



OH

M A G A Z I N E
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Dear OH Readers,

Full disclosure: I am assembly-challenged. There, I said it! I am just not known to be real good with following directions and when I see the words, “assembly required,” I instantly panic. Therefore, an unopened box, which contains the bookshelf I wanted for Christmas, still sits in the living room where the tree used to be. And until recently, my on-the-whim, late night purchase of the Perfect Sit Up machine (as advertised on TV) was keeping the bookshelf company. But, after months and months of walking and running on the treadmill and exhausting all ways to entertain myself in the process, I finally decided to mix my exercise routine up a bit. I set aside an evening to tackle putting together my new exercise buddy. There were a few challenges along the way. Like when I put the blades and feet straps on backwards, or depending on how you look at it, I put the neck rest on backwards and the blades and straps on right! But anyway, I finally put that puppy together and now I think I am addicted to it! I have discovered long lost muscles and an exercise that I really enjoy doing.

Now that Spring is upon us, I am really going to add some fun, new exercises to my repertoire. I plan on joining a Zumba class and I don't care if I look like the village idiot! It's impossible not to have fun when dancing and exercising to that great Latin and International music. Don't tell anyone, but I have been secretly preparing myself for my public Zumba artistry by practicing to YouTube Zumba videos. Our pets think I have lost my mind, but I am loving it while losing it. Oh, and I found another perfect exercise for me: Resistance Band training. They are light in weight, easy to pack away in your suitcase while traveling, and guess what? No assembly required!

All my best,

Tammy J. Colter
Editor-In-Chief

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