

Then about the stretching exercises.

"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"

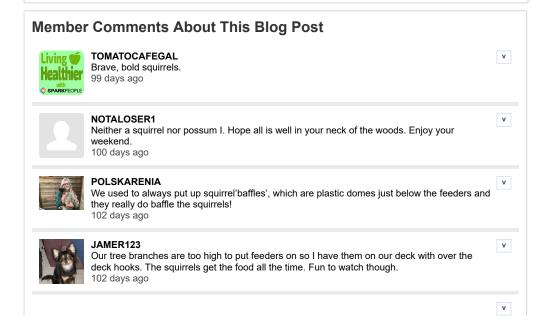
As for the squirrels, the "squirrel proof" bird feeder (Christmas present from DD Hayburner1969) is finally in place and working just fine. The little birds now get inside and can eat undisturbed not only from squirrels but also from the bigger birds who would scare them away. It's their own little sanctuary.



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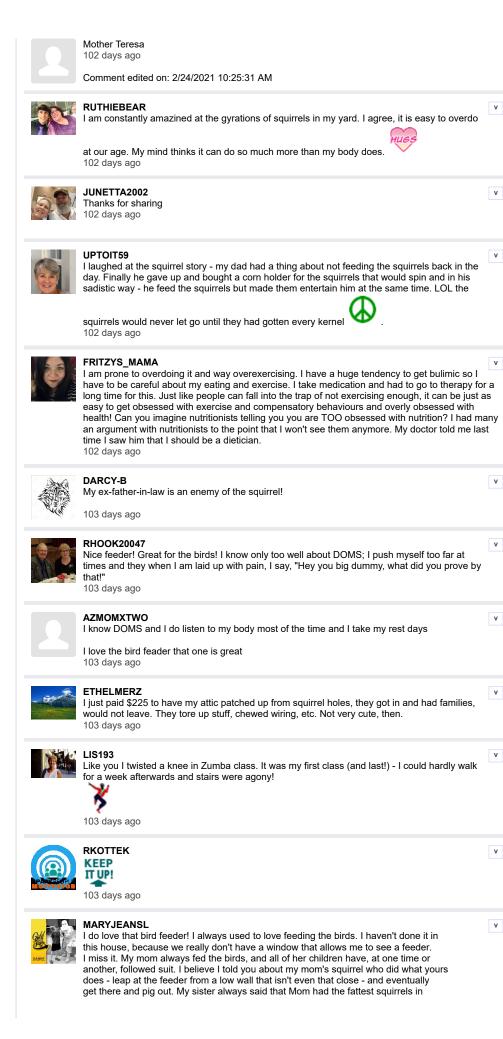
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ERINGRAHAM0926 Squirrels are so awesome. They always make me smile 102 days ago

	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 stiffin Then I don't sleep as well either. That's good you're aware of your body signals too and do tak care of yourself.	ess.
	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 any more. Besides these critters know where to find food in the wild and the 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	re is
	Yes, that happened to us too. 102 days ago	
	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. S we are limited in going anywhere the birds have been wonderful. Our big window has been a c	
	place for the cat to watch the birds. 102 days ago	Jieat
	Comment edited on: 2/24/2021 7:55:53 PM	
Sanding umlan yaz' way tech () tech a happy day	MAW_OH Squirrels sure love bird seed! 102 days ago	V
	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	V
CHALLENGE	BKRMKRLGHT Well Said! D 102 days ago	v
	KITTYHAWK1949 KEEP SPARK 102 days ago	V
18.	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.	v
	102 days ago	
	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 m usual over 15,000/day. I must do exercises every hour and walk 5 min every hour. I will get bac my usual routine in a few weeks, I hope. 102 days ago	
<u>H</u>	DONNALEE-53	V
	SHAKERATTLEROLL Intense love does not measure, it just gives.	v



	the entire state of PA, Iol! 103 days ago	
	GREYTDOLPHIN 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.	v
	It's so frustrating to think we can do exercises that we had done maybe even 5 years ago only t 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	:0
A	PATRICIAAK enjoyed the squirrel determination! 103 days ago	v
à	QUARTERMASTER3 Well Done! 103 days ago	v
	MTN_KITTEN Well Done! 103 days ago	v
WORD	DOVESEYES Well Done! 103 days ago	V
	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	V
	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 B Gates, Michael Jordan, Fred Astaire?? So in essence, these pesky squirrels are Supersquirrels 103 days ago	
CHALLENGE	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.	V
Q	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 weig I wouldn't do moves I felt were risky, however much she urged me to, because in the past I've p for moves I was suspicious of for many months afterwards. We can get fitter and still respect our instincts.	baid
	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	v
	DARLENEK04 I can hear you on the stiff/soreI fell out of bed during a nightmare last night, David tried to catch me, but hit the floor hard on the left hip and shoulderI 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 doingrecently I hurt both my shoulders trying to jump in and get doing some weightssigh> 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	v

	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 is a little bigger. Thanks for the photo as I will look into something like that. 103 days ago	v e that
	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 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	V
LIFE ISN'T ABOUT FINDING YOURSELF. LIFE IS ABOUT CREATING YOURSELF.	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	V
	WHYNOTTRY45 YUUA SAN 103 days ago	V
VA	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 PEI!! 103 days ago	v /
MAT In Acad	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	v
F	NANANANA Squirrels are interesting critters. Sometimes DOMS can come from normal activities like walking and climbing stairs. 103 days ago	V
	KOHINOOR2 Well KEEP Said Spark Constants 103 days ago	V
<i>6</i>	RAZZOOZLE Love the bird feeder. 103 days ago	v
	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.	V
	103 days ago SHAWFAN	v
Every Ascomplishment starts with the decision to try.	Love that new bird feeder! Something to save up for later this yearmaybe. We have the same issues with squirrels and larger birds like crows or the other ones I usually get confused 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 me	with

		out as we can and shu	e still man Usually wa	ages ake er		
	archery!) 103 days ago					
2	ALEXSGIRL1 Well Hues			v		
	103 days ago					
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