

# BROOKLYN\_BORN

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## 45 years of continuous gym memberships - done!

Wednesday, December 28, 2016

Here's my replacement.



I understand the theory behind changing up our fitness routine (challenging our body, combating boredom etc.)

I agree that changing "time or manner of the routine" is what we should strive for.  
I just have to remember to temper my enthusiasm with caution when trying something totally different.

For example:

I hurt my knee with the quick movement changes when I tried Zumba.  
I pulled a hamstring when I overstretched in yoga.  
(fingertips on floor? Heck, I can put my PALMS on the floor! Yeah, ONCE)

Seriously! I discovered that whatever I try, I better do it alone. That way, when Jillian yells at me from the DVD that "anyone can do jumping jacks" I yell back "NOT ME!"  
That's one movement that hurts my knees and I substitute side steps instead.

My exercise of choice for over 30 years is running or walking outdoors - miles and miles. I became a "foul weather" gym member. I only showed up to use the treadmill when it was too cold, hot, wet or windy to exercise outside. I rationalized the membership fee that it was a donation to a worthy community organization (The 'Y') and DH did swim there during the seasons when the lake was too cold.

When DH stopped swimming after his brain surgery, I decided to find an alternative.

I researched treadmill brands/models, tried out a few and then read a SP staff blog about the one they bought for their office gym. That's what I bought. So far, so good. I really like it. In fact, I'm going to get some miles done right now. It's a lot more convenient than the 20 mile round trip to the gym.

Have a sparkly day, everyone!

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**MARYJEANSL**

It looks very nice indeed. And, you'll save money in the long run plus not attempting things that may cause injury. Sounds like a win, win, win. :-)

1620 days ago



**DS9KIE**



1623 days ago



**CD17264479**

I also have a membership to the Y that has gone unused since I started back to work. Hope you have loads of good use on your new 'mil!

1623 days ago



**CD4114015**



1623 days ago



**SWEDE\_SU**

i liked the gym for the camaraderie when we first moved here 12 years ago, but found that i didn't have enough hours in my day - if i wanted to exercise, i wanted to so so with DH and pelle then, claire now. a year ago i found that the jessica smith DVDs worked for me, and was using them fairly faithfully until summer, have gotten back to them now. fairly faithfully. (and i too skip the jumping jacks). we have had exercise machines that have mainly been clothes hangers; there is a rowing machine lying on its side in the utility room downstairs, and a one of those ski type machines out in the garage, both probably 25 years old. but i suppose our main gym membership is the border collie, who needs to get out regardless of the weather!

1624 days ago



**SUNNYBEACHGIRL**

I joined the Y for the convent classes and stay for the commraderie.

1624 days ago



**SUNNYCALIGIRL**



1624 days ago



**CD3409143**

There is something to be said of the efficacy of working out at home, provided you have the

means and the self discipline.

1624 days ago



**PEGGYO**

keep on walking

1624 days ago



**ONEKIDSMOM**

Love having Ariel the siren treadmill in my exercise cave. I think you're going to be very happy

with this purchase!

1624 days ago



**PHEBESS**

Wonderful holiday present to yourself!!!!

1624 days ago





**DOVESEYES**



we each must find 'our' own type of fitness and love it :)

1624 days ago



**YELLOW09RED**

Its great. Have a good walk/run.



I can't do jumping jacks. I have Stenosis. The operation will not let me do them any longer.



1624 days ago



**MIRAGE727**

I so enjoy my alone time with Jillian!



The only reason I joined my local fitness center was to swim laps for conditioning & endurance. I will do a couple of circuits after as I love them. Other than that, I do all my strength training at home.



Stay strong!



1624 days ago



**LIVEDAILY**

It is so convenient to have a piece of exercise equipment at home!! If you had a regular group that you'd meet at the gym, then that would be different. You'd miss the fellowship. I really like, and use my recumbent bike!



1624 days ago



**FUNLOVEN**

Enjoy your new TM! Everyone needs a change once in a while and that is why when my TM



broke we joined the Y ! I had to laugh at how we switched places LOL Our Y is less than a mile from our house and so, although it is not quite as convenient as the basement, it isn't a bad trip. I slacked off almost immediately after joining due to a knee injury, but now that winter is here I am eager to get back at it! Happy New Year.

1624 days ago



**GINIEMIE**

Looks good, I know you are more disciplined than me. We got rid of my husband's second hand exercycle when he died, even he used it more for a clothes hanger than for working out. I like walking so when I bought this house I bought a used treadmill for around \$400. I didn't use it but 6-10 times a year-I prefer walking outside or behind the lawnmower. It took up a lot of floor space and Erik couldn't use it because the security bars were too short, so I decided to deed it to my eldest son...he uses it more than I did. Anything I get would have to be for small spaces yet usable by Erik who is 6'2 and 270+ pounds and has limited use of his right side. I looked at the equipment at Glancy Rehab but it is out of our price range. I do Chair Yoga at the community park once a week and water exercises while Erik gets his water therapy-



this is new to our regimen.



1624 days ago



**SPEDED2**

A nice gift for you. I have no excuse not to use the equipment we have at home. A trip to the gym...I can find an excuse in a heartbeat. Enjoy!!



1624 days ago



**WATERMELLEN**

Gosh, I've been a member for just about 40 years at MY gym . . . except for brief periods when I returned to school (and joined the gym there).



Like you I've also considered my Y membership as "support" of a great community organization: which helped me raise my own kids.

Having your own treadmill looks awesome . . . there are lots of days when 20 mile round trip would simply not be possible!

1624 days ago

**PRNCSCUP1-2FULL**

Wow. That is for the 45 years of belonging to a gym! Can't wait to read a review from you about this model. I considered it. Does it stash away easily? I have no room for cumbersome equipment, even treadmills! I'm sure you will get your use out of it! Now all you need is an indoor pool for Hubby.... And, I may consider moving in too! Hee.  
1624 days ago

**ANAKIE**

We bought a treadmill 25 years ago, I used it for about 5-6 weeks. We bought an elliptical 4 years ago I use it frequently. I love my elliptical!  
1624 days ago

**MORTICIAADDAMS**

Sounds great. I have a treadmill too. they are nice to have.  
1624 days ago

**JEANKNEE**

Ironically, I just joined a gym for the first time in over 30 years. I've been admonished not to walk/hike/run more than 3 - 4 times a week following the pelvic fracture. But, they'd still like me moving 5 days a week and elliptical/stationary bike/swimming have been suggested. Given that the pelvis can finally tolerate an elliptical and I'd also been advised by the physical therapist to work with a personal trainer, I've entered the arena of the gym. Not a comfortable environment for me at all! Way outside my comfort zone. Like you and many others, my preference by far is time spent outdoors. Enjoy your new treadmill!  
1624 days ago

**HOLLYM48**

I know myself too well and knew that I would never follow through on a gym membership so opted to buy a treadmill and a elliptical machine years ago and have never regretted my decision. Enjoy your treadmill!  
1624 days ago

**DR1939**

Walking outdoors is very difficult for me. In the winter it is too cold, particularly when the winds are above 60 mph even though the temperature is only 26F. In the summer there is too much sun. I have a propensity to skin cancer and have to stay out of the sun even with suntan cream and covering, so a treadmill is a necessity. Unfortunately, I've been lax about using it lately.  
1624 days ago

**SUBMOM2**

Good for you! I bet you will knock sparks out of it (my Grandma's expression for using it a lot). Enjoy!  
1624 days ago


**MARY0825**

Yay for you! I love having my elliptical.  
1624 days ago

**CD8113065**

Wishing you many safe and happy miles on your new treadmill. I'm one of the seemingly rare individuals who don't really mind running on the "dreadmill". I particularly appreciate it when it's sub zero outside. Enjoy!  
1624 days ago

**PHOENIX1949**

  
1624 days ago

**KRISZTA11**

I'm with you in that...  
I have never set my foot in a gym in the past 5+ years, I prefer running and walking outside and yoga at home so much more. I know driving there, changing twice, taking a shower, drying my hair and drivibg back would be too much effort for me.  
Your new treadmill looks great, enjoy it for many years!  
1624 days ago

**DRBARNETT**

Enjoy your walk  
1624 days ago

**TSHAWGER**

It's great to have your treadmill at home. Just keep the motivation to use it every day.  
1624 days ago



**LEANLEIGH**

Good for you!  
1624 days ago



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