

Something

1. Noun
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Something

So anyway, my _____^{Noun} right now are really tight, and stretching doesn't loosen them up. I'm peaking in terms of training, but even so they're tighter than usual. Sometimes I have to hit my legs with a fist when they get tight to loosen them up. (Yes, it hurts.) My muscles can be as stubborn as-or more stubborn than-I am. They remember things and endure, and to some extent they improve. But they never compromise. They don't give up. This is my body, with all its limits and quirks. Just as with my face, even if I don't like it it's the only one I get, so I've got to make do. As I've grown older, I've naturally come to terms with this. You open the fridge and can make a nice-actually even a pretty smart-meal with the leftovers. All that's left is an apple, an onion, cheese, and eggs, but you don't complain. You make do with what you have. As you age you learn even to be happy with what you have. That's one of the few good points of growing older.