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Happily running through Europe

Info

Saturday, December 28, 2013

When DH suddenly decided we should see the Christmas Markets along the Danube, I quickly packed my running gear. My goal was to run a few miles in each city.



Here I'm running back to the ship from the Melk Abbey in Germany.



The Abbey towers above the town and a bus was provided to get us up there. This was the view from the top



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Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021

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The interior is beautiful and contains books and artifacts from the Middle Ages.



The length of my run was always determined by the ship's schedule. I didn't want to miss the boat, so I always did my post-run stretching at the dock.



DH wanted to get my attention so he could get a photo with the Melk sign and had the very friendly Captain blow the ship's horn as if we were about to cast off.



We love river cruising. It's like a floating hotel transporting you from one amazing destination to another. Although I didn't deprive myself at all, I left the ship at the exact same weight that I got on.

There were always healthy and tasty options for meals and the fitness room contained a scale so I could keep up my routine of daily weight check. I don't think I could have maintained my weight loss for these 4 years without my daily weigh-in to keep me honest and now I can even state my weight in kilograms.

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BOOKLOVINGGIRL

I love all the pictures! Keep running and having fun with your DH!



Happy New Year!









2721 days ago

Comment edited on: 12/31/2013 11:33:18 AM



How cool to travel Europe during the winter months, especially seeing the Danube on a cruise. Glad you maintained.

Have a Happy New Year.





















2723 days ago



STAY39



!! Great job! I would say you've mastered the healthy life! 2723 days ago

MWWENSIN

Great way to mix business (your running) with pleasure (your trip). Great job! 2723 days ago









MISCHAKEO

What a wonderful trip. You are doing such a wonderful job of exercising while traveling and on maintaining your weight with making healthy choices. I loved the fact that my hotel had a scale and kept weighing daily!





CD13758606

What a way to make a fabulous trip even better! With a little planning, running can be a part of your life wherever you go. What a way to see the sights. 2724 days ago



CD12146214

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I want to be you when I grow up! You go on the bet trips! 2724 days ago



MARYJEANSL

Such a wonderful trip! And good for you for maintaining your weight. Awesome! 2724 days ago



CD14270285

What a great trip! And even better for the fact you were able to maintain your current lifestyle. I love running in new places and finding new things to see. The pictures were beautiful--way to go! 2724 days ago



CD10585859

Awesome for you. This is so inspiring. I've started weighing myself every day too. Great

2724 days ago



DR1939

What a lovely Christmas treat! 2724 days ago



GREENGENES

Awesome! I'm jealous. We did a boat tour through the Danube Gorge and visited the Weltenburg Abbey many years ago. I love touring the old churches of Europe. 2724 days ago



2724 days ago

BOOKAPHILE What a victory for you... to leave the same weight as you came! Well done. I'm also one who



v

WATERMELLEN What a lovely spontaneous trip -- and what a terrific result in maintaining weight through

running!! 2724 days ago



CD13099273



Awesome! Lovely! No you do not want to miss the Boat

weighs daily. Better to catch trends in the beginning!

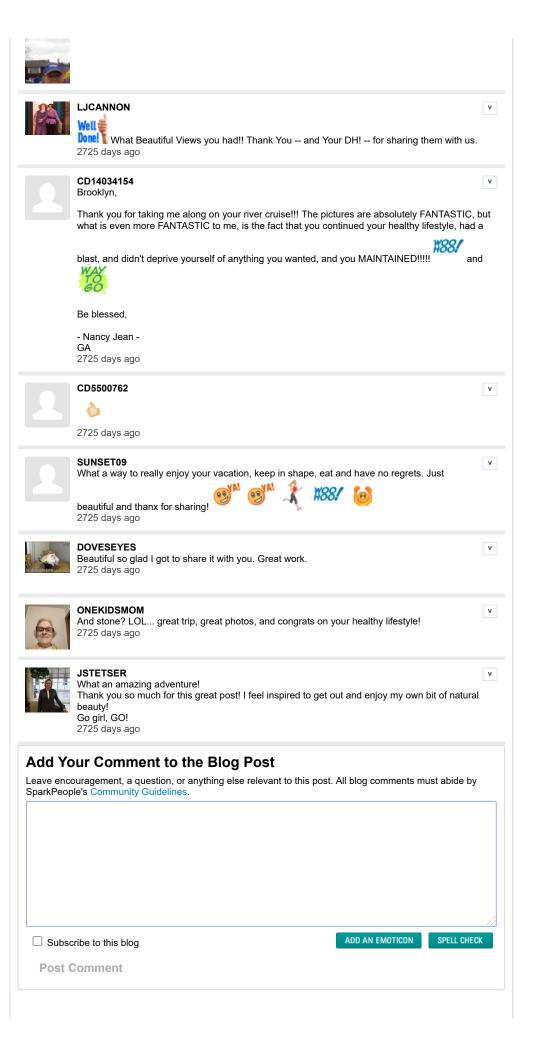


Happy Healthy New Year 2725 days ago



TERI-RIFIC

Awesome. Did he wake up one morning and say," Hey lets go to Europe?!" and you said, "Let me just pack my running shoes." Too cool!!! I need to change from my stick in the mud ways. It took me a year to get ready to go to California. Great pictures!!!! 2725 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.