



# BROOKLYN\_BORN

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## A confession: Competitive Yoga - My Goal: Be a MAINSTAY!

Monday, January 04, 2016

I must explain that cryptic title.

I hate it when I do stupid things. I can be really hard on myself, especially if my stupidity affects someone else. I'm not that hard on others. We're all human and make mistakes.

Fortunately, my latest stupidity only affected me.

I have a competitive gene inherited from my Dad ("Did you win?"). This mindset is regularly at odds with my mother's philosophy ("Be careful, don't do too much, sit down and rest").

Usually I balance these voices in my head quite well. I've been running for 30 years but I ALWAYS warm-up, cool-down and stretch afterwards. So far, so good. I'm still "in the race."

On December 16th I ran 6 miles. I was feeling great. SO in addition to my regular post-run routine I did the yoga video that I usually save for later in the day.

Touch fingertips to the floor. Heck no! Look, I can put my PALMS on the floor. I was very proud of myself. My flexibility had really increased. Not exactly. As the day went on I could feel my back stiffening up.

I stretched, iced and took Advil. I reduced my walking and running mileage, cut out strength training altogether and hid the yoga video. I could not bend from the waist even a little without pain. I even felt twinges just raising my arms above my head.

I stomped around the house a lot, berating myself for my stupidity. I also had 3 sessions with a massage therapist who recommended that I buy some "Biofreeze" for the sore muscles. I found this in a chiropractor's office. Wow, his waiting room looked like an AARP convention. Lots of people getting "adjustments."

Self-pity and anger at my stupidity threatened to take over. There were holiday goodies to eat. The couch was calling to me as was the 8 hours of "Cosmos" that I recorded ages ago and never watched.

So why didn't I do that?  
I didn't want to break my Spark login streak.  
I was over 500 days already.

I also play trivia daily.  
First question - Bed rest is the best thing for back injury - answer NO!  
Can this thing read my mind?

I've been in maintenance for 6 years and yet I STAY on Spark. It gets me over the rough spots. It has

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taught me that nobody is immune to backsliding or falling off track altogether. The MAIN thing is to STAY.

Sparker Watermellen wrote a great blog on this subject.

Don't Drift Away: Invitation to MAINSTAY

[www.sparkpeople.com/mypage\\_public\\_journal\\_individual.asp?blog\\_id=6056932](http://www.sparkpeople.com/mypage_public_journal_individual.asp?blog_id=6056932)

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## Member Comments About This Blog Post



**LEXIPEDIA79**

Thanks for sticking around.  
1973 days ago



**MARYJEANSL**

I'm glad you're staying! You are much better than I at consistency. I usually manage to log in, but checking blogs and logging other things, not so much.  
1977 days ago



**ONEKIDSMOM**

I'm in for the duration, MAINSTAYing right with you! And glad you are stopping with the self-flagulation. Kindness, a little kindness... although I know just how one gets there... been there... don't want to go back. Object lessons from the blogs of others might, just might, help me avoid it...



so thanks for sharing!  
1981 days ago



**OLDACCOUNT01**

Hope you feel better soon! You are an inspiration!  
1983 days ago



**PRNCSCUP1-2FULL**

Yikes! Feel better soon! I can put palms on floor.... Sorry, not laughing at your injury but at your mindset! 'Farid I'm guilty of the same thing too! Take it easy!!!  
1983 days ago



**PHOENIX1949**

Feel better soon. Great reminder to listen to our bodies and remember the lessons from them.  
1983 days ago



**DOVESEYES**

Good timing for us all to remember if we are tempted to go 'hard' at the start of the year. Hope you are back to yourself soon. Thanks for this great blog.  
1983 days ago



**ALEXSGIRL1**



1983 days ago



**JAMIRBLAZE**

Even when I'm not really on program, I do try to log in every day. I think it helps me make better choices while on vacation and to exercise a little more, etc.  
1983 days ago



**KRISZTA11**

I smiled at the title Competitive Yoga - but I see how it can be...  
It is amazing you got the first trivia question about back pain.





1983 days ago



**CD13354694**



1984 days ago



**LIVEDAILY**

Oh my - your back did that because you did yoga too soon after a run?? Gracious!! I hope you are back to feeling 100% soon!!



1984 days ago



**POINDEXTRA**

With my compressed discs, anything that stretches my lower back too much can put me in a world of pain - Child's Pose is NOT my friend! I'm naturally very flexible, and it's been a "counter-intuitive, VERY slow journey for me to be able to do the yoga forward bends without blocks to prevent me from bending too much (I MUST keep up with my core exercises to be able to bend from the waist without pain).

I hope you feel better soon!  
1984 days ago



**PHEBESS**

Okay, there's definitely humor in injuring yourself while doing yoga. Which is supposed to be slow, gentle, meditative stretching. NO competition, just being one with the universe stretching.

So, uh, tell the Dad in your brain to hold on for a few minutes next time.  
1984 days ago



**WATERMELLEN**

I did EXACTLY the same thing with my fifth bikram class -- and even 3 weeks later have sharp twinges from the chest muscles I tore (thank goodness it was NOT a heart attack).

Incidentally, read Ben Lorr's great book, "Hell-Bent" on bikram: beautifully researched and balanced. But no, not thinking I'll go back to bikram!!

We were raised to be competitive no kidding. And all we can do now is maintain consciousness of that when inappropriately applied!!

Thanks for the shout out!  
1984 days ago



**MILLEGE2**

There is some warped humor in the fact that formerly overweight/sedentary people get themselves into trouble from time to time because they are so enthusiastic about exercise that they overdo it! Been there! Hoping today is a Feel Good Day for you and your back!

1984 days ago



**MISCHAKEO**

I am sorry about that back..and hope it heals quickly. Spark is definitely here for the rough times ..that inevitably pop up.

That was a good blog and so was the one from Watermelon.  
1984 days ago



**WILSONWR**

You are the picture of consistency and an inspiration to us all! I hope your back pain starts easing up.

1984 days ago



**BBEAGAN**

Glad you eased up on the self-berating, and I hope you are feeling 100 percent soon!

1984 days ago



**SWEDE\_SU**

mainstaying right along with you:-)

1984 days ago



**ALLNONSENCE**

Take only what your body accepts. Dont overdo.  
1984 days ago





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