

# BROOKLYN\_BORN

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## The absolute best exercise ever.

*Saturday, October 13, 2012*

We're constantly bombarded with advertisements for the magic pill or gadget or activity that will allow us to "melt away the pounds." I remember this even way back in the 50s when Lucy Ricardo tried to shake away and steam away the extra weight.

Today we have so much more information available at our fingertips. Now we understand calories in/calories out and use our trackers to monitor our behavior and adjust our diet to fit our own needs and lifestyle to find the best balance for our bodies.

Often we do the same with exercise.

Just yesterday at the gym a man told me that he uses the elliptical not the treadmill so he can burn 1200 calories in an hour. Wow! The most I ever burned on a tm was 500/hr. Even given the difference in our weights, maybe I should switch? Wait a minute. I've tried the elliptical. I didn't like it. Somehow the motion felt unnatural to me.

When step aerobics was first introduced, I joined that group. It was a great workout, but somehow I was always standing on the leg the instructor wanted me to step with. The same happened with Zumba. How could you not be attracted to the rhythm of that music? What a fun, energetic hour! Sadly looking in the mirror, I saw a pseudo-Latina dance team and one uncoordinated klutz. Not only was I standing on the leg I needed to move, but I was even facing the wrong direction. In both cases I thought I'd get the hang of it in time, but then they would move on to a different routine.

It's been a 40 year quest. I was an original member of Spa Lady when they opened in our area. They introduced me to aerobics and those machines. I loved to walk and bike ride with my young family. At age 28 I learned to swim well enough to do 1000 yards at a time. 25 years ago I started running.

I always belonged to a gym and continued to check out their new offerings. Some like those described above were utter failures. Some I enjoyed and continued to incorporate into my routine. Low impact aerobics with weights works well for me. Tai Chi also – finally a repeated regimen slow enough for my brain and muscles to communicate and the steps haven't changed for thousands of years. Today there is definitely something for everyone, even organized sports teams for adult women. You just have to look for it.

So what about calorie burn? There was a thread recently asking about the best exercise and many suggestions were offered. I liked and agree with the response of DGYOUNG1. "The exercise that you will actually do, is better than the exercise that looks good on paper, but you won't actually do." My feelings exactly!

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**RUNNERKDB**

Agree totally! Find your passion, for me running, and do it consistently! Seems we are always



looking for some fancy glamorous but easy  answer to become fit, Great Blog!  
3165 days ago



**CD12758218**

Big time agree! I was just telling a friend that exact thing -- find activities you enjoy doing because then you are much more likely to stick to regular exercise. I used to love step and regular aerobics, but now they are more supplemental exercises because I tend to get a bit bored. My favorite, do it every day, go to exercise is unglamorous, not high calorie burning walking. I can't even walk as fast as I used to, a mere 3.5 mph. But I love it. The dogs love it. And I am bound and determined to walk 3.5 miles each and every day, getting up early every day to do just that.



Thanks!



3166 days ago



**LESLIE871948**

Great blog. I am old enough to have Used one of the shake away things. And pretty much every other thing that came along. TODAY the very best exercise in the world is mowing my yard. Yesterday it was running with my dogs  
The day before that it was power yoga and free weights in my dining room  
Tomorrow? who knows. Maybe a rest :)  
3166 days ago



**SUZYMOBILE**

Couldn't agree more about "the exercise you will actually do." Bill and I were talking about that just last night. I look forward to walking every day because I love it. He has just discovered that he loves doing laps in the pool. We'll never successfully join a gym. Been there, done that, don't stick to it myself, and Bill ends up not going! Sometimes it takes 65 years to get something through your head.  
3166 days ago



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