

Still Working on Mind/Body

By Holly Lisle

Last several weeks have been rough, between work stress and the flu. However, since the last update, I'm down five pounds, I'm continuing with the ab exercises, and with bridging. I've had to back off of hindu squats for a while. Left knee pain (not sure from what) has stopped me cold on them for a couple of weeks. The old left elbow injury has become excruciating when I try any sort of push-ups. So at the moment I'm working through some alternatives that don't put as much stress on the knee or elbow.

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