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My Afternoon as a "Lab Rat"

Monday, December 02, 2013

Spark articles have some interesting effects on me. I learn a lot and most of the time I find myself in total agreement with their recommendations.

Yesterday morning my daily spark email directed me to an article that included several links to different studies. One documented 2 different experiments that reached the same conclusion about high fat diets, exercise and memory loss (Alzheimer's).

I'm not a scientist and I understand the difference between good and fat fats. This morning I can't even find the link. I think it was from the NY Times. However, this isn't about the validity of the experiments, but only how the article affected me.

Basically, one group of rats was fed a high fat diet and over time their ability to remember was adversely affected. However, the high fat group was divided further and one group given an exercise wheel. The exercising group gradually improved their memory and returned to pre-test levels of ability.

But this isn't really about the rats. It's about me and again I do understand the difference between good and bad fats.

DH & I had a lovely holiday. There were 2 dinners, only one of which was at my house (Saturday). We had turkey, stuffing, baked potatoes and assorted veggies. There was pumpkin and apple pie and ice cream. I ate sensibly.

I also bought some Doritos and Pringles chips and a bag of Reese's peanut butter cups. Saturday was a big football day and just because snacks like this are my downfall, it doesn't mean other people can't have them. All the games were very exciting. Anybody watch Alabama & Auburn? Maybe that's why I didn't eat any snacks? I was too involved in the games. Even our annual in-state rivalry (VA Tech vs. UVA not exactly the battle of the titans) turned out like we wanted.

All this background is leading to Sunday. My daily morning weigh-in showed only a 1 lb. total gain from Wednesday. No big deal - a very successful holiday.

Our company left after lunch and I relaxed with some more football.

Pumpkin pie with a generous topping of ice cream Apple pie with more ice cream

A handful of Reeses miniatures (maybe 8?) and

An ENTIRE CAN of Pringles.

I wasn't sad, or depressed or anxious. I just wanted to eat the stuff.

Then I fell asleep on the couch for 2 hours.

When I woke up, I thought about those lab rats and some advice from the article. If you've got to eat high



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fat, at least get out and walk. So I did – 4 miles total – even though Sunday is always my day off from exercise. It was getting dark, but the air was crisp and cleared my head.

After 4 years of maintenance I know that stuff like this happens sometimes and probably will again. There's no need for despair or blame or even to forgive myself. I'm OK. It was just one afternoon and it's done.

Unlike the lab rats, the food I have available is my own choice and how much I move my body is up to me also.

Still, I wonder how those researchers got those rats to exercise. Even once given an exercise wheel, were there some resistant rats who just sat on it and went to sleep? Like I did on my couch?

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Rats are smart, and so are you!



IFDEEVARUNS2



Good job getting out there!



SPEEDYDOG



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I think you need a king-sized exercise wheel just like the lab rats! I take experiments with lab rats with a grain of salt. If I were 2" tall and 8" long and had a brain the size of a pea, then I would really worry about the lab results.

I did indeed watch the Alabama vs. Auburn game. It is always better to be lucky than good. Auburn was both

Your snack and nap sounds really good. Nice job getting out and walking.

Thanks, Bruce

2744 days ago



MJZHERE



In general I have been allowing myself treats I don't usually eat. I started out small - little piece of chocolate, sliver of pie, etc. and they have gradually all increased in size and frequency. Good for you that you did it all at once and then recognized it was a one time thing. Guess I'll need to grab hold soon.

2744 days ago



GINIEMIE



Well, I know you're not a lab rat, but we all tend to have slight relapses given certain situations. Glad you went out for your walk, I'm sure you felt better.





2748 days ago



SUNSET09



Good for you and for realizing, if we play, we must pay! Didn't you know this would happen as that's the way it happens for me. If I purchase my favs, I'm definitely going to indulge and like you, have no regrets as everything in moderation. I know people who will indulge and count their calories so they can! I'm sure it was enjoyable as that's what it's about......and getting



MARYJEANSL



I would probably be considered a resistant rat, I'm afraid. But I did worse on Thanksgiving day



itself, and I have been doing pretty well since, in spite of all the delicious leftovers that have been sitting in my kitchen. But no exercise. :-(
2750 days ago



MERRYMARY42

v

I can be so good, for months, and then it is like I have not had any food in days, and I eat and eat and eat, mostly junk, makes me feel bad, but lit happens time after time.



ONEKIDSMOM

LOL! Yep, a resistant rat!

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I love that you "know that stuff like this happens sometimes and probably will again"... one afternoon and done. What you describe, as far as when the company left... I could have written... it's often that let-down, relaxation time when I would let myself do the same... eat it because I WANT it!



BUT you handled it so well! I want your non-resistant rat genes! 2750 days ago



TRAVELGRRL

v

Love that you can "report" the stuff you ate without any judgment at all. Certainly isn't a moral failing, after all. Glad you got out for that walk!



WATERMELLEN

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Junk food happens, it does, for all of us. Especially potato chips.

Good for you for getting out there an moving. 2750 days ago



CD13758606

Sounds like a confession





Have no fear! One day will not do you in, but many do fall off the wagon. You did good.

2750 days ago



DR1939

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Given the opportunity, rats tend to move. Even when confined to a cage they usually move around a fair amount. My colleague who ran the rat lab exercised hers using a ball they rolled in up and down the halls.

2750 days ago

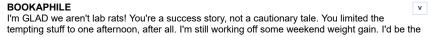


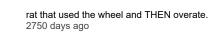
CD575791





2750 days ago









SUZYMOBILE

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What you experienced on Sunday was the post-holiday crash. I didn't get into trouble until after all the company left and the leftovers were sitting there on the counter and in the fridge!

Yes, we saw the Alabama-Auburn game. It turned out well for our team (FSU), which should now be #1.

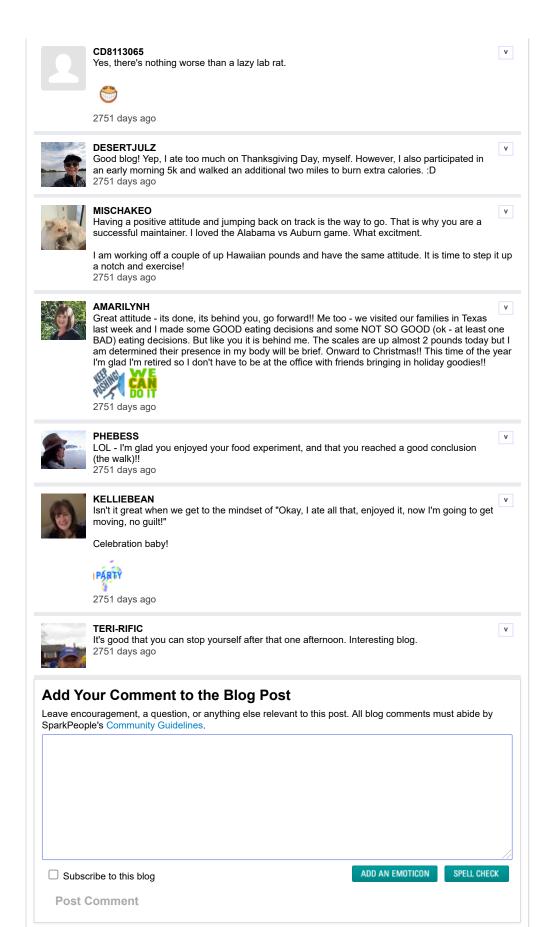
2750 days ago



CD13099273

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Great blog , I agree we all enjoy ourselves sometimes by choice no need to get out of sorts . 2751 days ago



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.