



# BROOKLYN\_BORN

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## Cardio, balance, flexibility and that thing I always forget about.

Tuesday, October 02, 2012

I know there are 4 types of fitness.

Cardio – check! I like all kinds of cardio. They make me feel great!

Flexibility – Nature didn't give me much naturally, but I'm working on it. I always stretch each day and Yoga helps too.

Balance – Not bad for an old lady.

Then there's that other thing - the one I never find time for – the thing I ignore as much as possible. STRENGTH TRAINING! or ST – especially upper body stuff - UGH!

The closest I get is an aerobics class that incorporates weights, but they changed the times to a schedule that doesn't work for me.

I'm aware of the benefits and the necessity of doing this, but I just don't like it. Many Christmas' ago my daughter gave me a complete set of dumbbells, from 4 lb to 15 lbs. She had great hopes for me obviously. Hah! I've started and stopped many times.

Now I've placed them prominently right in front of the TV. The current plan is to pick them up during commercials. This is week 2 and I'm up to 5 whole minutes 3 times a week (5, 6 and 8 lbs).

Maybe that aerobics class will switch their times back again. Sigh!

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**WATERMELLEN**

Maybe if you develop some serious arms/shoulders with your weights, you'll be able to freak 'em out at work: muscles AND sneakers!!

Gotta admit . . . love to flaunt the sleeveless and flex a bit . . . can't say I LIKE ST but I do like the results (and I'm no body builder).  
3176 days ago





### MJZHERE

I believe something is always better than nothing. Mine were sitting right in front of the tv and nothing was happening to them - they sit there quite efficiently. For me at least, doing very little with them was quite a lot (for upper body). Maybe it is all where you start from. Give yourself kiddos for dusting them off, putting them in a good spot, and picking them up! You're on the way.  
3177 days ago



### BREWMASTERBILL

I learned the hard way that ST is the worst thing to neglect. ST has the unique ability to increase all 4 fitness types when done properly and consistently.

What you're currently doing with them probably isn't doing much though. You might want to investigate effective strength training routines.

[http://www.sparkpeople.com/resource/fitness\\_plan\\_generator.asp](http://www.sparkpeople.com/resource/fitness_plan_generator.asp) might be a starting point.  
3177 days ago



### SUZYMOBILE

Good for you! I kept mine in front of the TV for quite a while, because that's where I do my evening pilates routine and throw in some upper-body ST every other day. I have the same problem with ST, though, and am now committed to adding some lower body every other day. It isn't much, but hey, it's better than none.  
3177 days ago

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