

Let's Get Motivated Ladies And Gentlemen!!!

## Description

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Hi, from Mexico, the Yucatan's tiny island, Isla Mujeres where sister in law Joan and I have just finished the most relaxing time in the sun, surf, sand and seafood. I switched on my computer and found that Sweetopiagirl (link above) had put my last posting on her blog about weight loss. I return the favor. She talks about finding Curves and walking there every day when she was at her very lowest spirit and highest weight. If you really want to lessen arthritis pain and suffering and you are carrying 15 pounds of extra weight or more, her advice helps the faint of heart. Go for it.

Down here in Mexico I have managed my own pain pretty well even without my usual regimen of exercise. I have spread the bed cover on the floor and done a few Pilates and Feldenkrais moves to remind my body where my core strength comes from. (See my earlier blog posts for more information about these modalities). I haven't been too crazy with Margaritas and salsa and chips. It is hard to get a clean vegetable/fruit diet when the market is far away and restaurants do not serve such fare.

Little twinges were kept under control with Pain Relief Complex, plenty of water and fresh lime juice. You can read more about the herbal pain relief product I use daily at [www.HiHoHealth.com](http://www.HiHoHealth.com).

Back to the cold and rain tomorrow.

Be Well, Do Well and Keep Moving!

Thank you, Sweetopiagirl.

Betsy



Category

1. Arthritis
2. Health and Fitness

## **Tags**

1. curves
2. Isla Mujeres
3. pain relief
4. weight loss
5. Yucatan

## **Date Created**

December 13, 2011

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