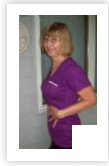


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Not "snakes on a plane" just "steps on a train"

Tuesday, June 06, 2017

Thank you Sparkers for your comments and good wishes on my last blog. While our NYC celebration recreating our youth didn't leave much time for SP, the principles are a permanent part of my outlook on life.

NYC makes it easy to eat healthy. Even the tiny take out places offer fresh fruit. Organic and vegetarian "pesticide free" options abound. Exercise, no problem.

However, it's an 8 hour train ride from NYC to Lynchburg VA. Sitting that long isn't smart or comfortable either.

So on the trip here, every hour I walked almost the entire length of the train back and forth for approximately 10 minutes. I learned to avoid the high speed stretches since I didn't want to fall into anybody's lap. Best were those stops to pick up passengers or wait for track clearance to proceed, but walking at other times was quite doable and an exercise in balance as well.

Then there are luggage areas with overhead bars, perfect for stretching and "disability" areas that do the same thing (as long as no one is actually sitting there in a wheelchair, of course)

I plan to do the same "workout" on the trip home

I will write more about our trip when we get home, but I was prompted to describe my "steps on a train" by the following blog.

Whoever Thought of Doing That? (Hayburner1969)

www.sparkpeople.com/mypublicjournal_individual.asp?blog_id=6371550

I bet many Sparkers have unconventional modes of exercise as well. We are a creative bunch in this community.

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v



52BINCE



1455 days ago



LOSINGFORME16

I wish there was a train from West Virginia to New York, I would do what you did. I even tasted all the fresh fruit and veggies. The train doesn't stop where I live anymore and the local college now owns the building in which it used to stop (the Baltimore and Ohio). I do believe the side of the building the trains stopped is in one of my earlier blogs.



I would rather take a train over a bus, car, or plane any day.

1459 days ago



INCH_BY_INCH



1460 days ago



LOSEDAPOUNDS

Way to work in exercise! I will think of this those days I think I just can't fit it in.

1460 days ago



YELLOW09RED



I'm so happy for you and Joe.

Glad you could do the walking on the train. That's great!

1461 days ago



PHEBESS

LOVE the idea of walking on the train!

I've found occasional airports with yoga rooms - perfect spot for my ST, which is all body weight resistance exercises!

1462 days ago



NANCY-

The good news is there are many ways to get exercise in.
Small space exercise
Airplane seat or Desk exercise

I'm just not into that extreme stuff.

1463 days ago



JENARUL

I love how you adapt to your surroundings! Great initiative and creativity on the train!



1463 days ago



WILSONWR

That is a great way to get exercise! You would also be very stiff if you didn't get up and move around on such a long trip.

1463 days ago



WATERMELLEN

Well done: staying healthy to max out the pleasures of the NEXT 50 years!!

1463 days ago



MBPP50



1463 days ago



HEALTHYANDFIT27

Great way to incorporate exercise on a train! Love this!

1463 days ago



MARTHA324

What great ideas! There are so. many wonderful things about Spark and one is definitely the blogs of folks like you!





KEEP SPARKING!

1463 days ago



RAZZOZLE



1463 days ago



MTN_KITTEN

Falling into someone's lap ... could have let ya met new people.



1463 days ago



NANASUEH



1463 days ago



KILTORE

Good job not letting anything get in your way.

1463 days ago



HOLLYM48

I agree. While traveling I do the best I can to get steps in. A plane ride to Europe is not conducive to walking but I try to get an aisle seat and take bathroom breaks frequently. Then while waiting in airports, I walk as much as possible. Once in Europe, no problem there getting in steps. I also have changed what and how much I eat no matter where I am!! Once a sparker, always a sparker!!

1463 days ago



GINIEMIE

I walk the airplanes when I fly to Europe. Can't deal with sitting for 8-10 hours. If it weren't for Erik I'd take a ticket with two different planes.

Glad you got your steps in hope you have a marvelous time and we get to see some more

pictures.   



1463 days ago



TERIRIFIC



1463 days ago



PHOENIX1949



1463 days ago



LINDA!

Enjoy! I love the creative workouts too, that we come up with in a pinch!!

1463 days ago



SUSIEMT

Woo Hoo you! Ever the Sparker!



1463 days ago



BLUEJAY1969



1463 days ago





LETSGOPLAY



1463 days ago



BJAEGER307

I agree with Jan. I know people now who have to wear compression socks because of not getting up and moving traveling. Glad you had the insight to move around, as so many of us don't.

1464 days ago



2BDYNAMIC

Very smart and good advice to share. DVT's ... or deep vein thrombosis on long periods of travel, whether it be by train or plane ... is a serious thing... and life-threatening. Glad you had a great time and were wise coming and going and did not veer from your healthy lifestyle! ...

1464 days ago



SHARONKHARTER

Yes, I can't sit too long either without moving, so I would be walking on the train too! Thanks for sharing your experience!

1464 days ago



SUNNYBEACHGIRL

Finding ways to move is sometimes a creative process. Hanging upside down not interested. NYC is fun

1464 days ago



SKYDRAKE

What a creative way to get some exercise and movement in. Can't wait to hear more about your trip.

1464 days ago



S_MHANCOCK

Have a great day my friend!!

1464 days ago



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