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“Rest and Come Back Stronger” – Taking my own advice

Tuesday, March 30, 2021

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I have given that advice to many people both online and in real life
Rest, Recharge, Renew, Refresh – Great “R” words all



I've written before that exercise was never my problem, food was. Lots of food.
I like being active to the point that I have to remind myself of the benefits of taking a rest day.
Sometimes though the decision is made for us.

Joe & I got our 2nd vaccine shots on Saturday. Shot #1 was no big deal. Sore arms but unless I rolled onto my left side while sleeping, hardly any impact.

Shot #2 was different. We shared the side effects. He got the sore arm and body aches. I got the headache and low grade fever (99-100). We BOTH were absolute slugs, sleeping away Saturday night and most of Sunday. We would watch TV in our recliners and have to start the show over several times since we would just fall asleep. Definitely an enforced rest day.

I re-read an old Spark article.

“What Should You Actually Do on Your Rest Days?” (link at end)

It began:

“If you hear the words “rest day” and immediately envision you, buried under a blanket, deep in the couch, a beer in one hand and a box of cookies in the other, you're doing it wrong”

Was she reading my mind? No beer, just tea but I was thinking of adding cookies. You know, “to make myself feel better.” Given my past experience, it could have been the whole box. I need the boost, right? Actually no, I don't. My body needed rest and healthy sustenance, not a pound of sugar.

OK, food plan accepted. Now “exercise” - that's a relative term. No distance or strenuous workout but at least when I opened my eyes, I got up, walked around the house and stretched before returning to the recliner.

On Monday morning I can't say I was READY to tackle the world but at least I WANTED to – a step in the right direction. Following my ingrained “come back stronger” I added “slowly” and that's exactly what I did.

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Spark has some excellent "chair exercises" which were a great first start.

I even walked a few miles in intervals. Not my normal pace but OK, like the turtle and the hare, the finish line is the same.

I'm even related to a late blooming turtle. How did I, who had a continuous gym membership since 1972 raise an exercise hating daughter? Hayburner1969 doesn't blog often, but while I was sleeping away Sunday, she wrote this:

"Exercise - I HATE THIS!!!"

www.sparkpeople.com/mypage_public_journal_individual.asp?blog_id=6747040

Yes, my rest day and comeback days were not by choice, but the program works.

I'll stay connected and come back stronger.

Those side effects were unpleasant but temporary. Well worth it for increased peace of mind for myself and those I come in contact with. The future looks much brighter than it did one year ago.

The Spark Article can be found here.

www.sparkpeople.com/resource/fitness_articles.asp?id=2347

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BYWAYOFTHEMUSE

Did either of you have covid before being vaccinated? I had covid pneumonia, and the first shot kicked my butt, but the second shot was like nothing. Either way, I'm glad you're vaccinated

and feeling motivated!
68 days ago



THOMS1

Glad you took the time to listen to your body and get the rest that you needed after the 2nd shot. My sister gets her 2nd shot next week and because we have dental appointments the day

after she is hoping that she doesn't have any side affects. Here's hoping.
69 days ago



2DAWN4

I haven't scheduled my shots yet but am going to do so very soon!
70 days ago



NANHBH

My husband & I both had rough days after our 2nd vaccine - headache, fever, extreme fatigue. But almost exactly 24 hours after the vaccine, we both had a miraculous recoveries - not even a sore arm after 24-hours. Hope you're doing better now.



70 days ago



GETULLY

Good for you for allowing for a slow recovery. Dearly Beloved has not had any reaction to his second shot and my second is next week. I have blocked out the day after, just in case.
70 days ago



CRADLEY

Glad you were able to get the shot and took the rest days that you needed for your body to recover. It's hard to remember that those days are just as important as the days we put in the miles.
71 days ago





CRADLEY

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71 days ago



1DAY-ATA-TIME

We got both shots without any side effects except a little tiredness after the first. My rest days are the weekend where I limit my exercise activities. Sometimes I must force myself to take time off from exercise. Why do we feel guilty when taking a rest day??

71 days ago



MARTHA324

You got your second shot!!!



Sorry you had a reaction and happy that you are now better. Rest days are a puzzlement. As someone who went years without exercising now I exercise every day. But (and it's a big BUT) some days that is just gentle walking or stretching.

Right now battling a bit of a sweet tooth for some reason and have to remember your words that my body doesn't NEED all that extra sugar! thanks!

71 days ago



SUSANYOUNGER



71 days ago



DARCY-B

It is difficult for me not to associate food with virtually everything. Thank YOU

71 days ago



ANDEC1

Thanks for the great blog! Your attitude is inspiring. Yes, having the vaccine behind us helps us finally get to see family for Easter and attend church services without worry.

71 days ago



SHAKERATTLEROLL



71 days ago



SUMMER33

i was lucky...almost forgot i had my shots...no reaction...was told to get out and move around afterwards and walked for an hour each time..very grateful and happy..

71 days ago



RHOOK20047

I get my second shot next Tuesday. Getting a little worried about talk of side effects after the 2nd shot. I hope I have no reaction to it. Hoping for the best as we need these shots.

71 days ago



TDSIMOE67

Glad to hear that you had your shots, listened to your body, and are back at it....

71 days ago



SUSANYOUNGER



71 days ago



JAMER123

Sounds like you progressed the way you should have with the vaccine. We have had our first and now waiting for the call to get our 2nd one. Of all the medical information I read, it's good to have a reaction to the second as it should you are well covered. Some of the symptoms are related to covid but benign.

Glad it's going well and you are up and doing things.



71 days ago





THINCPL2004

I too was a slug for a couple of days after my 2nd dose. Glad you are feeling better.
71 days ago



MORTICIARAVYNN

KEEP SPARKING!

71 days ago



AZMOMXTWO

I do not like exercise but I love to walk and can walk for miles with no issue but it is not always the same so glad that you got your shots and are doing good
71 days ago



ALICIA363

My second dose was Friday. Today is my first day back to 30 minutes of exercise after the side effects and the need for sleep on work nights. (I missed Monday.) Small price for peace of mind, and the future looks brighter.



71 days ago



DIANEDOESSMILES

There are times I'm forced to do the rest day, but I now can accept it. Slowly build it back up. Yesterday was a BLAH Day, today I have more energy but doing exercise in 10 to 20 mins spurts and hey that's okay!!

Glad your energy is returning. Sparks has so much GREAT Info to help us. I am so grateful it does.
72 days ago



RACHNACH

KEEP SPARKING!

72 days ago



HARRIETT14

A few of my friends had headaches and sore arms after their second shots too. I had the Johnson & Johnson's one shot and was lucky not to get a reaction. I was exercising everyday for a long time and then my body developed a lot of different kinds of pain than I ever had before. I read an article that a rest day between is important for the health of your body. What I did was divided my workout between two days. So I exercise everyday but differently and my pain has gone away. I also think that you have to listen to your body most of all.

72 days ago



KITTYHAWK1949

THANK YOU! GREAT! KEEP SPARKING!

72 days ago



1CRAZYDOG

Good for you for taking that rest day and you have rest day exactly right! Thanks.

HUGS

72 days ago



JUNETTA2002

Well Said!

72 days ago



TZAPP22

Excellent insight and modified action plan to return you to your fighting level!
72 days ago



WATERMELLEN

Thanks for this great blog -- helping so many of us still waiting for first shots (April 8) and second shots to be realistic about what to expect. And to be kind to our bodies as they work on manufacturing those essential antibodies.

There have been many periods in my life when I've been unable to exercise -- after surgeries,



during radiation, after injuries. But I know how much I love to move and that I will always get back to it.

72 days ago



1DARKHORSE

I'm so glad you're feeling better. That sounds great that you just listened to your body and gave it TLC instead of cookies.



72 days ago



PLCHAPPELL

Yes it does

72 days ago



LIS193

Great news on getting both shots and glad you recovered from the after effects. Take care ❤️



72 days ago



RKOTTEK



72 days ago



ALIHIKES

Thanks for sharing your experience. I will plan to rest for a day or so after my second shot, and I will be sure to have soup and healthy food available

72 days ago



PATRICIAANN46

My husband and I both had the Moderna Vaccines. We didn't have any adverse reactions to the first shot. The day after the second shot, I was exhausted and rested on and off all day. I NEVER nap during the day and with the second shot, if I sat down, I fell asleep.

I don't believe that a "Rest Day" means laying around all day and eating whatever I want to. That would be counter-productive to what I have worked so hard to accomplish. I have had 3 spinal surgeries and was diagnosed with A-Fib so if I feel the need to rest, I do, but for the most part, I stay as active as my body will let me and it is working so far.



for a great blog. It is definitely a topic that we all need to sort out.

72 days ago



ETHELMERZ

Rest and be glad to be able to do it. No guilt!

72 days ago



MARYJEANSL

I'm glad you're feeling better. :-)

72 days ago



DOVESEYES

Well said rest and come back stronger :)

72 days ago



GREYDOLPHIN

I had little reaction to the first shot. The second shot made me extremely tired.

72 days ago



KOHINOOR2



72 days ago



CHERIRIDDELL

I am glad you have had your second shots but I am sorry you had a reaction.

72 days ago



LINDA!

I am so sorry that you and your DH had side effects from your second shot. I was lucky and didn't. I am so much like you. I love to exercise. Food is my problem. It has kept me from a few pesky pounds that I want to lose.
72 days ago



MORTICIAADDAMS

We could tell that we had the vaccine both times but being a nurse, we prepared and had some Airborne on board, drank lots of fluids, had chicken soup, ate ice, and took it easy. Glad to have it in the rear view mirror. No biggie. Sure beats death. LOL.
72 days ago



HARROWJET

I'm glad you are feeling better. I believe in rest when it is needed. I won't get my second shot until June 20 (they extended the time between the first and second shot. Originally I was supposed to get it on April 4.)
72 days ago



BKNOCK

Glad you and your husband are feeling better!
72 days ago



PATRICIA-CR

Very happy you and your DH are fully protected against the nasty virus. Peace of mind is worth the side effects then.
72 days ago



CD14476702

Lots of good stuff in this blog. I agree about a rest day. It should not be a pass to vedge and stuff cookies or chips in the mouth. But a day to kick back and relax. I get my first shot tomorrow. Jan got her first shot and slept off and on all day. Hope it won't be the case, but if it is, it certainly beats getting the virus! ... Glad you're feeling back to normal now. Good blog!
72 days ago



MTN_KITTEN

Get Well Soon
72 days ago



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