

Hard Core Mother of Four

Description

Gentle Reader,

My daughter, Priscilla, the personal trainer extraordinaire (www.hardcoremotheroffour.blogspot.com) mentioned a Pilates move when we were talking after Thanksgiving dinner. For the first time, I thought she could probably help me with my chronic back issues. Funny how your children can be experts to so many and take a long time to claim that status for their mother.



ed with new
of the little belly
tuning and now
xt week.

by mountains
es from the city.
es" (old mining

back to the car, I started feeling my pockets for the keys. Nothing. Turns out they had fallen out when I reached in to put the parking permit on the mirror. It took AAA 2 ½ hours to get there to open the door for me and my cell phone was dead. Talk about stress. It got pretty cold toward sun set. I tell you all this because of what I did to keep from dissolving into a puddle of stress. (My hiking friends were reluctant to leave me, but I shooed them away to their own tasks. There were plenty of other hikers returning to their cars in this very popular hiking area so there was no danger.)

I did Priscilla's new exercises. Brilliant. And a super slow walking meditation. And a sitting meditation. And built an elegant rock chair. And ate my left over cookies from lunch. And watched it get dark while I did some more exercises. All in all, it was a pleasant time spent in my own head with no electronics, nothing to read, no pen and paper for writing practice. A dream-time.

When the tow truck finally got there and let me drive away, I headed for the nearest Tully's (i.e. Starbucks) and ordered an eggnog latte. Hot soup and the hot tub awaited me at home.

Today, no lower back pain. No arthritis in my bad joints. No spinal stenosis acting up. Life is good.

A friend just sent this wonderful video in his blog. I commend it to you. William is a healer.
<http://www.bodyandsoulmentor.com/>

Now, take a minute to tell me about a stressful situation you had recently, what it did to your body and how you handled it. We can learn from each other. My readers love comments, so feel free.

Fondly, Betsy

Be Well, Do Well and Keep Moving

BetsyBell's Health4u

www.GrandmaBetsyBell.com

206 933 1889 1 888 283 2077

betsy@hihohealth.com



Category

1. Arthritis
2. Be Well health tips
3. Health and Fitness
4. Keep Moving: Managing Arthritis

Tags

1. arthritis
2. arthritis pain
3. back pain
4. exercise
5. hiking
6. managing arthritis
7. osteoarthritis
8. spinal stenosis

Date Created

December 7, 2012

Author

betsyjbell