



BROOKLYN_BORN

[Change Banner Image](#)**154,981**
SparkPoints[Info](#)[Photos](#)[Feed](#)[Blogs](#)[Awards](#)[More](#) 

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.

Then I ate:

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

[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 >](#)

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?

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

Share This Post With Others

[Report Inappropriate Blog](#)

Member Comments About This Blog Post



IFDEEVARUNS2



Rats are smart, and so are you!
2744 days ago



Good job getting out there!



SPEEDYDOG



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

back on track!

2750 days ago



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

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.
2750 days ago



ONEKIDSMOM

LOL! Yep, a resistant rat!

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

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!
2750 days ago



WATERMELLEN

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

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



BOOKAPHILE

I'm GLAD we aren't lab rats! You're a success story, not a cautionary tale. You limited the tempting stuff to one afternoon, after all. I'm still working off some weekend weight gain. I'd be the



rat that used the wheel and THEN overate.
2750 days ago



SUZYMOBILE

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

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



CD8113065

Yes, there's nothing worse than a lazy lab rat.



2751 days ago



DESERTJULZ

Good blog! Yep, I ate too much on Thanksgiving Day, myself. However, I also participated in an early morning 5k and walked an additional two miles to burn extra calories. :D

2751 days ago



MISCHAKEO

Having a positive attitude and jumping back on track is the way to go. That is why you are a successful maintainer. I loved the Alabama vs Auburn game. What excitement.

I am working off a couple of up Hawaiian pounds and have the same attitude. It is time to step it up a notch and exercise!

2751 days ago



AMARILYNH

Great attitude - its done, its behind you, go forward!! Me too - we visited our families in Texas last week and I made some GOOD eating decisions and some NOT SO GOOD (ok - at least one BAD) eating decisions. But like you it is behind me. The scales are up almost 2 pounds today but I am determined their presence in my body will be brief. Onward to Christmas!! This time of the year I'm glad I'm retired so I don't have to be at the office with friends bringing in holiday goodies!!



2751 days ago



PHEBESS

LOL - I'm glad you enjoyed your food experiment, and that you reached a good conclusion (the walk)!!

2751 days ago



KELLIEBEAN

Isn't it great when we get to the mindset of "Okay, I ate all that, enjoyed it, now I'm going to get moving, no guilt!"

Celebration baby!



2751 days ago



TERI-RIFIC

It's good that you can stop yourself after that one afternoon. Interesting blog.

2751 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.

