

### [Idea 1]

Definitely evening, because I'm a night owl.

I'm a night owl. I get a lot of energy in the evening. So starting around six o'clock is the time for me to be doing stuff, whether it be computer type things translation, giving classes and other languages. That's the time that I have the most energy in my day.

I would put away my dishes. Then I would sit down for five minutes. I wouldn't do it right away. I'd take a couple of deep breaths. And then I would say okay, let's roll out the mat because we're going to start this five minutes of strength training.

Yeah, it's pretty simple. I just have to get moving. So once I'd make a decision that I'm going to do it I'm gonna go do it. So it would just be that initial, not spending a lot of time on the couch after dinner and not watching any TV shows or what have you. Just going straight up there and opening it up.

I'm feeling different, perhaps because you're walking through it with me. So I know there's a human on the other side. But I feel that it's not as juvenile as the first slide makes it sound. I like to see things written down. So the fact that I would probably write it on my calendar, and I would like it there on my calendar, I might even write that out. Roll out my mat after I eat my dinner in the evening. And I could just write it on the calendar. So it's nice to see the reminder on the app, but I would probably rather see it in person.

Yeah, I'd put the calendar in my kitchen so that I could see it every day. And maybe after I finished eating I would remember when I see the calendar. Oh, you know, I'm done with dinner now. So I should do the five minute strength class.

### [Idea 2]

Yeah, I'd put it in the same room where my peloton bike is. So right now it's my sewing room. It should be turned into my gym. But it hasn't happened yet. So it might give me the incentive to want to clear out the sewing stuff and put the mat and the barbells and everything in there.

### [Idea 3]

It's something I've never thought of before today. So I guess it would be something new. I don't know if I would particularly like it or not like it. I'd have to give it a chance I guess because I like to be open to new things. So I can't say oh, I'm not going to try just because they're my age or something. But they would have to have a fantastic personality to keep me interested.

### [Idea 4]

I totally agree with that [tip 3]. I don't like putting a time constraint on my life.

For me it wouldn't make a difference for me, but for my friends it would [tip 2]

### [Idea 5]

Okay, daily strength training is hard and that's why we do it together. How sweet. That's a nice quote. And that makes me feel happy.