST in the basement and taking my own advice

Wednesday, September 02, 2015

No, it's not DH, although that is his domain. In the late 80s I bought one of the first generation "lifecycles." I've had a gym membership since 1975, but I thought this would be more convenient.



Yes, it was and I really liked the computer display. But I discovered that I much preferred the real thing, outdoors. So the beast became a place to hang damp clothes.

Unfortunately, my real bike has been in retirement as long as I have – 8 years. These country roads do not lend themselves to cycling – too narrow, too curvy, no shoulders and a lot of big speeding pickups.

Why return to the beast now? I get plenty of exercise. Movement has never been my problem. Food was. I'm in my 6th year of maintenance, so I'm really not looking to lose weight either except whenever I pick up a few vacation pounds. (Note: the 4 pounds I complained about a few weeks ago are gone now, yea!)

I was reading a SP thread asking if getting 10,000 daily steps has helped anyone lose weight. For some YES, for others NO and I'm in the NO category.

I volunteered advice that intensity matters as well as mixing up the type of activity we do. Our bodies get used to the same old thing and don't respond with the same calorie burn.

Time to take my own advice? Try something new? I run. I walk. I've learned to appreciate strength training and yoga. What else?

Enter the BEAST. Yesterday I pedaled for 5 minutes (1.18 miles). I intentionally stopped at 5 minutes because I believe in gradualism. Today I plan 6 minutes and will add 1 minute per day after that.

I'm sure that sounds wimpy, but that's always been my philosophy. My running career began 30 years

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ago with 15 second runs within each 5 minutes of walking and increased by 15 seconds each week. I am the “queen of the turtles” and proud of it.

Why take the time to write a blog about 5 minutes? Because when I write it down and put it out there I have extra incentive to continue. I think I'll even enter it into my tracker.

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## Member Comments About This Blog Post



**ALICIA363**

v



You go, girl!  
2105 days ago



**SWEETNEEY**

v

The blog conveys more than 5 minutes of cycle time. It conveys the challenges of the journey and the opportunities to address them.  
2107 days ago



**DOVESEYES**

v

My son has one too and it also is a clothes dryer at the moment :).  
2108 days ago



**GINIEMIE**

v

I so like the gradualism concept. I'm afraid to bike around here, just don't like the idea of falling on the hilly ground. Did much more bike riding when we lived in Miami. Switching it up sounds good, but I just need to get back to my walks. Ohio slowed me down, then drama at home wiped

out my momentum completely. Back to square two-after I buy a new fitbit.



2108 days ago



**ONEKIDSMOM**

v

I'm totally on board with gradualism. How do you boil a frog? Same way you train a triathlete... put him in while the water is tepid... start with short times/distances!

Looking forward to hear how you and the beast get along, over time!



2108 days ago



**MARYJEANSL**

v

My mother has a very old exercise bike. I doubt she has used it in years, as dementia has taken away most of her motivation to do anything but eat, sit and watch TV (and then not remember what she has just watched), and maybe do a little walking. I like the idea, though, of going back to an older piece of exercise equipment and getting some benefit out of it. I hope you come to enjoy riding the BEAST. ;-)  
2108 days ago



**MARY0825**

v

I sometimes want to jump in full force with things and fizzle out too fast. I'm learning to ease into things more. Sounds like you already have that figured out!  
2108 days ago



**WALLAHALLA**

v

Great blog. I am overwhelmed with work right now, but short increments like that I can definitely do! Thank you for giving me the incentive I need to do a little at a time!  
2108 days ago

**PHOENIX1949**

v





2108 days ago



**SUBMOM2**

I admire your discipline. Good for you!  
2108 days ago



**PHEBESS**

Think of all the wonderful challenges you can create by adding in the Beast - you can have your own Beast Triathlon! A Beast Marathon! Beast Across America!!!!



2108 days ago



**JANET552**

Put me in the category of not losing weight with 10K steps. Even after I increased to 15K steps, it didn't work. I also do zumba, bike indoors and out, do yoga and ST. Yet I lose nothing. (I absolutely MUST improve my diet).



I love your gradualism. Tame that beast a little at a time!!  
2108 days ago



**WILSONWR**

You are so right about our bodies getting used to a certain level of exercise. 10,000 steps does nothing for me. I have to mix up the fitness and up the intensity to really get some gains. Of course the best way to lose weight is to watch what you eat!  
2108 days ago



**LIVEDAILY**

"The Beast" - hoot! Make good friends with it!! Riding my recumbent bike is my preferred method of cardio exercise. I also enjoy swimming, but unfortunately, do not have financial access to a pool. Nothing wrong with being a turtle - slow and steady wins the race after all!



2108 days ago



**JAMIRBLAZE**

Nothing wrong with the turtles!



Slow and steady...  
2108 days ago



**KELLIEBEAN**

You are very wise! I finally got this health and wellness thing down when I decided to create new habits gradually.



My motto since really getting into Spark is "I post, therefore I do."



2108 days ago



**NELLJONES**

Everyone always has to start small. You have to learn arithmetic before you can tackle trigonometry.  
2108 days ago



**TORTOISE110**

I think you are smart to start small!!  
2109 days ago



**WATERMELLEN**

Your gradualist approach works for YOU in every area of your life, and I salute that!!



Who's the you expert? You are!!  
2109 days ago



**BBEAGAN**

I'm with you on gradualism. I am inclined to push too far too fast with things like strength training, and at 51 yrs old, that leads to injury. Gradual works and is safe.  
2109 days ago





**EVIE4NOW**

I need to wipe the dust off of mine and put it back in use. Thanks for the reminder.  
2109 days ago



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