

PLAYTIME



Child's Play for Grown Ups

By Cat Williford, MCC, CPCC

Your schedule in a rut?
Here's a question for you...

When was the last time you PLAYED on a playground? Ran across a field of grass just for the fun of it - not because it would raise your heart rate? Played on the swings?

Climbed the monkey bars? Didn't care if your sneakers got dirty?

When you were a kid?

Well, it's probably time you packed some snacks, plenty of water and headed for the nearest park or school playground. Oh-oh! You don't want to look foolish right? Well, you can always head for

something out of your area or take a buddy for reinforcement. Better still, take your kids or borrow a couple from the neighborhood. They'll remind you what's playing's all about and you'll all have fun.

Do you remember the feeling that you could fly when the swing took you high in the air? The feeling of power as you climbed to the top of the jungle gym?

The plans and dreams discussed with your best friends on the merry-go-round? Do you remember the mussed, dusty and thirsty feeling after 4th grade P.E.? Some of us never vary the stationary bike routine. Some

don't have a routine at all.

Whatever your routine, TREAT yourself.

Here's the Work and Play™ challenge. "Take a child's play field trip in the next three weeks. And when you're worn out (child's play is exhausting) take note of how exuberant you feel and take that feeling to work with you.

So, arm yourself with a Frisbee, a basketball, softball and bat, rollerblades, or nothing, gather some playful adults or kids, and head out for some fun. You may see us there.

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