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"Hold on until Rescued" - Strength and Endurance

Monday, February 06, 2017



It was 1964 and I was a high school senior. It was the first year our school participated in the President's Physical Fitness challenge. It seems that statistics showed we were getting "soft" or maybe it was another attempt for us to keep up with the Russians.

Anyway, suddenly we girls were to do timed runs, pull-ups, push-ups and the standing broad jump among other things. Most rebelled. We had been conditioned since our 50s childhood to sit and look pretty so some boy would notice us.

I was enthusiastic about the challenge. I liked sports and being active. I have a hilarious 8mm movie of a family gathering where I'm playing softball in a dress with a crinoline underneath and a huge bow in my hair. I looked like a miniature Scarlett O'Hara running the bases.

Our gym teacher was having trouble motivating us. One day she brought in a newspaper with a headline of a tragic accident. I don't remember the details except that the survivors were the ones who were able to hang on to the floating wreckage until help arrived.

I thought of that after reading a blog by Watermellen "Keep Up with Exercise"

www.sparkpeople.com/mypage_public_journal_individual.asp?blog_id=6304828

Why DO we want to keep up with exercise?

It burns calories all right, but it will not cancel out overeating or a bad diet.

We look better when we replace fat with muscle since we lose inches even if not pounds. A pound of muscle weighs exactly the same as a pound of fat, darn it.

So what else?

In all life situations being fit is preferable to the alternative.

When DD#2 was a college freshman, she was out for a Sunday morning run when a guy got out of his car and grabbed her. She elbowed him away and ran to the Seven-Eleven where she found the police and helped find the guy.

Since then I call my running sprints my "anti-mugger" speed.

Now I don't live my life in fear. I know that accidents and muggers, though real, are statistically unlikely to happen to me. Yet, in daily life there's another reason for exercise.

Adding life to our years as well as years to our life.

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DH & me with 5 of our 6 grandkids.

I'm very grateful Joe is still with us.

After his freaky fall and emergency brain surgery in August, the doctors said he would not have survived if he hadn't been "in such good shape."

One more note:

Back in 1964 the goal of the "standing broad jump" was to make a distance equal to our height which for me was 5'6" - I jumped 7'1" - did I get congratulations? Most of the other girls found it "freaky"

Such were the "good old days"

In 1990 my daughter's attacker plea bargained to a DUI because "she wasn't hurt."

He wouldn't even have gotten that if she hadn't agreed to testify against him.

I wonder if he learned his lesson or simply that it's best to target a weaker victim.

In case you missed it

Patti_Pal1's featured blog "Challenges Conquered" describes another reason for taking care of ourselves - to develop the strength and endurance to help others.

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PRNCSCUP1-2FULL

Even into the 80s it was better for a girl to look pretty than do well in gym. I wasn't pretty or did well in gym! I hated the president's test! Dreaded it! Never thought it could save my life. Good for you with that awesome standing broad jump! And, now I have the giggle thinking of the word "broad"! As in old slang word for a woman! And what awesome daughters you have raised! Great blog! sorry I missed it first time 'round!

1573 days ago



ANNIESADVENTURE

Well said. I am very aware that I look like an easy target so I have to be very careful about the when and where I am.

1573 days ago



DS9KIE



1574 days ago



JUNEAU2010

Thanks for the inspiration! I NEED to work on being more "functionally fit".

1579 days ago





BUTTONPOPPER1

Totally loved this blog! And I love you and your daughter's fighting spirit!



You have reminded us with your powerful story that a desire to be strong is the absolute best motivator to become and remain fit! Thanks for the shot of energy!



1579 days ago



TANYA5175



1580 days ago



VEG_GIRL04

It's great to know that we all have and think about the many reasons why we work out - from the every day like being able to lift that 40lb bag of dog food to the unlikely like the hanging on to wreckage and swimming in a boat wreck ! Interested in reading Patti_Pals blog as well!



1581 days ago



NANASUEH



1582 days ago



REDROBIN47

Yes, there are lots of reasons to remain healthy. I wanted to add some years to my life since I've had both breast cancer and a heart attack. When I go, I want it to be from old age and not because I was unhealthy and didn't take care of my body. Great Blog. Thanks for sharing it.



1582 days ago



RAZZOOZLE



1582 days ago



HOLLYM48

It is so awesome that you enjoyed sports even when it wasn't the done thing. I am so glad your daughter was so strong years ago but with a role model like you, of course she was and is. Stay strong and healthy!!



1582 days ago



DONNALEE-53



1582 days ago



ANGIEN9

Thanks for sharing!!

1583 days ago



DAWNMOORE40



for sharing! I am glad your husband is ok. Your Daughter is very brave! You have a couple of strong willed people that live with you! I am sure that helps with your motivation too! You are right when you say that staying healthy will help us combat health issues and other obstacles.



1583 days ago



CHERIRIDDELL

I really enjoyed this blog.Glad to hear good shape saved your husband.It prevented me from being a paraplegic !



1583 days ago





PATTI_PAL1

So glad things have changed in our lifetime. We can be strong. We can live our best lives. Being healthy and doing what we can to better ourselves and others are a big part of it all.

Thanks for mentioning my blog. We're on the same wavelength.
1583 days ago



MSLZZY

Life's lessons well learned and great motivation!
1583 days ago



KATHRYNGC

Such strong and motivating words. I am 63 and wondering what will I be capable of doing when weight is gone. For some reason, senior body building comes to my mind. I could help out the special Olympics body builders. Ya think?
1583 days ago



INCH_BY_INCH

GREAT JOB!
1583 days ago



MAYIE53

As a child with a 'heart condition' growing up in the 50s I was not allowed to participate in gym class or physical activity of any kind. I was given Penicillin 4 x a day and told repeatedly to not exert myself. I was a weakling and ran for the first time at age 26. I was amazed that I did not drop dead. Of course the thinking is completely different today and physical activity is encouraged. Physical health is extremely important to me. Wish I hadn't overdone it with the knees. Your blog is inspirational. Thanks for sharing.
1583 days ago



LESLIESENIOR

There are so many reasons for us to get and stay as fit as possible, especially as we age. I too was a jock in the 50's and 60's.....when there were less opportunities for girls. But, I'm grateful that it gave me a love of sports when I finally became more active again as an adult. Great blog. Thank you!!!!
1583 days ago



ELAINEB1972

AWESOME Well Said!
1583 days ago



CD4114015

GREAT JOB! Well Said! KEEP SPARKING!
1583 days ago



BARBARAROSE54

GREAT JOB!
1583 days ago



MORTICIAADDAMS

Everyone should attempt to be as fit as he/she can be.
1583 days ago



1STBUCKETITEM

Well Said! I Agree
1584 days ago



GRANDMABABA

THANK YOU! I Agree Well Said! Well Done!
1584 days ago



AALLEY2

Thanks for sharing! I appreciate your knowledge and reading about your experiences. I hope

I'm able to stay fit and healthy my whole life.





1584 days ago



WINDCAR

Very powerful blog - thank you.
Loved the
"Adding life to our years as well as years to our life."



1584 days ago



DSJB9999

What a powerful blog!



blog, thanks for sharing!

1584 days ago



KRISZTA11



I'm sure I could hold on until rescue much longer than 6-8 years ago, when I had less muscle and more fat.

1584 days ago



SMILINGEYES2

Graduating in 1965, I remember those challenges. As a caregiver for my late dh and for my son and in my professional roles I have learned that if I do not take care of myself, I am of no use to others

1584 days ago



BJAEGER307

Great blog. What a true testament to exercise. I never liked exercise at all when I was young, and needless to say most of my life. I was never over weight then, but I just was not coordinated in sports, running (I had balance problems) or much anything else.

It has not been an easy road to get out an exercise as much as I have been doing since my 5 % Challenge group. I now find exercise does me good and I now and truthfully in the first time of my life I can say I look forward to exercising.

Thanks for all the information, you take care, be safe and healthy.

1584 days ago



IAMAGEMLOVER



★ I slacked off for awhile on the exercise, then my knee reminded me that I had to keep exercising it and the rest of my body too. Still waiting on a scholarship to the pool.

1584 days ago



SUBMOM2

Adding life to our years...so true! I'm not one who loves to exercise but I love how I feel afterward. And caring for my parents recently is probably my biggest motivator to maintain my fitness. Thanks for sharing this post, as well as the links to the others.

1584 days ago



JEANKNEE

Like your daughter, I also beat off an attacker in my early 20s and out maneuvered another when I was 9 years old. Yup. Being fit, strong and having endurance certainly has its advantages.

I want to remain functionally fit and able to live independently as long as possible.

1584 days ago



SUNNYBEACHGIRL

I am grateful that I have always been able to take advantage of physical activities that fit into my life style. More than anything it helps to keep me from getting depressed.

1584 days ago



CHAYOR73



exercise is very important and eating the right foods.....



1584 days ago



BLUEJAY1969

Well what an eye opener! Thanks for sharing! I detested Gym class. I was overweight and the bullying was merciless. I was also very well endowed and sports bras were in the future yet so running actually hurt my chest! I wish I HAD gotten into shape then so that now it wouldn't be such a struggle. I remember the 4 years I was at my ideal weight and how easy it was to move! At that



time I still thought I needed to lose more weight.... body distortion. I too would love to see that film of you! I want to get healthy so that my senior years are healthy years!



1584 days ago



SUSIEMT

I hated gym class with a passion. Of course I was over weight! My Gym teacher would try to encourage me to get healthy but I resisted! Thank goodness I found Spark!



1584 days ago



KRISSEY82

Your whole family is amazing (Strong, beating the odds)! Impressive. I really enjoy your blogs, and I'd love to see that video from high school, haha! :)

1584 days ago



POLSKARENIA

When I owned my pub on my own, I loved being able to say,'no thanks' to those fit men who offered to move full barrels of beer for me as I was more then capable and also helping to push a broken down car when no man offered!!

1584 days ago



LYNCHD05

I like being the one that is fit enough to the heavy lifting in our family, being able to hike with my granddaughter and doing the fun things she likes to do. It motivates me to keep going. Love this blog and thanks for sharing,

1584 days ago



THOMS1

I remember those days. The days of ugly green gym uniforms, the presidents program gymnastics and what have you. I for one didn't like gym class and that was because I was overweight and probably thought of as invisible. Thanks for the memories and thank God for spark.



1584 days ago



JILLEM



Sometimes I need a little push to keep working out but I always come back to it. Good attitude!

1584 days ago



MILLEDGE2

"In all life situations, being fit is preferable to the alternative." That will be today's mantra!

1584 days ago



MISSDORKNESS

Wow, that's something I never even thought about.

1584 days ago



NEW-CAZ



1584 days ago



TWEDEE777

Have a great week!!

1584 days ago



52BINCE

You are right, exercise is very important for health. Thanx for cheering us on to a better and healthier life.

1584 days ago

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