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Who you hang out with makes a difference

Saturday, October 06, 2012

I remember reading that the amount we eat is influenced by those around us. That makes sense, but I've also realized that our image of ourselves is influenced in the same way.

In some yoga classes I feel like an old oak tree surrounded by young, flexible saplings, but it doesn't stop me from going. As the "Silver Sneakers" group arrives for their session, I perk up. I applaud their efforts to stay active. As I told one 88 year old woman, I want to be you in 23 years, active and mobile and still coming to the gym.

I visit nursing homes regularly, a habit begun during my mother's several rehabilitations and continued after her death. One day an old gentleman wheeled his chair next to me at the lunch table. He whispered "You're one fine lookin' woman." I thanked him for that unexpected compliment and he continued, "You have nice legs." Now, that's something I've never heard in my entire life. Maybe his eyesight was failing?

I mentioned this to a female resident that I knew well and she told me that he was 95 and was quite the ladies man in his day. Then she added, "You do have nice legs – no varicose veins!" LOL

So, your perspective changes depending on your vantage point. All we can do is continually try to be the best version of ourselves possible.

Note: Grammatically, I'm pretty sure the title should begin with WHOM, but it doesn't seem natural to me. I don't talk like that. Perhaps because of whom I hang out with? English teachers feel free to comment.

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MISSUSRIVERRAT

This is an interesting blog. I am about your age and have very active friends. We line dance together, walk, take aerobics, boat, kayak. That, of course is a good thing.

But I have also noticed that they are starting to point out the details of their infirmities and signs of aging. Personally, I try not to do this. I find all that talk depressing and damaging. I have had the thought that I need to make younger friends!

They also seem to be fixated on one-upmanship with dazzling us with their recipes/entertaining skills. Detect any envy on my part?? :-). That can lead to unhealthy eating and also seems to be a waste of time to me. I find myself avoiding social occasions because of being turned off by this. 3171 days ago

Comment edited on: 10/8/2012 7:40:13 AM



MISCHAKEO

Good blog. That was cute about being complimented on your legs. I want to be in the gym when I am older also. I also feel like an old oak around the young ones at the gym. However, I enjoy watching them!



3172 days ago



PHEBESS

Yup, I want to be that kind of person when I'm 80 something, going to exercise class and having good legs, LOL!



3173 days ago



WATERMELLEN

The "whoms" I hang out with would never notice grammar in reading such a fine blog!! At age 61 myself, it's fun to notice that I'm positively decrepit in some circles and just a (relatively) young thing in others. Like you I'm determined to maintain good health!



3173 days ago



CD12758218

Technically it should be "whom" but until you mentioned it, I didn't notice. Great blog!



3173 days ago



NWFL59



3173 days ago



SUZYMOBILE

I am NOT going to comment on the grammar, just the sentiment. There are so many women on SparkPeople who I want to be in 10, 15, 20 years!



Too cute about the old gent with an eye for good-lookin' ladies.

3173 days ago



WILSONWR

Good insight!!

3173 days ago



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