



ina, a working



I've been following for several years. She begins
room large enough to hold 45 people in a square.

Breakfast is after that and then sitting again before

instruction and writing begin.

Without daily stretching and exercise, I am toast. Full of pain in the hips and knees. Why we have to keep moving to keep from hurting, I explained in a lot of detail in my [last post](#). Let me tell you a couple techniques I used faithfully every day while away for the month, even when on the over night train from the Netherlands to Zurich Switzerland.

1) Use the theraband, towel, shirt, scarf to stretch those calves. Lie on the bed/floor/rug first thing in the morning one leg straight along the surface, the other up over head. The scarf is over the ball of the foot, and end in each hand. Relax the ankle and let the toes be drawn toward your nose. Hold it no matter how much it hurts, easing off and then drawing down again for 20 breathes at least. Then take the ends of the scarf in the outside hand and draw the foot and outstretched leg to the side, not too far down, and pull the toes toward the nose for another 15 or so the leg across T-band on the



outside of the thigh that gets so tight.

2) No matter what keep moving. At the Villa, I got up a little early and walked for an hour

before the sitting began. It was a spectacularly beautiful place. There were ripe grapes waiting for harvesting. I picked a whole bunch and ate them as I walked. I had my shoes with me that I could get wet in the morning dew. Don't leave home without them even if they make your bag heavier. The hotel consierge can tell you a safe route to walk in the early morning. Even in Las Vegas when I was at the Shaklee convention in August and it was blazing hot, early morning walks saved me. And there are always stair cases in the city.



pre-dawn, one of the pools at Villa Lina

3) diet is the hardest. At the Villa our food was incredible, but still not enough vegetables to please me. Or fiber. I bought a package of prunes at a grocery store. Helpful. This is

where you are glad to have your multivitamins with you and perhaps extra special vitamins that concentrate the good stuff found in fruits and vegetables. The ones I like are [here](#).





4) Drink plenty of water. Some people worry about water in a foreign country or different city. You know your own body and how it reacts to digestive changes like different water. Personally I don't bother with bottled water. If the locals drink from the tap, so do I. I keep my system functioning with some friendly bacteria that comes in a [little capsule](#). These

It embarrassed him, but not me. Don't let your pride get in the way of comfort.

Happy travels,

Fondly, Betsy

Be Well, Do Well and Keep Moving

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