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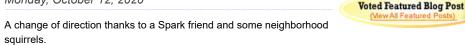
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Confessions of an "Active Couch Potato"

Monday, October 12, 2020



As my spark page explains, I was always active and fit even as I packed on the pounds. If I had been able to control my eating, I may never have needed Spark in the first place. DH sometimes called me "ravenous woman" or "bottomless pit." I can even overeat healthy food.

Using the nutrition tracker and my food scale I reached maintenance and stayed there year after year.

I first heard the term "Active Couch Potato" on a Spark Friend's blog (Watermellon, I think) who referred me to this article.

www.sparkpeople.com/reso urce/wellness articles.asp ?id=2042

I recognized myself immediately. Run, walk, swim, aerobics, weight training in the morning, then I would sit around the rest of the day - reading, surfing the web, watching TV and eating, of course. Why not? Look at how many calories I must have burned.

I revisited that article upon my recent return to Spark. It's been easy for me to fall back into old habits.

Enter the squirrel. You've seen squirrels running back and forth repeatedly gathering and burying nuts.

What if I broke up my afternoon of couch sitting like the squirrels? Walk a repeated path through my house but NOT using it to gather snacks. DH named it the "route of the confused squirrel"

As the article indicates, there are health benefits to even short intervals of exercise. So now my afternoon is punctuated with several intervals of continuous walking through the house. 10 minutes qualifies as "exercise" but I walk for 12-13 minutes which equals ¾ mile for me. It all adds up and 12 minutes really isn't that long.

I still do the morning exercise I always like (except swimming, darn COVID!), but no more afternoon couch potato.

A trip back in time for those who didn't know me way back when.

My aha moment is different than most. In a local 5k I had just won my age group with the slowest time I had ever recorded. AND I won a turkey for being the oldest woman running (there were older women walking the race). Here I am. Smiling? More like a grimace. DD (Hayburner1969) is carrying my turkey.



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What could I do? I couldn't possibly train any harder.

1 Spark year later and 25 pounds lighter I ran 3 ½ minutes faster in the same race and my joints appreciated not dragging the extra weight up that final hill.

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TOMATOCAFEGAL

I am more active than I have been in years. I still need to do more! 231 days ago



ISNESS

٧ You're quite inspirational, active lady. Consequent and exercising, day by day. I admire it. Thank you for the lovely blog. Running outdoors is quite different, more strenuous. Congrats on winning the turkey! 236 days ago





237 days ago



OVERWORKEDJANET

Nice blog!

I so relate to this as I do the same. I learned to get up every hour and move around to keep my joints limber and circulation going. Now I have more than steps a day even being a (Couch Potato) 238 days ago



SUSANYOUNGER



238 days ago



OSONIYE

That's great. Old article but very relevant information! 238 days ago



CD4114015



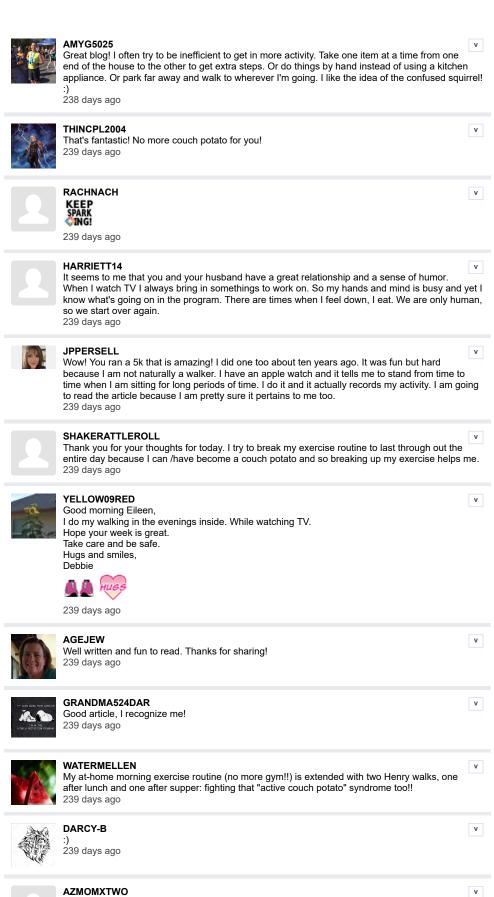


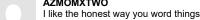


I am saving this and starting to do as you do! 238 days ago



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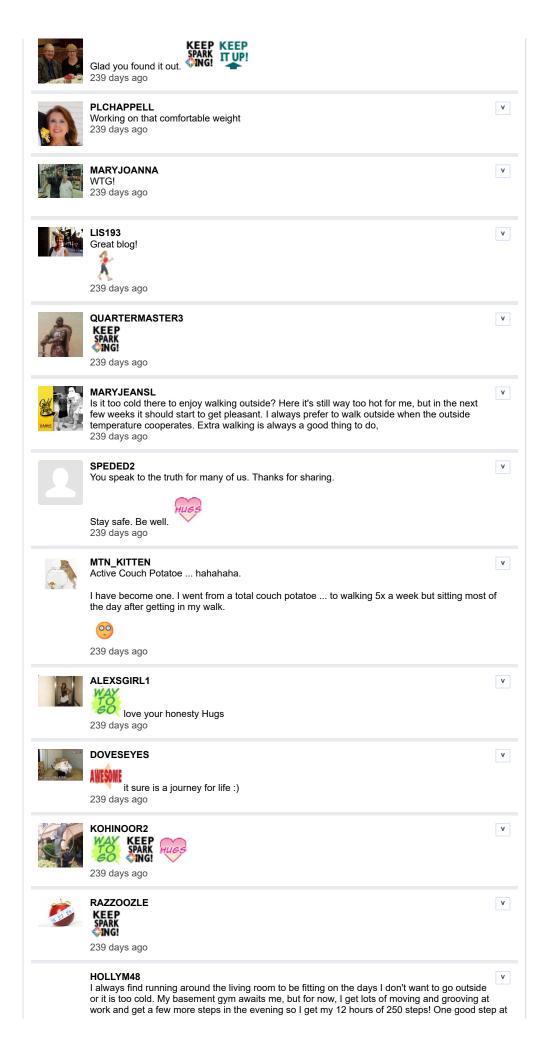




have a fantastic day 239 days ago

RHOOK20047

Getting to know our bodies and our shortcomings is an important part of this health journey.





a time, we can always do one more step! 239 days ago



BJAEGER307

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You and your daughter have always been so inspiring even when you were facing your own battles. I love your positive attitude because it comes through your blogs. You find solutions to the little things that keep up moving on this healthy journey.

Thanks for the share today. 239 days ago



1CRAZYDOG

Good plan to housewalk! It helps. I never realized how couch sitting impacted me either!



HUGS

239 days ago



SUSIEMT

Good for you! I agree adding more movement to my day has helped me immensely!



(((HUGS))) 239 days ago



LINDA!

٧

It all sounds familiar. I exercise everyday, gym, weights, etc. Many days (nights) I am on the couch. I also would have never needed Spark had I just not sat down so long. The little bursts of exercise really makes sense.

239 days ago



PHEBESS

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I also walk the route of the confused squirrel - it helps, doesn't it? Sometimes I dance around wherever we are as well, just for variety.

239 days ago



NANASUEH

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That was a wake up call. I've found likewise it to be more effective if I'm exercising throughout the day in increments. Plus it's easier on my joints.



240 days ago



NASFKAB

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So true we cant be as active now, But with taking care can manage to be presentable, 240 days ago



PAULALALA

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the 12-13 minute walks around the house are a great plan! I'm guilty of thinking my hour of planned fitness buys me a pass for the rest of the day.....so I'm going to implement a "route of the confused squirrel" at my house! 240 days ago



2BDYNAMIC

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I really like those brief Intervals of exercise and as you say they do add up! ...I consider those bursts of movement a real Bonus! ...Good job! ..We must keep moving! ..Now before a longer walk, I am going to lap the house...lol! 240 days ago



WHILLSW

٧

Good message & reminder....easy to become a couch potato & say ok because of morning exercise....







240 days ago



