



BROOKLYN_BORN

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A Different View of Functional Fitness

Friday, February 24, 2017

Some years ago my daughter Jeannie (Hayburner1969) gave me a set of dumbbells for Christmas. My mother was in her eighties and not only needed a walker but also could not raise her arms above her head. That meant she needed help getting dressed and even combing her hair. I think Jeannie was concerned that might be my fate someday as well. So, the functional gift of a weight set.



I posted an inquiry blog on Saturday "Any Sparkers in Munich?" about Jeannie's European piano debut in March and received many comments and spark mail that mentioned wanting to hear her play.

As I tried to respond with links to previous performances, I realized that neither comments nor spark mail have an "add a link" option. Blogs, however, do allow this.

As I watched a few of her youtube videos, the benefit of strength training is unmistakable.

Brahms and Lizst

www.youtube.com/watch?v=EAYHffPeU9Q

Grieg and Haydn

www.youtube.com/watch?v=Y83_5IEkgTc

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

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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/mypage_public_journal_individual.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.

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PRNCSCUP1-2FULL

Hey! do you hear that sound? That is me kicking my own butt for missing this blog! Your family is so full of tremendous talent! That includes you! I wish I could catch that beautiful smile Jeanne mentions! simply lovely and thank you for sharing. Ah, so important to remain functional, no matter what our functions may entail! Since you are such a great runner, but those doorstops would help you with some tremendous squats! Maybe some dead lifts?
1549 days ago



KRISUA

1552 days ago



RAZZOZLE

1563 days ago



CD4114015

You are both def the same STUFF inside....two of

And so many of us love the TWO of you! Glad I even know you!



1564 days ago





JUNEAU2010

What a marvelously loving gift!
1564 days ago



SMILINGEYES2

What a thoughtful gift from your daughter. At WW they even talked of using canner veggies for weights.
1565 days ago



LUCYROMES

Thanks for sharing 😊
1565 days ago



CHERIRIDDELL

I love weights I think that was a thoughtful gift. Your daughter is an amazing pianist. You must be extremely proud!
1565 days ago



MARYJEANSL

I know I need to start strength training, but I am procrastinating as usual. I see what my mother, who is 95, and has lost almost all of her muscle mass, is no longer able to do, and I don't want it to happen to me. Good for you for being proactive about your health!
1565 days ago



CD3409143

YOU CAN DO IT! weight training is great just don't overdo it or you can risk an injury (not fun),
1565 days ago



SHAWFAN

Thank you SO much for sharing the videos of the classical piano pieces that Jeanne played. Beautiful work. Love classical piano and don't seem to listen to enough of it. So peaceful and relaxing.
1565 days ago



FUNLOVEN

OMG, I love Classical piano! Thank You for sharing. You must be one proud mama! ! !

I don't think all the ST in the world would help me play like that 😊
1565 days ago



REDROBIN47

What a nice gift from your beautiful daughter. Aren't kids great...no matter what their age, they will always be our pride and joy.
1565 days ago



ANGIEN9

Great gift and a smart place to put them.

I listened to one of Jeanie's performances. Awesome!!
1565 days ago



DOVESEYES

Great gift from a wonderful daughter :)
1565 days ago



GRACED777

My weights are still helping strengthen the wrist I hurt last fall, and my arm/shoulder/back stretches have taken care of the pain that kept me from being able to sleep on my stomach after recovering from that fall. Exercise helps many areas if we work it right. Jeannie got you a great gift!
1565 days ago



BLUEJAY1969

Wow and here I thought Jeannie's name was spelled without the "i" like mine. You being her mother, I guess you would know..... LOL!! What a wonderful "functional gift"! I need to improve my upper body strength myself! Thanks for the reminder!

KEEP SPARKING!
1565 days ago



POLSKARENIA

Love the dumbbells. I'm still building up my set. I have 0.5kg, 1kg, 1.5kg, 2kg, 3kg, 4kg. I had a



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 dumbbells! Cheers to both of you! You are both awesome!

1565 days ago



BJAEGER307

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.

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



INCH_BY_INCH



1566 days ago



TERI-RIFIC

I'm so glad you posted the links. I loved watching the videos. Just an amazing talent. Judging from the comments she is an amateur in name only!



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 ;)



1566 days ago



MBPP50



1566 days ago



LIVEDAILY

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



GINIEMIE

Your daughter has a few fantastic gifts, one to see what is needed/can help and the other is her piano playing. You are blessed, thanks for sharing. I can't play an note but four of my five had piano lessons as well as other instruments. I can appreciate it all the more because I tried to



learn....





1566 days ago



SKYDRAKE

Love the family connection between you two. What great gifts (and I mean that to both of you).

1566 days ago



ELAINEB1972



1566 days ago



WATERMELLEN

What a super blog!! What a mother-daughter support team!! And: the rainbow colours are just an added bonus!!

1566 days ago



CHAYOR73



What a proud mom you must be!!

1566 days ago



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



MORTICIAADDAMS

Nice set of weights. I could not hear the sound on the videos well for some reason.

1566 days ago



NEW-CAZ



1566 days ago



HAYBURNER1969

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 remind us!

The grace of movement used in "making music" cannot be forgotten, either. It is a workout, and it 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 I 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 surprised I hung on as well as I did.

I was supposed to play V.d'O. in Munich but scrapped it when I started having those pains in my hand. Boo.

1566 days ago



DEBVNE

Exercising your strong is one of the best gifts we give ourselves. Functional fitness is crucial for feelings of self worth and coping with daily tasks. Seeing my parents struggle with this now, gives your blog additional meaning.



Such a gifted, wise daughter...



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

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



NEWROSE27

Great gift. Your health will certainly benefit from their regular use.

1566 days ago



GLORIAZ

Wow....you're both winners! Congratulations!!! You must be so proud of her!

1566 days ago



1CRAZYDOG

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

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