



BROOKLYN_BORN

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Standing still for 2.5 hours is hard on the body.

Monday, December 03, 2012

There may not be any great calorie burn, but it's sure a strain on the muscles. It's easier to walk or even run.

Saturday began with a 5K that went very well. I followed that with the town's Christmas parade. DH & I got there early with chairs that we positioned just behind the curb where kids traditionally sit to catch the candy thrown from the floats.

I was all set for a relaxing time watching for our grandchildren in the parade when people standing behind us started smoking, lighting up one after another. I know it's their right to do that, but it sure impacted my plans. So I discreetly as possible picked up my chair, put it back in the car and found a smoke-free place to stand. DH followed soon after. That's not the 2.5 hours. At least there I could walk around as I tried for the best view I could get.

That evening was our choral society's Christmas concert. First 1 hour of rehearsal standing on steps in concert position, ½ hour rest and then 1.5 hours of the concert with only a 15 minute intermission to sit down. Oh, my aching back and shoulders. Even the music folder was getting heavy, but I kept singing. This is a great group and we sounded terrific!

I was still sore on Sunday morning but Sunday afternoon was another concert performance. At least there was no rehearsal, just another 1.5 hours of standing still holding my music folder.

Maybe my back was strained already from Thursday night's fall? Or maybe it was a sign that I need some back strengthening exercises? In either case my first priority this morning is to make an appointment for a massage.

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BOILHAM

Probably just overuse of muscles you don't often use. Sorry for that. But it's for a good cause. Great job!
3115 days ago





MISCHAKEO



Hope you feel better. Get that massage. I can get sore from long car rides.
3115 days ago



CELIAMINER



You deserve that massage! I can't imagine all that standing, because prolonged standing is so much harder on my back than walking. My colleague in the next cube reconfigured his work space to have a standing desk after that study came out about sitting too much taking years off your life. I'm happy it works for him, but it's definitely not for me.
3115 days ago



SUZYMOBILE



Standing or sitting for a long time is awfully hard A long car ride can do the same to me. Add in the stress of performing and no wonder your body is complaining! Feel better soon!
3115 days ago



WILSONWR



Standing for long periods is harder on me than just about anything. I can definitely empathize...
3115 days ago

Comment edited on: 12/3/2012 7:35:00 AM



COCK-ROBIN



I wish I had been there to hear it. You're doing good.
3115 days ago

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