



BROOKLYN_BORN

 Change Banner Image

154,981
SparkPoints



-  Info
-  Photos
-  Feed
-  Blogs
-  Awards
- More 

Red dot, yellow dot, green dot repeat – So goes my Internet connection

Tuesday, December 10, 2013

Planning a healthy day without Sparkpeople.

I'm watching the status light monitoring the strength of my satellite connection this morning. It hasn't been green long enough for me to actually access any websites. We've had heavy rain all night which is likely the problem. Rain, ice, snow, wind – just about anything can cut us off.

This is disappointing but at least we didn't lose power. Others were not as fortunate.

I like to start my day with SP. DH & I always wake up before 6. Coffee with Spark has become my routine. I plan my healthy day and eat my healthy breakfast all while connected to my invisible community.

Obviously I'm capable of maintaining a healthy lifestyle without SP. I've been at this a long time and have been away for periods of time for assorted reasons. Still this journey is easier with company and a little help from our friends.

Addition to yesterday's blog:

The cows weren't just standing in the road. They were walking single file following the leader to some unknown destination. The 60s song "Leader of the Pack" comes to mind. When she saw the opportunity, she made a run for it. "She's a rebel and she never does what she should..." and the others followed her.

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Report Inappropriate Blog](#)

 [Add a Blog Entry](#)

See Today's Featured Member Blog Posts

More Blogs by BROOKLYN_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)

Member Comments About This Blog Post



STRIVERONE

I had a similar experience at the Thanksgiving turkey trot whe the person in front of me stopped to pose for the finish-line photographer.. No injury to me, but to avoid trampling her, I lost my chance to pay through the nose for my own finish-line picture.

EDIT: I meant to post this on 12/12/13's entry about the rear end collision and now I can't delete this one. -Sorry
2741 days ago

Comment edited on: 12/12/2013 10:04:32 AM

CD14034154
Brooklyn,



After my devotion time with God, I then head to the computer room with my WATER, so I can start my SP time. It's so grand!!! I'm so delighted that my Curves trainer told me to come to SP!

Be blessed,

- Nancy Jean -
GA
2741 days ago



MISCHAKEO

I do the same thing..Get up early drink coffee and spark. It helps me to have the support and to focus on what I am doing to stay healthy.

I am sorry about your internet and the storm. Try to say safe and I hope the power does note go out completely.



2742 days ago



CD14270285

I like Spark with a cup of tea, lol. Be safe and keep warm!
2742 days ago



WATERMELLEN

Spark and morning coffee: yup . . . another fan. Love to think of the "leader of the pack" subversive cow!!
2742 days ago



MARYJEANSL

Intermittent internet is no fun, for sure. I hope the weather cooperates and the problem is solved quickly.
2742 days ago



TRAVELGRRL

Thanks for the cow update! LOL

Hope the internet is up and normal life is restored!!!
2742 days ago



ONEKIDSMOM

Me, three! Spark and coffee... it's routine, a personal ritual...

As for the cows... and how big they are? I still remember when we went to the State Fair as kids and a heifer stepped on my brother's foot. OUCH! Wonder if MOBYCARP remembers that incident?

Rebel on! cough... uh, Spark on!
2742 days ago



CD12146214

Love the joke! I start my day with SP and coffee as well....perhaps we should have a team?
2742 days ago



DR1939

Like you, I like to start my day with Spark.
2742 days ago



YMWONG22



2742 days ago



LINDAKAY228

It will come back for you! I know what you mean and like to start my day with Spark to for the past few years.
2743 days ago

NELLJONES

Of course you can stay on Plan without an internet connection, but it sure is a lot more fun with Spark, isn't it? Is cable or fiber available where you are? We live in an oak forest so satellite isn't an option. We jumped on FIOS the day they laid the fiber, a BIG step up from DSL.
2743 days ago



BAZOOKABOBCAT

I hate not being able to check in on Spark in the morning! But you've been at this a long time. You can do it!
2743 days ago



SUZYMOBILE

Funny about the cows! Not so much about the Internet.
2743 days ago



LOVELESMILLS

bummer
2743 days ago



Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

Post Comment

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.