

A TOSSUP: CHIPS AND POP OR A BEACH WORKOUT?

by: Nadia Bender



So here I am at a cottage for a week and enjoying the time away from my regular, hectic schedule. However, I'm feeling a little stressed since I don't have the luxury of all my workout equipment at this cottage. Over indulging while on this vacation is usually the norm. But this time it seems a little more controllable because I am feeling like I have done it before. And yes, it felt good at the time, but it takes a lot of effort to undo the damage of over indulgence. So out I go, convincing my husband or sister to go for a jog on the cottage roads.

Sometimes we took my three kids on their bikes so they could keep up to our jogging pace. What a great way to start the day!

Then at the beach I decided to see what else I could do to minimize the damage of enjoying a little too much food and drink the night before. We played volleyball with a beach ball in the water, then we tossed the football around, then we threw the Frisbee back and forth. But the best time we had was playing with my kids' inflatable alligator that has seats for all three of them. The alligator has a very long nose which became the handle I used to pull my kids through the waist-deep water while they enjoyed the ride. To make it a little harder for me I decided to run through the water pulling them. So I lose my balance, the alligator tips over, and so do my kids. Loving the action my kids ask me to do it again, so off I take like a bullet through the water with the alligator in tow and without the three kids on it. I can now pick up the pace and feel like I am pushing my quads to the limit in my underwater run. My kids are chasing me in the water in order to catch the alligator. What a great leg workout! Now I slow down for the kids to catch up and get back on for another 2, 3, 4, 5 ... up to 10 laps across a good stretch of the beach.

Next my kids want to build a sand castle so I take an opportunity to sit on the blanket. Before long I decide that now would be a good time to incorporate some abdominal and core work. So here I am in my bikini on my blanket in a V-sit position with my feet off the blanket doing abdominal work by leaning my torso back and forth for 25 reps. Next I work the obliques (side abdominals) by leaning back and twisting my torso and touching my elbows behind my back to the blanket on each side for 40 reps. Feeling more courageous I lie down and do a hip lift for 25 reps. Then I hold the side plank for a minute and repeat on the opposite side. Then I do some side leg pulses and repeat on the other leg. Feeling a little self-conscious I look around and what do I see - others watching me as they enjoy a bag of Doritos and a Coke! Well it made me feel great because I bet they were feeling guilty as they chomped away watching me. I wasn't the embarrassed one because I was the one doing something productive. My perception of enjoying myself and having fun is obviously different than theirs.

So where do you want to see yourself? Holding that bag of chips and watching others stay fit - I think not! It's time to change your point of view since your vacation is almost over and it will be time for a new schedule ... a healthy and fit one! If you need a little push or a great big shove (or just more guilt) then give us a call.

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