

Mon, 22 Feb 2010

10:57 PM

New exercise plan I actually love

I absolutely hate to exercise. I need to lose weight. Exercise is required, they say. Oh, I forgot to mention, I love to eat. I especially love sweets like chocolate. I have a very nice treadmill and a recumbent bike in my bedroom. They make wonderful clothes racks. I recently turned 58. I can't be that old. Half my life is over. How depressing! I can't be that old!! I listen to Hip Hop! I like trendy clothes. Okay, it is true that I am a gasp (grandmother). I won't let anyone call me that. I am called "Marnie" which is an Irish term for "that word"! Anyway, I digress. I have found a form of exercise that I love to do everyday! For Christmas, I asked for a Wii and the Wii Fit and Biggest Loser games. (Yes, I have considered auditioning.) One day on Ellen Degenerous, she demonstrated the new Wii game "Just Dance" and I knew I had to have it. That was my birthday present. I have always loved to dance. This is awesome! Every day I do everything from "Womanizer" to "You Can't Touch This" for an hour. If I don't lose weight from this something is very wrong. So there you go. If you need to exercise and you hate it and you love to dance, (who doesn't love to dance?) go get a Wii and "Just Dance". Now tell me, do I sound like someone old????

Security: Public

Location: Home

Mood: Rejuvenated

Music: