



# BROOKLYN\_BORN

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## A lesson in “Functional Fitness” - At least I didn't burn the house down.

Tuesday, April 27, 2021

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Functional fitness refers to 4 pillars of good health – strength, endurance, balance and flexibility.

We want to be fit enough to live the life and do the things that are important to us. I admit that does change with age.

However, you never know what you may need to do in unforeseen circumstances.

This is an arial view of a tiny part of our lake (500 miles of shoreline)  
The green line is the main channel, 40 miles long.  
The red line represents a recent route in our canoe



While there is a lot to see in our own deep cove, wildlife and nesting birds, this trip was to visit one of the first areas settled in the 60s with small cabins and trailers. (marked as 'CANOE')

We had reached our destination and were watching a goose sitting on a dock, obviously long abandoned, on a nest she had improvised from shreds of outdoor carpet that once covered the whole thing. How creative of her!

Suddenly I remembered I had NOT TURNED OFF the OVEN!  
Immediately my mother was in my head.

“Do you want to burn down the house? Check everything before your leave!”

There had been an incident in the neighborhood where the owners left the dish washer running and left for the weekend. We heard fire engines at 4am but by then the whole house was rubble.

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Now I know that was unlikely in my case, but still we had over an hour to paddle home. We were already somewhat tired and now the wind would be against us.

It was MY fault and I was now paddling hard, much harder than usual when I had an idea. How about we pull in to shore at a narrow point of our peninsula and I walk/run to our house through yards and down the road. That cuts off most of the distance and I can run/walk much faster than we paddle.

So that was our plan

We stopped at a deserted looking dock, but there wasn't any helpful ladder and the river was lower than usual. I had to stand, balance in the canoe, grab the planks for support and get myself up on the dock. Part 1 done and I didn't fall into the lake. Whew!

I must have been a sight, dressed in what Joe calls my "Ninja outfit" wearing a life jacket running up some guy's driveway.

5 minutes later I was in my kitchen. The house was beginning to smell of "something burning." Sure enough. Two cinders that would have been lovely baked omelets.



I took it easier getting back to Joe, even taking pictures of my route

From our house

(We bought the A frame part in 1995 and added the rest years later for retirement)



Back down the road and to that driveway



Back to Joe trying to hold the canoe steady as it bounced around in the waves



I scrambled back in safely and we continued on our way

Last week I posted pictures of blue herons' nests high in the trees.  
Here is an Osprey making use of modern technology.  
Her nest is on top of a power pole.



Kind of like Mother Goose using carpet for hers.  
I meant to get a picture of her. Maybe later today. Should be great weather.

I would like to tell you that there were absolutely no ill effects from my impromptu adventure, but the next day my whole body felt really sore.

Another lesson learned.  
I must work on ALL types of functional fitness and even gradually aim for improvement in each. Slowly of course. Nothing to cause injury, but you never know what situation you may encounter.

I have no illusions or unrealistic expectations. I will be 74 in June  
All any of us can do is aim to be the best WE can be.

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## Member Comments About This Blog Post



**DONNALEE-53**



36 days ago



**LGRIF22**

All's well that ends well...I suppose (except that yummy breakfast. We all learn the hard way at times, and luckily you remembered in time...and got some fantastic pictures in the process! You did well for a septuagenarian. :) Actually, you did better than I would have. I'm in good shape, but can't run much. My back won't take it any more. Glad it turned out so well!

37 days ago



**GRAMDEB16**

Seems to me that you are functionally fit. You did great!

37 days ago



**MARKSMOM3**

All's well that ends well!

38 days ago



**LIVELYGIRL2**

I am impressed how active you are. Excellent.

No matter ones age, most have left the oven on or forgot to lock the garage door or some such thing.

Good to see your still moving so much. I was not able to see these two sides of people posting

daily for nearly 2 years. I do not know why.

38 days ago



**THINCPL2004**

Wow, now that was a adventure, just glad you remembered the oven, that could have been

really bad!

38 days ago



**COUNTRYGALINNY**

Wow, beautiful area to live in. Glad that you solved your problem in time

38 days ago



**RACHNACH**

Well you got some extra exercise.

38 days ago



**KITTYHAWK1949**

38 days ago



**I2BZ2W8**

My friends beach cottage recently burned down to the ground because a neighbor left something cooking on top of the stove that caught fire..still dont know all the details but it was sad. Glad you and your place is ok.

38 days ago





**THOMS1**

Yesterday I poured my last cup of coffee and forgot to turn the bunn coffee pot off. Susie noticed it hours later and thank goodness. I don't think it would have caused a fire but, it may have broken the carafe. Yes functional fitness is important as we get older. I will be 75 (shudder) in



November.  
38 days ago



**4EVERDIETER**

Glad you remembered! Makes life interesting and a good fitness test!



38 days ago



**1ZIPPYC**

Don't feel bad, if I could have done what you just did, I'd feel like superwoman! And I'm 10 years younger than you! Glad you made it back to turn off the oven. Close call!  
Thanks for telling us about the neighbors dishwasher. I'll not run it while sleeping anymore! You



never know what could happen while sleeping! Wouldn't want to be woke up to a fire!  
You've got a beautiful place! Easier access and more fun times with your canoe, being right on a lake. At least you don't have alligators there, like we do in FL!  
Thanks for stopping by my blog.



Have a good day. Be careful.  
38 days ago



**SUSANYOUNGER**



38 days ago



**WASCALLYWONE**

I was holding my breath reading your story til the very end! What an adventure that turned out OK. And a very patient husband. You are blessed. Stay the course. That is also my plan...to keep active in various ways so I don't get "old!"  
" (I will be 70 this year....props to your 74 y o self!)  
38 days ago



**ETHELMERZ**

Thank goodness it worked out! What a trip, but you figured out a good plan! My goodness!  
38 days ago



**DARCY-B**



38 days ago



**UPTOIT59**

So glad you remembered the oven, that really could have been tragic.  
38 days ago



**MARTHA324**

What an adventure! And you remind us all yet again of the importance of functional fitness. Your story is more challenging than Grace's in Grace & Frankie (Netflix)....last season she couldn't get up off the low toilet!



Your house is lovely and what a gorgeous site. Relax today and stretch.

38 days ago



**THROOPER62**



38 days ago



**MSLZZY**

So glad all is well. I also try never to leave the house with the stove or dryer running because we just don't know what may happen.  
38 days ago



**RHOOK20047**

Your athletic abilities far outshines mine. At 74 I would be proud of what you can do. I had a





similar incident of something that was put in the oven, and I was almost at work, 40 minutes away from my house, when I remembered and had to turn around in rush hour traffic and take care of it. What was in the oven was burnt. I opened the windows to air the house out, and just through the pan and all out.  
39 days ago



**ANNIEONLI**  
Oh wow!! Thank god it all worked out!  
39 days ago



**SHAKERATTLEROLL**  
I LIKE IT! KEEP IT UP! Well Said!

Quick thinking saves the day  
39 days ago



**ALICIA363**  
All's well that ends well.  
Hope the soreness subsided quickly!  
39 days ago



**PLCHAPPELL**  
That's my goal.  
39 days ago



**NANANANA**  
I've had those times when I thought walking would be faster than riding. Here's the reverse - I live a 10-minute walk from my desk. A female coworker insisted on giving me a ride. It took 10 minutes to get to her car in the crowded parking lot. Then it took about 15 minutes to drive the mile to my house. There was no benefit in riding.  
39 days ago



**SAMMILESSACH**  
Whoa!!!!  
Glad all is well!!!!  
You are in great shape!!!!  
I forget coffee makers,dryers etc not good.  
Love your photos&life's adventures,please keep sharing!  
39 days ago



**PATRICIAAK**  
Glad you remembered before 'too late'. Getting the 'bonus' of 'shared pictures' was at least a 'consolation prize' for the uneditable omelets.  
39 days ago



**52BINCE**  
Good job on being prepared for the unexpected! And to have presence of mind to see a shortcut and take it. (I think we've all had a 'close call some time in our lives). Glad all ended well.  
39 days ago



**HARROWJET**  
It is my impression that you are in very good shape. That was quite an adventure. I'm glad everything is okay.  
My son sent me a picture last week of a Canada goose with two of her newborns at his work. They think Mom must have had a nest on the roof of his shop and came to earth after they hatched.  
39 days ago



**JULIJULINN**  
39 days ago



**DONNA\_CPS2**



Good outcome  
39 days ago



**AZMOMXTWO**

I am so glad that here was only some ruined food and not a disaster

you may be sore but it is a healthy sore I hope  
39 days ago



**INCH\_BY\_INCH**



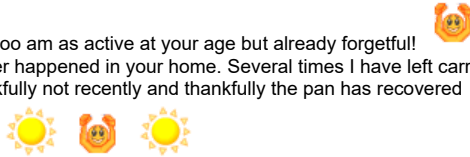
39 days ago



**DSJB9999**

Your are doing amazingly, hope I too am as active at your age but already forgetful!  
Glad you sorted it before a disaster happened in your home. Several times I have left carrots  
cooking in a pan on my hob, thankfully not recently and thankfully the pan has recovered

(eventually). Love the photos too.  
40 days ago



**LIS193**

Glad everything turned out ok.



40 days ago



**-POOKIE-**

Oh goodness! You definitely used functional fitness!  
40 days ago



**MARYJEANSL**

You reminded me of a somewhat similar incident that happened to me. I hope it will make you smile. The kids and I had gone to mass, at a nearby parish. The pastor had just started his homily when I suddenly remembered that I had left something cooking on one of the burners. With visions of the house on fire, I jumped up, ran out of the church and through the parking lot, and drove home as fast as I could drive, leaving the kids to wonder if Mom was losing her mind. It's about a 15 minute drive in good conditions. Got home, ran in the house, and turned the burner off. The contents of the pan were burned black, but no fire. Whew! Raced back to the car, drove back to the church, and joined the kids. The priest was \*still\* in the middle of his homily. He didn't finish for several more minutes. Still shaking my head.  
40 days ago



**CHERIRIDDELL**

Well done omelets are easier to replace than houses !  
40 days ago



**MSMOSTIMPROVED**

There's this show on tv and people win big PRIZES for all that activity!!! All you got to show for your efforts was a lousy overcooked omelette. You gotta talk to Joe about better consolation prizes. I mean saving the lake house from near disaster deserves a spa day for sore muscles, right???

40 days ago



**MTN\_KITTEN**



Disaster avoided !!!

40 days ago



**RAZZOOZLE**

So happy to hear there was no damage to the house.  
40 days ago



**BKNOCK**

I am glad everything was okay! Quick thinking on your part!  
40 days ago





**JAMER123**

So glad you remembered the oven and didn't have a fire. A good run for sure and for being functional. I have forgotten the oven a few time when being in the house. I get busy with something else and then remember.



40 days ago



**DOVESEYES**

Isn't it funny how thoughts pop into our mind when we are enjoying ourselves? Glad all is ok except the muscles and and the meals :) What a lovely home you have :)



40 days ago



**TERMITEMOM**

Oh my goodness! This was a close call! I am so glad you made it back on ime!



40 days ago



**SUNNYCALIGIRL**

TG it was just two cinder loafs. I left the iron on once and realized it half way to my volunteer job. Luckily, it was the kind that shut itself off and I lived close to my destination. The second time, though, it was the oven and a good thing I got there quickly--nothing would have burned down but my electric bill would have been sky high.



40 days ago



**1CRAZYDOG**

Glad things worked out all right. PHEW.



Yes, functional fitness ... definitely something we have to be in order to do better as we age!

HUGS

40 days ago

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