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No Pain, No Gain? Maybe if you are a SQUIRREL

Tuesday, February 23, 2021



Originally that “no pain” mantra meant you needed to experience discomfort to make progress. Sadly, many injuries were incurred by those taking it literally. Unless, it seems, you are a squirrel.



We have many bird feeders and bird houses and many assorted critters who also like the seed. Most are content to eat what falls to the ground as the birds consume their “buffet”

Not this guy. I’ve watched him leap from a tree limb, aiming for the feeder, slipping off and falling to the ground. Undeterred, he climbs the tree again and repeats the exercise until he is successful. Then the ravenous little rodent eats until he loses his grip or the feeder is empty.

Do squirrels get DOMS (Delayed Onset Muscle Soreness)? There are days when the squirrel is MIA or maybe just one of the ground group.

“Delayed onset muscle soreness is the pain and stiffness felt in muscles several hours to days after unaccustomed or strenuous exercise”

I took 2 rest days last week because of DOMS. It wasn’t from any “strenuous” exercise. At my age I am well aware of the danger of overdoing it.

They were just easy Spark videos, 2 of my favorites. I’m used to the warning advice.

“Use a pillow under your head or support it with your hand if necessary to avoid neck strain” Then about the stretching exercises.

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"Remember you never want to stretch into pain. If you do, you are going too far"

I know both of these very well. I just didn't notice or anticipate any problem
Oops, until the next day, I guess I did "go too far."
Lesson learned AGAIN.

It's those "unaccustomed" movements that get me every time.
I once twisted a knee during an overly energetic Zumba session.
The great music obscured any signals my body was giving me.
It took a LOT of rest to get over that DOMS episode.

So back to my decades-long solution. REST and come back STRONGER
Also, I can still focus on those movements that are not impacted.
Chair exercise using smaller hand weights, reducing intensity & distance of mileage, just enough
movement to avoid stiffness and falling into a pattern of "why bother"

As for the squirrels, the "squirrel proof" bird feeder (Christmas present from DD Hayburner1969) is finally
in place and working just fine. The little birds now get inside and can eat undisturbed not only from
squirrels but also from the bigger birds who would scare them away. It's their own little sanctuary.



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TOMATOCAFEGAL
Brave, bold squirrels.
99 days ago



NOTALOSER1
Neither a squirrel nor possum I. Hope all is well in your neck of the woods. Enjoy your
weekend.
100 days ago



POLSKARENIA
We used to always put up squirrel' baffles', which are plastic domes just below the feeders and
they really do baffle the squirrels!
102 days ago



JAMER123
Our tree branches are too high to put feeders on so I have them on our deck with over the
deck hooks. The squirrels get the food all the time. Fun to watch though.
102 days ago





ERINGRAHAM0926

Squirrels are so awesome. They always make me smile
102 days ago



1ZIPPYC

DOSM-I have found out the hard way too. I need to back off if I overdo. I also find that if I don't do something everyday, even mild exercise, I have more painful arthritic pain and muscle stiffness. Then I don't sleep as well either. That's good you're aware of your body signals too and do take

care of yourself.

Also, be on the watch for rats and mice going for birdseed on the ground. Next thing you know they are looking for a way to get in your house. Squirrels too. Been there. That's why we don't have bird feeders in the wild and there is plenty for them. Even in the winter, according to my research. That way I didn't feel bad about cutting them off. Our neighbor did the same. Nothing like having mice, rats chew into your AC wires, cable wires and car wires. Or squirrels climbing your screens or digging up flower bulbs.

Yes, that happened to us too.

Comment edited on: 2/24/2021 8:59:37 PM



SCDALYNCH

I have a squirrel just like that. He or she eats and leaves. I also have deer that come at night and eat any seeds on the ground.

The birds this year were beautiful. We have had very cold weather and many different birds. Since we are limited in going anywhere the birds have been wonderful. Our big window has been a great place for the cat to watch the birds.
102 days ago

Comment edited on: 2/24/2021 7:55:53 PM



MAW_OH

Squirrels sure love bird seed!
102 days ago



THINCPL2004

Squirrels have to eat too, there was a video I seen where a guy set up a obstacle course for Squirrels in his back yard. The reward was a whole feeder of seed and nuts!
102 days ago



BKRMKRLGHT

Well Said!
102 days ago



KITTYHAWK1949

GREAT! THANK YOU! KEEP SPARKING!
102 days ago



THOMS1

Squirrels gotta eat too I always say. Love watching the birds and squirrels and lets not leave

out those rabbits in our back yard back in Wisconsin.



RACHNACH

Yes, I keep telling myself I have to come back slow but sure. I am 81 and had total hip replacement last week on the 17th. I am now doing almost 5000 steps/day which is far from my usual over 15,000/day. I must do exercises every hour and walk 5 min every hour. I will get back to my usual routine in a few weeks, I hope.
102 days ago



DONNALEE-53

GREAT! HUGS
102 days ago

SHAKERATTEROLL

Intense love does not measure, it just gives.



Mother Teresa
102 days ago

Comment edited on: 2/24/2021 10:25:31 AM



RUTHIEBEAR

I am constantly amazed at the gyrations of squirrels in my yard. I agree, it is easy to overdo



at our age. My mind thinks it can do so much more than my body does.



102 days ago



JUNETTA2002

Thanks for sharing

102 days ago



UPTOIT59

I laughed at the squirrel story - my dad had a thing about not feeding the squirrels back in the day. Finally he gave up and bought a corn holder for the squirrels that would spin and in his sadistic way - he feed the squirrels but made them entertain him at the same time. LOL the



squirrels would never let go until they had gotten every kernel

102 days ago



FRITZYS_MAMA

I am prone to overdoing it and way overexercising. I have a huge tendency to get bulimic so I have to be careful about my eating and exercise. I take medication and had to go to therapy for a long time for this. Just like people can fall into the trap of not exercising enough, it can be just as easy to get obsessed with exercise and compensatory behaviours and overly obsessed with health! Can you imagine nutritionists telling you you are TOO obsessed with nutrition? I had many an argument with nutritionists to the point that I won't see them anymore. My doctor told me last time I saw him that I should be a dietician.



102 days ago



DARCY-B

My ex-father-in-law is an enemy of the squirrel!



103 days ago



RHOOK20047

Nice feeder! Great for the birds! I know only too well about DOMS; I push myself too far at times and they when I am laid up with pain, I say, "Hey you big dummy, what did you prove by that!"



103 days ago



AZMOMXTWO

I know DOMS and I do listen to my body most of the time and I take my rest days



I love the bird feeder that one is great

103 days ago



ETHELMERZ

I just paid \$225 to have my attic patched up from squirrel holes, they got in and had families, would not leave. They tore up stuff, chewed wiring, etc. Not very cute, then.



103 days ago



LIS193

Like you I twisted a knee in Zumba class. It was my first class (and last!) - I could hardly walk for a week afterwards and stairs were agony!



103 days ago



RKOTTEK

KEEP IT UP!

103 days ago



MARYJEANSL

I do love that bird feeder! I always used to love feeding the birds. I haven't done it in this house, because we really don't have a window that allows me to see a feeder. I miss it. My mom always fed the birds, and all of her children have, at one time or another, followed suit. I believe I told you about my mom's squirrel who did what yours does - leap at the feeder from a low wall that isn't even that close - and eventually get there and pig out. My sister always said that Mom had the fattest squirrels in



the entire state of PA, lol!
103 days ago



GREYDOLPHIN

We have brave squirrels in our yard. They jump on our windowsill and stare at us. One sits on the step on our side door and looks in. It drives our 3 dogs crazy.

It's so frustrating to think we can do exercises that we had done maybe even 5 years ago only to discover that they are impossible now. Arthritis in the spine doesn't help. Oh, well, it was a beautiful, sunny day here in St Louis and the snow has melted. All is well.
103 days ago



PATRICIAAK

enjoyed the squirrel determination!

103 days ago



QUARTERMASTER3



103 days ago



MTN_KITTEN



103 days ago



DOVESEYES



103 days ago



HAYBURNER1969

DOMS for squirrels? Ha ha, what a funny thought! We've got some real gymnasts in our yard, too. I added two more squirrel feeders so they have more convenient places to feed. Also, they don't like safflower seed. They turn up their noses!

103 days ago



MORTICIAADDAMS

I'm always amazed at the squirrels who will not stop. I relate them to The Terminator. Most of them end up successful. I always try to think of who they would relate to in our society. Maybe Bill Gates, Michael Jordan, Fred Astaire?? So in essence, these pesky squirrels are Supersquirrels.
103 days ago



PATRICIA-CR

You gave me a good chuckle with the squirrels. Great comparison!! I hate DOMS and try to avoid it at all costs. DOMS is a very painful reminder to pay attention to the warnings and to

remember what happens if we don't do the recommendations.

103 days ago



DESIREE672

Absolutely! Follow what your body tells you!

I had a Pilates trainer who was the age of my kids and looked not much more than half my weight. I wouldn't do moves I felt were risky, however much she urged me to, because in the past I've paid for moves I was suspicious of for many months afterwards. We can get fitter and still respect our instincts.

103 days ago



BKNOCK

The squirrels drive me crazy! I can't believe the way that they can climb up the side of the house!

I love that feeder!

103 days ago



DARLENEK04

I can hear you on the stiff/sore.....I fell out of bed during a nightmare last night, David tried to catch me, but hit the floor hard on the left hip and shoulder....I see me calling the dr. tomorrow for a shot in the hip and back if I can talk him into it.

As for the exercising, I have learned to watch what I'm doing...recently I hurt both my shoulders trying to jump in and get doing some weights.....sigh.....>

My squirrels have learned to lean over from the pole and pull the bird feeder close to them, so checking Lowes tomorrow for something they won't be able to use that way...



maybe a straight up n down stick without ivy leaves for them to sit on.

103 days ago

Comment edited on: 2/23/2021 7:40:47 PM



BJAEGER307

I like that bird feeder. I have a new one that I'm not pleased with. The birds are constantly fighting to get onto a feeding spot. Next feeding season I think I'm going to find something else that is a little bigger. Thanks for the photo as I will look into something like that.

103 days ago



HOLLYM48

I hope you are feeling better. Exercise is great, but yes, it can definitely take a toll if we push to far.

Those squirrels are houdini's! They just don't give up until they find a way. I am doing my best to keep them away from our feeders!

Have a lovely evening!

103 days ago



LINDA!

At age 65, I also have to pace myself during certain workouts. I hope that your soreness is gone.

103 days ago



NANCY-

Take it easy. No need to push it. More isn't always better.

The squirrels are always having their ups and downs.

103 days ago



WHYNOTTRY45

103 days ago



WATERMELLEN

Listening to the body when it says enough or (more likely after the fact) too much!!

I love my squirrel-proof bird feeders!! They are made by the "squirrel buster" company!! Really essential in Ontario. But haven't seen any squirrels yet here in PE!!!

103 days ago



WOOFERCOALBOY

Oooo! Love the squirrel-proofing! My cousins' house has 4 hummingbird feeders, bee-proof, but I don't remember seeing seed feeders that are squirrel-proof! Gift idea! Thank you!

103 days ago



NANANANA

Squirrels are interesting critters.

Sometimes DOMS can come from normal activities like walking and climbing stairs.

103 days ago



KOHINOOR2

Well Said! KEEP SPARKING! HUGS

103 days ago



RAZZOOLE

Love the bird feeder.

103 days ago



PHEBESS

Age gets to all of us, doesn't it? I tried jumping up to pull down a hanging piece of broken branch and nope, landing even on soft grass is no longer what my knees are willing to do.

Oh well, I can still walk and swim and garden without jumping.

103 days ago



SHAWFAN

Love that new bird feeder! Something to save up for later this year...maybe. We have the same issues with squirrels and larger birds like crows or the other ones I usually get confused with crows. A lot of Sparrows too. So, the little guys can't get in there.

My husband says he'll make me another "shepherds hook" for the other side of our yard for more



bird feeders. He hasn't gotten around to it yet. Of course, it doesn't help that our dog gets herself tangled around the one currently out. We've moved it as far out as we can and she still manages



sometimes.

As for DOMS, I'm always forgetting to stretch after exercise, no matter what kind. Usually wake with a charlie-horse or some type of cramp. BIG OUCH!

Thanks for the reminder. Will work on this too. Especially since I've been working on shoulder

exercises to improve my archery skills.



(Can't believe they don't have an emoticon for archery!)

103 days ago



ALEXSGIRL1



103 days ago



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