

LOG OUT




# BROOKLYN\_BORN

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## Never on Sunday

Sunday, September 30, 2012

That was a 1960s movie and popular song. It's also fits my exercise plan.

No, it's not a religious thing. I just take one day a week to give my body a complete rest and Sunday seems to fit in well.

It's not that I don't move at all, although I must admit to several hours on the couch during football season, but my fitness tracker is empty. I may take a stroll with DH or take a leisurely canoe ride together. We live on a lake. Considering our pace and the time spent being still and observing wildlife, both on land and in the marsh, it's not about the calorie burn.

It's time taken to recharge - body, mind, soul and spirit.  
Wishing everyone a good day, regardless of how you choose to spend it.

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**MJZHERE**

Alright so you've got this one and it is only a dream for us - living on a lake. Also my dh might want to know how he can find the one who is sitting there watching the game with him - cuz it ain't me. But the recharging - pretty much Sunday for me unless we've been on the road so much recharging that I need to catch up at home. Thank you for the support on my last few blogs - really appreciated right now.  
3179 days ago



**CD2244567**

RIGHT THING TO DO SPARK SAY ONE OR TWO I TAKE ONE ALSO SUNDAY. GOOD LUCK ON YOUR SPARK JOURNEY. WE ARE ALL HERE FOR YOU IF YOU NEED ANYTHING AT ALL JUST ASK. REMEMBER TO TRACK DAILY YOUR FOOD AND FITNESS TO BE HELD ACCOUNTABLE.  
3179 days ago



**MOMMYFAITHE**

Tuesday and Saturday for me. It lets my muscles rest....and gets me ready to hit the gym hard once again!  
3179 days ago



**RIDLEYRIDER**

We all need a day of rest, don't we?





Enjoy!  
3179 days ago



**MISCHAKEO**

Hope you have a good day with your husband. It is nice to relax and enjoy the day. How lucky you live on a lake.



3179 days ago



**SUNNYRUTH**

I think it's a great idea to take a break, for both the body and the mind!



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