GOOD FOR YOU

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(*Mrs. T is lounging in a chair with a magazine; she responds to Runner’s sunny enthusiasm with grunts if she responds at all*)

Runner: (*enters*) Good morning, Mrs. T!

Mrs. T: Hello.

Runner: Got your Ladies’ Home Journal to read there?

Mrs. T: Mm-hmm.

Runner: Well, I’m going to go do a little run this morning! (*starts stretching; stretches throughout*)

Mrs. T: Good for you.

Runner: Just gotta stretch out a little bit here first so I don’t pull any muscles – don’t want an injury that keeps from from running again tomorrow!

Mrs. T: Mmm.

Runner: You know, running is a great form of exercise. It’s a great cardio-vascular workout – really gets your heart pumping. Keeps the old ticker healthy, right? (*Mrs. T glares at her*) Not that your ticker is old . . . but it’s also a weight-bearing exercise. And they say weight-bearing exercises are good for strengthening your bones, you know? No osteoporosis in my future.

Mrs. T: Sure thing.

Runner: And also, scientists have shown that running increases your level of endorphins in your brain. Makes you feel great -- improves your mood! And who doesn’t want to be more cheerful, right?

Mrs. T: (*to herself*) Fitness freak . . .

Runner: And of course, you’re burning calories, which helps keep your weight down. Oh! And if you run outdoors, you’re getting all the fresh air and sunshine. Did you know it only takes 10 minutes of access to direct sunlight to get all the Vitamin D you need for a day?

Mrs. T: Fantastic.

Runner: I know, right? And you know, when I’m running, I have all sorts of time to think and to pray. It’s as much a spiritual activity for me as a physical one. Running is just SO good for you in SO many different ways. I LOVE running! I’m SO glad I’m a runner! (*sigh; pause*) Well, that was an awesome workout! I’m gonna go hit the showers now. See ya, Mrs. T! (*exits*)

Mrs. T: (*after a second, looks up from her magazine and looks toward her questioningly; then rolls her eyes and grunts*) Fitness freak.