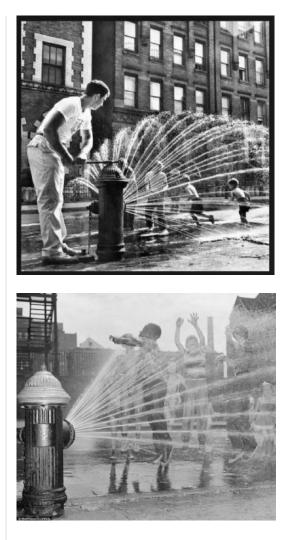


I saw that life only on TV. None of that was possible in our 3 room apartment in Brooklyn. I did have a brief glimpse of it during the summer at Grandma's house in a rural town in PA

The picture below is MY childhood. I remember a different kind of exercise "fun" An older teenager would open the fire hydrants for us to cool off in the street.



We must have burned a lot of calories jumping around in the spray and getting out of the way of cars. Eventually the police would come and turn off the water.

Our children and grandchildren are all great swimmers because their childhoods allowed for lessons even swim teams. Not so in my childhood.

The few city pools were off limits because of the polio epidemic. By the time vaccines provided protection, I preferred to take the subway to the beach. Jumping through the waves was fun and unintended exercise, but it wasn't possible to learn to swim in that environment.

Still, once upon a time movement was FUN. When did it change to something that is so often described as drudgery or something we hate to do? Can we recapture the spirit we once had as children?

How did you have FUN in childhood while getting your exercise? Can you recapture any of that today? Can we find some kind of movement that gives us joy?

As always, we learn most from each other's comments. There is a lot of wisdom is our shared Spark World.

Obviously, we expect age and life changes to set limits. Unlikely former gymnasts are still taking a turn on the balance beam as senior citizens, but maybe still dancing?

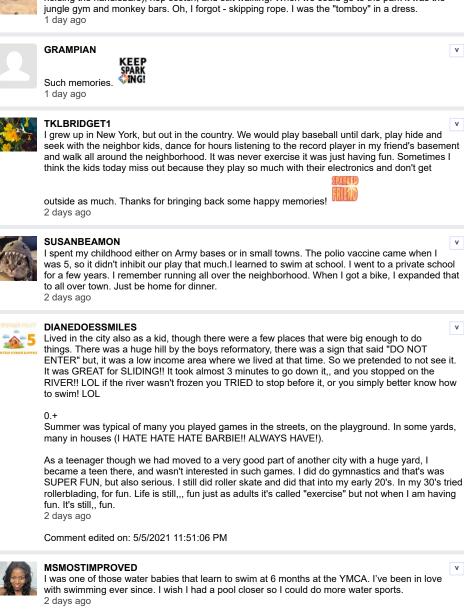
Edit: In answer to OKM's question - I learned to swim at age 28 after I had 3 children. I figured if I was MAKING them take swim lessons, I should model that behavior. I joined a non-swimmers adult class. There were 16 of us and I was the only one who had never even tried to float or put my face in the water. Probably for the best I had no bad habits to unlearn so I did exactly as I was instructed and learned 3 strokes. (free, back and breast). Now I can swim nearly a continuous mile. At least I could pre-pandemic.

## Edit Blog Entry | Delete Blog Entry Share This Post With Others Report Inappropriate Blog Member Comments About This Blog Post SYNCHRODAD v What an excellent blog! Even more excellent (if possible) are the comments. I read all of them Many memories of mine triggered. I am asking myself at the moment, "What do I do that is fun? And exercise. Can't run anymore, that is for sure. I think I have to embrace some yardwork for starters. What on my eternal to-do list is fun or that I can make it fun? I'm thinking. 17 hours ago PHATPAT18 ۷ We had a pool and it was so much fun. 22 hours ago ELIZABETHBECK1 v Great blog! I try to make my workouts fun and not drudgery! I REFIT® bike, walk, run new trails, hike, swim, and do water aerobics. I garden and clean up the yard as often as I can, I try new workouts and change things up as often as I can. Impromptu pick up games of Volleyball or basketball? I'm down! I even make cleaning fun by turning up the music and dancing while I clean. Again, thanks for posting! 22 hours ago 1ZIPPYC v We rode bikes everywhere in my youth. Back then safer streets. I'd ride a mile from home to go to a fave little store. Even walked back and forth to school, which wasn't fun. But at least I never had a weight problem back then. Played kickball in the neighborhood road with neighbors kids too. Swimming was fun off and on to different places. Now, I only have fun exercising when I'm walking in nature. I don't like the heat or sweating though. 😱 I got back on my bike for the first time in 15 years 4 years ago, only to wreck it. At my age, with osteopenia- hung up the two wheeler, especially after I broke my shoulder in a fall 2 years ago. I enjoy my chair exercises and stretching. Really makes me feel good. 1 day ago -TITANIUMv My childhood was very different than most. My best exercise was running away from the spanking and abuse. My sister taught me how to ride a bike .. I was able to get away faster and go farther. 1 day ago LYNCHD05 v There isn't much we didn't do as long as we were outside. I remember freezing my feet when skating way too long in the freezing prairie winters. Summers were all the usual, biking, swimming, baseball, skipping. We never played in the house. Who worried about kids being gone all day in that era. 1 day ago WEDDWT ٧ Loved rope skipping, especially double dutch 1 day ago RETIREDSUE v I learned to swim in a high school pool in the city where I took lessons and enjoyed swimming into my teens and young adulthood although I was never a strong swimmer. Growing up in a city suburb, although I played outside in our safe cul-de-sac and ran around the neighbourhood with the other kids, I was usually more content to play with dolls inside or read a book than I was to play outdoors. When I was in my teens, living in a much smaller community, if I wanted to go almost anywhere I walked. Walking was a big part of my life for years - until I had my own car as a young adult. It's something I still enjoy but I'm mostly a "fair weather" walker unless I have somewhere to go specifically that is within walking distance, when I will set out regardless of the weather. My fun exercise these days is doing Pahla B videos which seem to be helping me maintain and even lose a bit more to get to that 'magic' number! 1 day ago MELOBEE

All the neighborhood kids would get together and play outside until dinnertime any type of ball



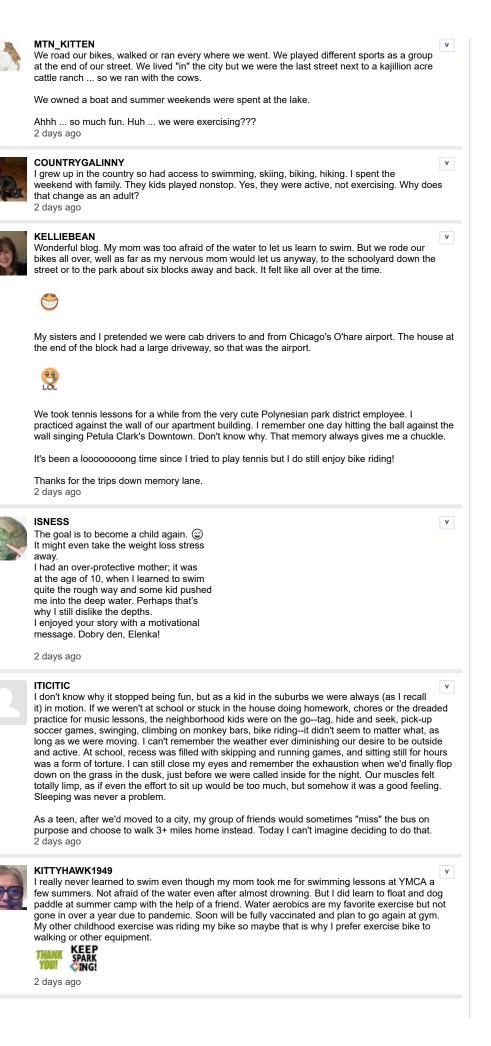
sports, bicycling, Buckeye fights--I grew up in Ohio--etc. I also remember a show on TV at the time called Lucy's Toyshop (?) where she would make exercise fun to do by singing the "Chicken Fat" song. Those were the days, lol. 1 day ago PRIMEOFMYLIFE v Everyone should learn how to swim! We have drownings every summer in our local lakes - so tragic and preventable. I love the water parks that have been created for kids. Good clean fun, and exercise! 1 day ago PHOENIX81RISING Love this blog post! So many things in life are now tainted with pressure and expectation. We L have to try and re-adapt to make things fun, again. 1 day ago BONIFIANT My childhood fun - cartwheels in the back yard, bike riding (who could ride the farthest with out holding the handlebars), hop scotch, and stilt walking. When we could go to the park it was the



50

## JUNETTA2002

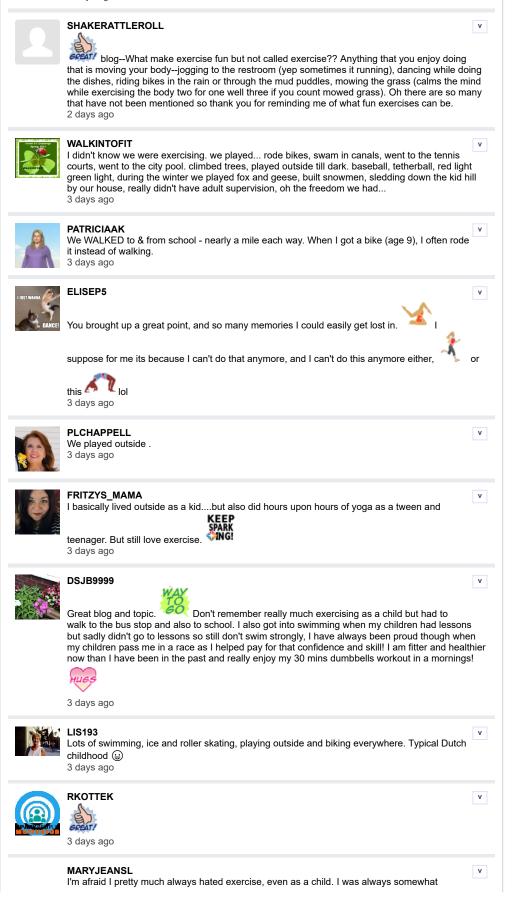
We had so much fun as kids 2 days ago v



	over, from one end to the other. Play in the school yards, no fences. Rode bikes out into the country, no fear. As we got older, rock and roll got us hooked to dance. Did chores at home. Could walk to the library and check out books anytime we wanted. Of course, was a lot lower population back the 2 days ago	n.
18	THOMS1 I remember when I was young and exercise was fun but as I grow older I enjoy the gym machine exercises and walking more. I also remember going to the park everyday because mo and dad owned a Dry Cleaners and the park was our babysitter. It was ok but, everyday? There were summer programs to take part in and that was ok. I didn't like softball so I went for the cra and made a lot of pot holders and leather necklaces. It was nice when we were old enough to s home alone of course then there were a lot of chores to do. At least we learned a good work eth and how to keep a clean house. 2 days ago	e fts tay
	INCH_BY_INCH 2 days ago 2 days ago	v
	RACHNACH KEEP SPARK SPARK SPARK 2 days ago	V
6	<b>4EVERDIETER</b> As long as we were outside playing, Mom did our house cleaning chores for us. If we came inside she put us to work. Fun times! My parents didn't seem to care how far we roamed as long as we were back in our own yard by the time the street lights came on.	v g
N.S.	2 days ago	
101		v
	2 days ago <b>OVERWORKEDJANET</b> My, such great answers! I was a tree climber, multiple mile walker and biker. In my teens I became a stall-keeper and ho rider. It was all routine, not exercise!	
	2 days ago OVERWORKEDJANET My, such great answers! I was a tree climber, multiple mile walker and biker. In my teens I became a stall-keeper and ho rider. It was all routine, not exercise! 2 days ago THINCPL2004 The most important thing, is that you are moving! And I think that's amazing that you can swim almost a mile most people can't do that! So kudos!	rse
	2 days ago <b>OVERWORKEDJANET</b> My, such great answers!         I was a tree climber, multiple mile walker and biker. In my teens I became a stall-keeper and ho rider.         It was all routine, not exercise!         2 days ago <b>THINCPL2004</b> The most important thing, is that you are moving! And I think that's amazing that you can swim almost a mile most people can't do that! So kudos!         2 days ago <b>QUEENFROG</b> I loved bike riding and I still love bike riding.	v
	2 days ago <b>OVERWORKEDJANET</b> My, such great answers!         I was a tree climber, multiple mile walker and biker. In my teens I became a stall-keeper and ho rider.         It was all routine, not exercise!         2 days ago <b>THINCPL2004</b> The most important thing, is that you are moving! And I think that's amazing that you can swim almost a mile most people can't do that! So kudos!         2 days ago <b>QUEENFROG</b> I loved bike riding and I still love bike riding.         2 days ago <b>AZMOMXTWO</b> I remember play headlights we ran around and hid when a car came so that we were not seen no harn was ever done but we did hit the ditch a lot on a busy night	v v v

## RHOOK20047

When I was a child I had two past times - riding my bike and playing baseball. We had a huge back yard when I was a child, big enough to make a ball field and an open field behind our house. So the day was mostly spent on our bikes going around the different neighborhoods where my friends from school lived. We would ride for hours. On good weather days we would have a baseball game in the evening. Even though there was a park just blocks away from where I lived, we would have our neighborhood games. This memory brought a smile to my face this morning. 2 days aqo





overweight, and slow at any physical activity. In gym class, I was always last in races, last to be picked for teams, etc., etc. I always preferred to sit at home and read. The only gym class I ever enjoyed in elementary school was when we learned square dancing. I did enjoy riding my bike - haven't done that in many years. 3 days ago

	WHILLSW Thanks for jogging memories	v
	<u> </u>	
	3 days ago	
	<b>PHEBESS</b> We made up all kinds of games, most of them including some part of exploring the woods behind our first house, or the empty lot (also wooded) behind our house. I wanted to be an archaeologist, so I did a lot of digging for, well, anything. And summers included running thro the sprinklers Dad would put out for us in the yard.	v ugh
	I learned to swim at our town's summer recreation program - once or twice a week they'd tak out to the Hudson River, and we had swimming lessons. Yup, the Hudson River in the mid 19 SO polluted! I'd develop conjunctivitis every summer, and my mother finally told me to please swim on my back. That solved the whole problem, though I couldn't see where I was going. I learned to swim the crawl when I was in my 20s!!!! 3 days ago	60s - just
	<b>TERMITEMOM</b> You are right, this was not exercise, but just plain fun. I remember roller skating and riding my bike. 3 days ago	v
	<b>NASFKAB</b> We played. Hopscotch can be a great exercise I feel cant hop any more. Thank you for bringing back my memories. 3 days ago	V
Leave enc	<b>Your Comment to the Blog Post</b> couragement, a question, or anything else relevant to this post. All blog comments must abide b ople's Community Guidelines.	У
		//
Subs	Scribe to this blog ADD AN EMOTICON SPELL CH	ECK
Post	Comment	
ember Cor	mments Page (99 total): 1 2	<u>Next</u>