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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



V



## HARROWJET



1936 days ago



#### DR1939



1937 days ago



AALLEY2

Way to go!! 1938 days ago



v



#### 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!!

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1938 days ago



#### **TERMITEMOM**

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

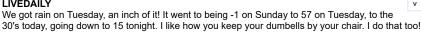


#### **BRIGHTSPARK7**

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



### LIVEDAILY



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.



1938 days ago

