**Summer-time Home-Spun Research**

More “Home Spun Research” this week. Home Spun #1: This began with a water melon left on the counter for a number of days for everyone in the family to enjoy. For some reason I hadn’t found the time to cut it up and my kids hadn’t bugged me to the point of doing so on their request. So after around five or six days of moving that melon around on my counter, I finally cut it up and had it in a bowl in the refrigerator for all to enjoy!  
  
I think the bowl was consumed in approximately 30 minutes! So that means, five days in the unprepared state of consumption versus 30 minutes in the “ready to eat” state! This little home-spun research project just goes to show you that having the healthier choices available and prepared to eat, will give those raiding the refrigerator a healthier snacking choice.  
  
Home Spun #2: Oh, those achy joints. With all the activities that I do, I’ve become very frustrated when I find myself all achy and sore at the end of a project. Recently, I’ve been working hard in my yard moving some rocks, weeding, mowing, raking, etc. I’m not only exhausted by the end of the day, but sore, mostly in my knees and low back.  
  
As you know, I am the first to promote strength training as the most important component in fitness. My ‘home-spun’ theory with regards to achy joints brought on by a single event or activity is directly related to the fatigue experienced by that activity, which goes back to muscles and strength.  
  
After all, isn’t it the responsibility of the muscles surrounding the joints to keep those joints strong, keep the joints in alignment and keep the joints functioning properly? Therefore, if muscles were exhausted because of a strenuous activity, they are not able to do their job for the knee and back effectively. Tired, worn-out and/or weak muscles surrounding a joint result in aches and pains in that joint! Just think if they weren’t strong and fit to begin with? How much more tired and exhausted would you be?  
  
This little home-spun theory goes deeper than preparing and recovering from a summer activity. It shows that if you do not keep your muscles strong, around every joint in your body, you’ll suffer from aches and pains every day, even without added stress or fatigue from activity.  
  
Strength training is essential for life and all its activities. If you want your aches and pains to be less? Then think about strength training on a regular basis.  
  
The ‘home-spun’ result from your exercise (strength) routine is to see how easily and quickly you recover after a strenuous activity. A trained and strong muscle will recover much faster than a non-fit muscle. So, to my benefit those aches, and pains related to my yard work, were long forgotten after a healing night of rest.  
  
Home Spun #3: I am an individual who has a different reaction to allergens every year. This past week, I found myself outside every day doing a number of outdoor activities and the allergens caught me and they’ve held on. After an extremely uncomfortable day which just about laid me flat that evening from an allergy attack, I remembered something that I wrote a number of years ago “tips to survive the allergy season.” It said to make sure to get out of your “outdoor” clothes and shower as soon as possible following all outdoor activities, doing this will reduce your suffering tremendously.  
  
I home-spun it and yes! It’s true! The very next day and every day since, I have worked my day so that I change out of the clothing I wear outside as soon as possible then either shower or simply wash my exposed skin with water to remove the pollens that have followed me inside. I’m still a little itchy in the eyes and have the sniffles, but at least I’m not completely dysfunctional by dinner time!  
  
It’s kind of fun to “Home-Spin” some things! It makes you take a closer look at habits and changes you might seriously want to make! Try it in your life and see what things you can figure out!