

The Comeback Queen's Guide to Get Up and Get Moving



Did you know that the mere act of sitting is shortening your life? Quick stand up!!! That's all it takes to become healthier; just standing up and moving around every 20 minutes will get your blood flowing, your muscles engaged and the fat burning. Do you sit for hours on end (literally) 5 days a week? Get up and get moving!

I know, I know, you don't like to exercise, and you can't find time. Try interval training. Just three 12-minute sessions per day are all it takes to get fit and no equipment is necessary! Any activity that rapidly raises your heart rate and leaves you panting and sweaty for 60 seconds will work. Maintain that level of exertion for one minute, slow down for a minute and repeat several times. Get up and get moving!

Have you been afflicted with CRS? CRS is that dreaded Can't Remember Shhhtuff syndrome. There's hope! Doctors discovered that the brains of sedentary people shrink; while the brains of active people remain healthy. Want to fight chronic CRS? Get up and get moving!

If you are one of the 2/3 of Americans who get no exercise at all and you know who you are, then this weekend, when you are settling in to watch sports or binge on the latest series on Netflix, Hulu or Amazon Prime, remember being a couch potato is whittling away at your life span. During each commercial or between episodes stand up and walk around, do some jumping jacks, or, better yet, start a conga line and invite everyone in the room to join you.

There is another benefit to increasing your exercise: exercise will keep you younger.

There is another benefit to increasing your exercise: exercise will keep you younger. Since losing my husband and reaching my 60's, I've been looking for a way to turn the clock back. I no longer gauge my age in years, instead, I track my fitness age. Fitness age analyzes how efficiently your body takes in and uses oxygen. I'm proud to say that I clock in at 39... to me, exercise is a virtual fountain of youth!

Want to find your fitness age? Go to www.WorldFitnessLevel.org and answer a few simple questions. This fountain of youth does come with a warning. If your fitness age is above your chronological age, you have a high risk of dying prematurely. Your body is telling you to get up and get moving!

I still workout six days a week, alternating between aerobics and weight training. Exercise centers me, gives me time to read, helps me feel energized, keeps the blood flowing, and enables me to keep up with my nine grandchildren. My goal is to keep the "Grandma arms" – loose skin dangling from the triceps – at bay, permanently!

In addition to working out at the gym, I look for opportunities to add extra fitness into my day.

- Taking a walk around the block when I go out to get the mail
- Parking my car a bit farther from the office or store
- Walking all of the aisles in the grocery store, even if I'm not doing a full shopping that day
- Engaging with family and friends in active play – swimming, walking, hiking, biking, hide-and-seek, etc.
- Comparing the step count on my Fitbit to my granddaughter's and working to keep up or, occasionally, beat her numbers
- Getting up and walking around the house or up and down the stairs at least once an hour when I'm working to give my eyes a break and to raise my heart rate

- Doing exercises at my desk while I'm writing

My late husband was the ultimate armchair athlete. Despite surviving triple bypass surgery and two heart attacks, he hated to exercise. When we married, he promised me 50 years, I only got 13! I couldn't save the life of my true love, but it's not too late for you to get up and get moving.

Your turn...what will you do to get up and get moving? Ask yourself these questions to determine where to start:

What will you do to get up and get moving?

- What help do I need to get started? A work-out buddy or fitness club membership? Videos or a personal trainer?
- What's the best time for me to work out? What's the best schedule?
- Who can partner with me on a fitness program?
- Who can I ask to hold me accountable as I start down this path?

Once you answer these questions, answer one more: what one small step I can take today to begin my journey to recovery? And then set a date and time to get started. **Do it for yourself, do it for those you love. Do it because your life depends on it.**

Need help and support to make your comeback? Contact me at marsha@comebackqueen.life to schedule a complimentary 30-minute consultation. To learn even more, visit comebackqueen.life and pick up a copy of my book, *Surviving and Thriving Despite the Drama*.

— Marsha

