



# BROOKLYN\_BORN

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## "There are always alternatives" - Mr Spock

Thursday, February 18, 2016

That's Spock of Star Trek, not the author of the baby books.

The original 60s TV show was a favorite of DH and me. He was an aerospace engineer working on the Lunar Module and I was a HS math teacher. Years later I had a poster in my classroom - "Everything I know about life I learned from Star Trek."

My title today refers to Spock's answer when the crew was confronted with a seemingly insurmountable problem.

We were snowed in on Monday, weathering the storm at our house in town. Not only was running or walking outside impossible, we couldn't even drive to the gym. So we watched a Star Trek marathon and remembered our youth.

During one episode I picked up the dumbbells I keep right by the TV and did a strength training session while still able to follow the plot.



Between episodes I took 10 minute walk breaks around the house - what DH calls the route of the confused squirrel (picture a squirrel scurrying back and forth across a road) or did a short spark video. Thank you, Mr Spock. There were indeed alternatives.

The next day the snow was melting since the temperature rose quickly from the teens up to the 50s. Still the sidewalks weren't shoveled and the roads had mounds of snow on either side. The only completely cleared pavement in town was the parking lot of the hospital, 1/3 mile away.

I paced off a 1/5 mile loop in a remote corner which served as my makeshift track.

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Not my favorite way to complete 4 miles, but it was an alternative.

DH had alternatives too, but that's another blog.

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**MARYJEANSL**

So much better to find an alternative than to do nothing!  
1933 days ago




**HARROWJET**

  
1936 days ago



**DR1939**

  
1937 days ago



**AALLEY2**

Way to go!!  
1938 days ago






**MISCHAKEO**

That was a great example of making the most of your weather conditions and getting exercise. Well done.  
1938 days ago



**CARBMONSTERII**

Very inspiring blog. Of course I am probably biased, since I loved and watched every single Star Trek episode (original series as "new" TV show, along with all the spin-offs, good & bad, and movies    ). As Spock said, There are always alternatives", especially if we decide something just HAS to happen. "Path of the crazed squirrel" sounds like a description that could've originated in my home, too. You evoked motivation, nostalgia and pleasure with your blog today. Many thanks for brightening my Friday in so many ways!!  
1938 days ago



**ANGIEN9**

That was a great blog. I don't always think of my alternatives. I am moving into a bottom floor of a 4 plex. I will be able to do my walking videos again. Right now I don't as the man below me is house/apt bound. I can not in good conscience make purposeful noise that might bother him. Maybe he doesn't hear well. But I know it can be loud. Especially as I am on the second floor now and there is a couple of people above me with a cat!!



In the winter it is too slick to walk outside when we have bad weather. And usually it is too hot in

the summer. I may have a new walking buddy at my new apt. Cross your fingers for me. I would love to enjoy the spring weather outside walking instead of to a DVD!!

Have a great weekend! Will have to look where you live. I don't remember. We are getting wind, some rain and possible thunderstorms here in Billings, Montana. Then they call for snow showers. I don't see how it can snow in the 50's and 60's. It was 62 today!! Loving this mild winter, but we need moisture bad!!

Angie  
1938 days ago



**TERMITEMOM**

I am also a Star Trek fan and was so sad when Leonard Nimoy died.  
1938 days ago



**BRIGHTSPARK7**

Also a Star Trek fan! I love how you combined fun with fitness.  
Thank you!  
1938 days ago



**LIVEDAILY**

We got rain on Tuesday, an inch of it! It went to being -1 on Sunday to 57 on Tuesday, to the 30's today, going down to 15 tonight. I like how you keep your dumbbells by your chair. I do that too!  
1938 days ago



**MCJULIEO**

Wow! Way. To go!  
1938 days ago



**CD13202979**

Nice!  
1938 days ago



**DOVESEYES**

Way to go!!! We love Star Trek too :) our children ( now adults) went to Comicon when it came to Australia and Tim got to chat to William Shatner  
1938 days ago



**PACEKA1**

Way to win when it comes to weather! Good job!!  
1938 days ago



**PGBACK**

1938 days ago



**1CRAZYDOG**

LOVE IT! The route of a crazed squirrel! That's me too when I am reduced to house walking.  
But it works. That's the point.



1938 days ago



**PHOENIX1949**

1938 days ago



**HOLLYM48**

Way to go! I used to watch Star Trek every day. Looking back, it was probably some cheesy acting, but I enjoyed it all the same. Great job on getting in steps and strength training to boot!  
There is always a way as long as there is a will!  
1938 days ago



**SUNNYCALIGIRL**

Wow I wish I was that inspired! I think staying off my foot today is the best, but I do plan on doing something tomorrow.



**AWESOME**

1938 days ago



**MTN\_KITTEN**



1938 days ago



**IAMSUNNYHOWARD**



That really is dedication!! Thanks for the reminder to Find the I can, instead of the I

can't!

1938 days ago



**CD4114015**

What a GREAT day you had!

1939 days ago



**CD12068097**

You made lemonade, and that's what it's ALL about sometimes.

1939 days ago



**CHAYOR73**

You're one determined lady!!



1939 days ago



**PHEBESS**

Ah, Mr Spock!!! And I've been known to march in place while watching TV, with walking circles around the room during commercials. (Confused the cat no end.)

1939 days ago



**WUMPASTAR**

Inspiring! Thanks for that - really motivating!

1939 days ago



**FRANRN76**

What a great show off motivation. Ur drugging your heels into a healthy lifestyle and not taking no for an answer.

1939 days ago



**WILSONWR**

You did good finding another way to stay active. I can imagine what your DH does instead!

1939 days ago



**POLSKARENIA**

Good old Star Trek; I used to do my homework while I watched.

1939 days ago



**DS9KIE**

I love star trek

i have done that same type of walking around the house

1939 days ago



**SLIMMERJESSE**

I'll bet you were an amazing teacher.

1939 days ago



**GLORYB83**

Loved your blog! Yes, we can always find alternatives and your description of a squirrel scurrying back and forth across the road made me smile!



1939 days ago



**TREE57**

Great blog. Thanks for reminding me that there's always a way...we just need to think outside of the box.





1939 days ago



**OHMEMEME**



Remember that as motivation once the weather clears! Great job! GIVEYOURSELF CREDIT!  
1939 days ago



**SWEDE\_SU**



well done! DH is a star trek fan, too - he watched with the kids. never my thang, but he enjoyed it. love the way you found a way to get your miles in!  
1939 days ago



**GINIEMIE**



I'm blessed to have a house that is open and it's a good thing I don't have carpeting. I walk around through the kitchen, breakfast area, "keeping room" known as the sun room in my house, the great room, the hall way and back through the kitchen. Sometimes I scoot down the hall way to Erik's room and back-like the crazy squirrel-I guess. For variety once in a while I'll go through my own room, master bath and back....It gets tedious at times, but I'm walking and running a tiny bit. Now that it's nicer I've been outside for a bit and it makes my day brighter-in many ways. My Steve and the children used to watch Star Trek...it wasn't my thing.

You did well!    



1939 days ago



**WATERMELLEN**




Where there's a will there's a way!!  
1939 days ago



**GRAMPIAN**



Well done!   
1939 days ago



**ONEKIDSMOM**



Alternatives, indeed! Happy melting! It smells like Spring today, with a predicted high in the 60's... if it's here, it will be there, soon!  
1939 days ago

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