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Snowbound - fitness info for the data driven mind of a "confused squirrel"

Sunday, January 24, 2016

After one blizzard day of fitness walking around the house, strength training and yoga, I had to keep up my motivation for day 2. I would much rather be outside running or walking, but my neighborhood looked like this.



I won't let DH shovel the driveway. At 71 he doesn't need the sudden, unusual exertion. The road isn't even plowed so where could we go anyway? I don't own boots and at this depth snow shoes would be a better choice.

Spending extra time on Spark, I read about Jessica Smith videos and looked through a few. I like her yoga routines so what else is out there. I chose the 1 mile power walking workout.

Yes, that was more interesting than walking around the house.

My SPAT dutifully tracked what it thought I did.

My warmup walk: 11 minutes - 1,116 steps - .45 miles

It's hard to get up any speed. Our house in town is only 50 steps from one end to the other. DH says I look like a confused squirrel going back and forth across a road.

The 1 mile power walking video: 19 minutes - 854 steps - .53 miles

I kept my feet moving at exactly the same pace as the instructor the whole time, arms too! An interesting result - my tracker recorded only half the distance of Jessica's estimation.

Not a lot of calories burned with either activity.

27 for the walk and 39 for the video, but certainly better than nothing.

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The video was more fun than my squirrel walk.
Enough so that I'll see what else she has to offer. I've got the time

I also repeated the walks a few times during the day and tried her Pilates moves too.

Of course, the accuracy of the numbers isn't really the issue. My body knows exactly what I've consumed and how much I've burned off and the trend of my daily morning weigh-ins verify if I'm doing the right stuff or not.

Usually in this part of VA shoveling snow isn't an issue. We just wait a day and it melts. This time I'm not so sure. I may be here awhile.

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MARYJEANSL

It's easy for people like me, living in a location where 'cold' equals about 40 degrees, for forget how awful a major snowstorm can be. My sister lives in the DC area, and her daughter missed a full week of school. I don't know how they kept from going crazy, stuck inside. I think you did very well, confused squirrel or not. :-)
1956 days ago



CD4114015

I needed to read this today...I am SO bored with this surgery rehab/recoup....can't go outside either! THANK YOU so glad I read this....I could have WRITTEN the first part of this...I do all the

shoveling etc...but can't now
1962 days ago



PHOENIX1949



1963 days ago



ONEKIDSMOM

I've been known to pace in the house, in the pre-Ariel (the siren treadmill) days. It's not fun,

but it gets the job done!
1963 days ago



HWNHMMBRD

I love the squirrel reference. Hang in there.
1963 days ago



LIVINGLOVINLIFE

You sound like you are doing pretty good at getting your fitness in. I agree dear Hubby does not need to shovel the snow. Too much for anyone at his age. Mine too. But of course we don't have any snow.
1964 days ago



LIVEDAILY

Jump on out there and build a



You'll have fun and burn calories at the same time!!



1964 days ago



HOLLYM48

Good job on the workouts from the computer, they are certainly more entertaining than looking at the walls as you run around the house. Good luck with all that snow. I hope it melts soon!
1964 days ago



**WATERMELLEN**

NOOOOOO boots?? For a Canajun like me, that's impossible to imagine!!



But you're making the best of it, for sure.

And gotta say, when I'm on the elliptical or bike or tread mill at the gym, any cardio machine where you put in your weight and tracker tells you what you're burning, I'm always absolutely SHOCKED at how much energy is required to burn even 10 calories.

No kidding, exercise matters for a whole lotta important reasons: but it doesn't help me a whole lot with weight MAINTenance!
1964 days ago

**WILSONWR**

I hope you don't have to "squirrel walk" for too many days!
1964 days ago

**TERI-RIFIC**

Certain Leslie Sansone DVD's can be real work-outs if you do them full throttle. I can't remember which ones, I haven't done one in awhile (since last winter). I think the ones that use weights intermittently. Do you believe here in Northern MA we got 0? I haven't heard much from my Lburg crew. They must have survived. At least one of them got off work.
1964 days ago

**SLENDERELLA61**

Great strategies to keep active in this situation! Thanks for sharing. Wish I could hop in to see you with my 2 granddaughters. They are just dying to see snow -- Frozen is their favorite movie and the dumb Florida school curriculum has a lot about snow in it for some strange reasons. Just don't know how I could ever get the kids to snow; I don't drive that good on straight clear flat roads. Anyway, keep up the good work!!
1964 days ago

**BBEAGAN**

"I don't own boots"... Wow. I cannot imagine that! Here in Eastern Canada it is more like how many pairs, what different heights and what different kinds! The snowstorm that hit you came our way but veered last minute, and we only got about 2 inches. On top of what was already here it may be a snow shoeing day...
1964 days ago

**MILLEDGE2**

Good luck as you fight Cabin Fever!
1964 days ago

**NEPTUNE1939**

Go snowboarding.
1964 days ago



At least it's a thought.

**DANCINCAJUN1**

Great ambition
1964 days ago

**MISCHAKEO**

Hope the snow stops and you can get out. I do walking videos indoors also and find them helpful. Leslie Sansone Walk off the Pounds is fun on you tube.
1964 days ago

**A_NEW_JAN**

Stick to your guns with your DH. That kind of excursion is a heart attack waiting to happen! Soon some industrious teenage neighbor will be around to shovel you out for a price, & it will be worth the \$. Stay warm!
1964 days ago

**CBULLIS1**

Oh I'm sorry your stuck indoors but great work keeping up your motivation
1964 days ago

**KDAVIS836**

Hang in there it will get better. Just take it one day at a time.





1964 days ago

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