

# ORGANIC LIVING

## Spinning Away the Pounds

By Jan Ross,  
Staff Writer

Since I am now  
all about getting  
healthy, eating

right and staying in shape, I decided a few months ago that it was about time I got into a serious exercise routine. There was only one miniscule problem with this plan. I hate exercise.

As far as I'm concerned, the only good thing about exercise is the cute clothes. Hot-pink stretch pants with a matching sports bra and a darling, print top - I am there. Actually wearing those clothes to an exercise class... not so much.

My first foray into exercise class was spinning. If you are like me, when someone first mentioned spinning class, you assumed they were making some sort of cloth or something (please tell me I'm not the only one) but I am here to tell you that spinning class has nothing to do with actual, well, spinning of fabric. It's really cycling; on a stationary bike. Why it's called spinning I don't know because even though I just went to Google and typed "why is spinning called spinning and not cycling" Google did not know. And, as we all know, if Google does not know the knowledge is unknowable.

I had heard that spinning was kind of hard and I'm not quite ready for hard exercise yet; I'm still at the easy-to-moderate exercise stage, but then I saw that they had a spinning class for senior citizens. I was all about this class because when it comes to strenuous exercise, I am definitely in the senior citizen category.

I showed up for spinning class in my cute little new exercise outfit because cute new exercise outfits helps you

exercise much better. Luckily, I got there early because the information sheet said to get there early and I am nothing if not a rule-follower and completely anal about being early for everything. So the women who were already there were able to show me how to fix my bike seat and handlebars and pedals and, most important, how to put one of the padded seat covers on the seat. Which I am here to tell you, did not seem to help much because my butt is still hurting.

We all clambered on our bikes and the instructor got on her bike and we began pedaling. Huh. this is not so bad. I can totally do this for, like, hours at a time. And about five minutes went by and my legs started to hurt and my hands were hurting because my entire 150 160 170 OK, 180 pounds, were leaning forward and smushing into the handlebars. I later found out you are supposed to bend your elbows and this helped some but my shoulders are still sore and if I am completely truthful I have to tell you that I had to stop typing when I wrote this after spinning class so I could go take some Advil. I am hoping the Advil will help my butt as well.

We rode and rode and rode and rode and then we rode some more. We rode up hills and down hills and (thank goodness) down flat roads where we could pedal easily. And we stood up in our pedals, which at first I thought was hard, but eventually I was so thrilled to get up off my butt that I rejoiced when she said to stand up. At one point I was leaning forward so hard to get my weight off my butt that I...uh...was pressing on another sensitive part of my anatomy and I think I must have made some sort of involuntary moan of pain because the kind, elderly woman next to me who seemed to have no problem with her butt, leaned over and said "Honey, move back on the seat

and it won't hurt so much" and that actually did help.

But the pain! The pain!

I'm sure it will get better. It will get easier. The fat on my legs which was bouncing up and down as I pedaled will turn to muscle.

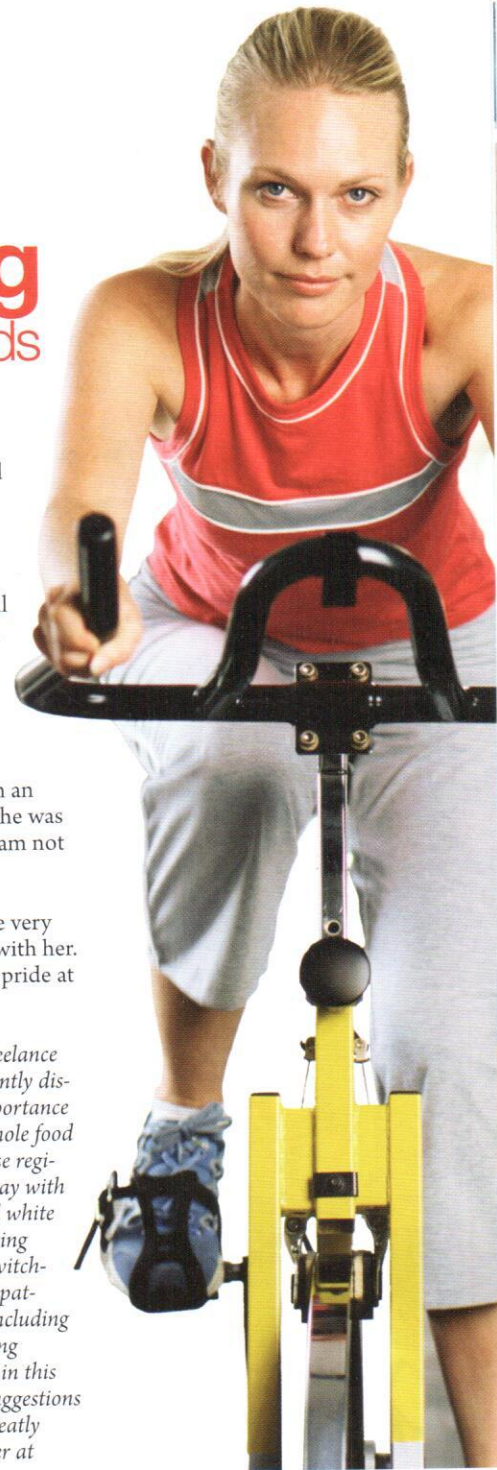
And really, I have to go back. There was a woman there with an oxygen tank on her back and she was doing better than me. Sadly, I am not kidding.

**We rode up  
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I have to, at the very least, keep up with her. It's a matter of pride at this point.

*Jan Ross is a freelance writer who recently discovered the importance of a healthy, whole food diet and exercise regimen. Doing away with white flour and white sugar; introducing*

*organic fruits and vegetables; switching to whole-grains; and participating in various exercise classes, including ballet and Yoga, is a life-changing experience which she will share in this monthly column. Comments, suggestions and ideas for the column are greatly appreciated. You can contact her at [jan@samplerepubs.com](mailto:jan@samplerepubs.com).*



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