At Our Time of Life…continued

A respected high school teacher, church volunteer, and mother/wife/daughter/etc., Linda was always on the run.

I’ve found over the years that a lot of people believe what they see on TV. That you have to beat yourself up with long hours of exercise. But for most of us, the thought of those hours means we avoid exercise.

What our bodies really need is consistent Physical Activity. And “consistent” is the secret to success. You don’t walk Pookie, your precious Bulldog , for an hour and then forget about her for a week. That would make for an unpleasant situation.

As the American Heart Association reminds us,

 “Something is always better than nothing!”

Linda got the message. She would pop in, smile a hello, walk the track for 30 minutes, and pop out. A few days later, there was Linda on the Resistance Circuit, doing 15 repetitions of Chest Press Machine, then 12 reps on the Back Row Machine, and on thru one exercise machine per body part. In and out in 25 minutes. On Saturday, she popped in for a step aerobics class, and popped out 30 minutes later with a big grin on her face. She was already down 3 pants sizes.

Your time is valuable. Spend it doing something you actually like to do. A lot of folks like to take a nice 30 minute walk in the early evening. Satisfying, feel good Physical Activity. Almost any physical activity or exercise can be enjoyable, and actually fun, for 30 minutes. Give Linda a smile if you see her striding by.