

Here's the gift she gave me. I keep them in plain sight right in front of the TV.



I can't play Liszt's Hungarian Rhapsody, but I hope these will help me live a functionally active life for as long as possible.

Note, The set included two fifteen pounders too. Currently, I use them as doorstops. Maybe some day!

Cardio, strength training, flexibility and balance. Work on it all. Your future self will thank you.

Edit: Oh my goodness! I just read Jeannie's blog today "You Have Reached the Top of the Mountain" www.sparkpeople.com/mypa ge\_public\_journal\_individu al.asp?blog\_id=6320762\_

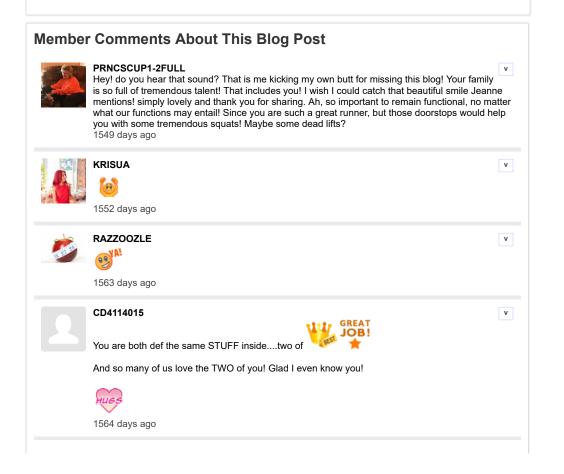
and I'm imagining my mother looking down disapprovingly with a scolding voice: "What are doing up on that ledge? Get down from there! Have you got brains?" But my Dad is right behind her giving the "thumbs up" sign and saying "Go for It!"

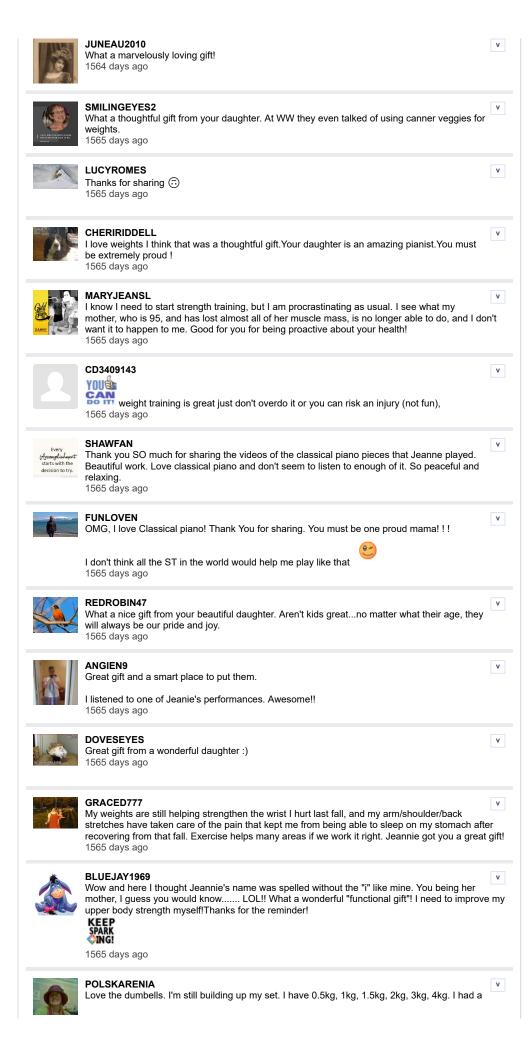
Such are the competing voices in our lives.

Edit Blog Entry | Delete Blog Entry

Share This Post With Others

Report Inappropriate Blog





frozen shoulder in 2015. I can overhead press single armed with 4kg now! 1565 days ago



### HEALTHYANDFIT27

Love the links to your daughter's piano recital. She is so talented!

I remember the moment when I realized I could do the elliptical for 65 minutes but vacuuming for 30 minutes winded me! I began to look at physical activity not just as a calorie burner but how it could make daily activities easier and minimize the impact of aging and maintaining my independence as I age. When I don't want to exercise I say to myself "Do it as though your current life depends on it! Because it does!".

Your daughter gave you such a gift and not just the dumbells! Cheers to both of you! You are both awesome! 1565 days ago



#### BJAEGER307

v

٧

v

٧

v

v

I just got through listening to your daughter's recital both the quarter and semi performances. What a talented piano player she is. Also very beautiful. I wish her well in Germany. Also what a great blog today! I think you are very blessed to have such a great family.

from the comments she is an amateur in name only!

You take care, be safe, and healthy. Oh yes thank you for your kind comments to the young lady on her exercise routine yesterday. She took your advice to heart and I think you helped her greatly. 1565 days ago



## BABYBARNEY

SO IMPORTANT...upper body strength as we age ... I LOVE YOUR set ... what a WONDERFUL gift! Use them with pride & show your daughter what strength you can gain ... Before you know it, those 15 pounders will be too light! 1565 days ago



1566 days ago

TERI-RIFIC

1566 days ago



#### **TIPHI1228**

That is a fantastic gift and a definite eye opener. I know my Mom's concern is being like her Mother but battles a weigh issue herself, I had my eye opener twice in the last couple of years, the last being my 40th when I realized I was worse than both my Mother & Grandmother. I am so different now but still have so much ahead of me. Keeping those in plain sight, knowing you have more than yourself aware of the possibility is a huge help! Those 15 lb'ers will be used for more than a great door stop one day ;)

I'm so glad you posted the links. I loved watching the videos. Just an amazing talent. Judging

1566 days ago



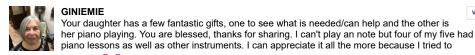
MRPP50

1566 days ago



#### LIVEDAILY

v I experienced a wake up call as to "functional fitness" recently. Through no fault of my own, meaning no accident, no injury, no out of the ordinary fitness regime, I experienced extreme, severe and debilitating neck and shoulder pain. It severely limited my daily ability to do routine things like take a shower, wash my hair, cook, do dishes, walk up and down the stairs. For 2-3 weeks I was confined to my bed because that was where my pain level was the most tolerable. That changed once I had a cervical epidural. I'm slowly regaining my lost mobility, although I'm under doctor's orders to not drive, and limited activity as well. I look forward to the time when I can again function at my normal fitness level! 1566 days ago



# piano lessons as well as other instruments. I can appreciate it all the more because I tried to

learn





	1566 days ago	
63	SKYDRAKE Love the family connection between you two. What great gifts (and I mean that to both of you). 1566 days ago	v
	ELAINEB1972	v
VA	WATERMELLEN What a super blog!! What a mother-daughter support team!! And: the rainbow colours are just an added bonus!! 1566 days ago	v
	CHAYOR73 What a proud mom you must be!! 1566 days ago	v
	SUSIEMT Good for you! I recently got back into my strength training. Had to take a break due to Physical Therapy. It feels so good to be back in action even if it is very low weights. :) 1566 days ago	v
	MORTICIAADDAMS Nice set of weights. I could not hear the sound on the videos well for some reason. 1566 days ago	v
LIFE	NEW-CAZ	v
all about	AVESONE 1566 days ago	
and the second		v
	HAYBURNER1969 Hee hee, I had forgotten how I looked right into the camera and smiled at 18:45!	v
		V
	Hee hee, I had forgotten how I looked right into the camera and smiled at 18:45!	v :)
	Hee hee, I had forgotten how I looked right into the camera and smiled at 18:45! 1566 days ago ONEKIDSMOM Thank you for the links. With a retired music teacher in the family, and a current music teacher, both of whom also perform not as soloists but with orchestras and other groups (viola, and oboe the benefits of music on the learning AND the aging brain can never be forgotten, they will remir	v :) nd
	Hee hee, I had forgotten how I looked right into the camera and smiled at 18:45! 1566 days ago <b>ONEKIDSMOM</b> Thank you for the links. With a retired music teacher in the family, and a current music teacher, both of whom also perform not as soloists but with orchestras and other groups (viola, and obse the benefits of music on the learning AND the aging brain can never be forgotten, they will remir us! The grace of movement used in "making music" cannot be forgotten, either. It is a workout, and	v :) nd
	Hee hee, I had forgotten how I looked right into the camera and smiled at 18:45! 1566 days ago <b>ONEKIDSMOM</b> Thank you for the links. With a retired music teacher in the family, and a current music teacher, both of whom also perform not as soloists but with orchestras and other groups (viola, and oboet the benefits of music on the learning AND the aging brain can never be forgotten, they will remir us! The grace of movement used in "making music" cannot be forgotten, either. It is a workout, and is functional!	v e) nd it v
	Hee hee, I had forgotten how I looked right into the camera and smiled at 18:45! 1566 days ago ONEKIDSMOM Thank you for the links. With a retired music teacher in the family, and a current music teacher, both of whom also perform not as soloists but with orchestras and other groups (viola, and oboet the benefits of music on the learning AND the aging brain can never be forgotten, they will remir us! The grace of movement used in "making music" cannot be forgotten, either. It is a workout, and is functional! 1566 days ago HAYBURNER1969 Oh my, it's been a while since I watched those. I clicked on the Brahms/Liszt and it started at 13:44 into the video, right as I charged into the mean octave and tremolo section of the Vallée d'Obermann. Makes me tired just watching it! My heart is pounding by the end of the piece and remember thinking, "OK, now all I have to do is play a Hungarian Rhapsody, yet." I felt like I was going to explode by the end of the Rhapsody. I took it way faster than normal at the end. I'm	v :) nd it



1566 days ago



#### 2BDYNAMIC That was very insightful on your daughters part and most likely diverted some potential health

problems at a later date.

. Another excellent example of things we can do to prepare for optimum health even in our older

v

٧

v

v

v

years.... .. Thanks for the reminder to be using mine more than I have been!...And, happy Friday! P.S. What an extraordinary daughter! 1566 days ago

Comment edited on: 2/24/2017 9:04:46 AM

Å	NEWROSE27 Great gift. Your health will certainly benefit from their regular use. 1566 days ago
---	--





What a thoughtful daughter. Wishing her success with her recital! So exciting! 1566 days ago



#### JUSTSTICKWITHIT

That is awesome. You are doing a great job. Jeanie (hayburner) and I exchange comments on blogs and she provides wonderful support. I'm going to check out the YouTube videos. She is a wonderful person, thank you so much for sharing your experience. 1566 days ago

# Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's Community Guidelines.

Subscribe to this blog
Post Comment

ADD AN EMOTICON SPELL CHECK

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.