



**Forum: Gossip ĭ¼ê—'è•Šĭ¼%o**

**Topic: Countdown for New Year**

**Subject: Re: Countdown for New Year**

Posted by: montanius

Posted on: 2014/1/1 21:51:10

Ha-ha, it's a horror story, Song...

Four days ago accomplishing my daily pensum (in running) I got back and I wanted to change my shoes; I put my left (or right, hard to reconstruct after such a long time) leg on the second step, leant over it and tried to untie the shoelace - which was not asey at all as I had my beautiful white running gloves on, so it took a time to complete, and then, huhh, I realized I had a pain in my back, in the spine, right over my perfectly shaped butts: I hardly could move for a day... - On the 3rd I'll try to run again...

Corset is a great idea, but any time I borrow ladies' clothes I am thrown starnge glances.

I only knew Pontius Pilate washed his hands, personal hygienie is very important.

Quote:

songaiding wrote:

Dashushu, what happened to your back? i Hope you didn't dance too much that you hurt your back?? :( well.. how about borrowing some ladies' corset for your core? :))

but by saying all these.. do take care of yourself..as Joseph Pilates said.." you are as old as your spine"

you are now 2014..happy new year.~~