



BROOKLYN_BORN

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Happily running through Europe

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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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



GINIEMIE

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

AWESOME !! 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 I kept weighing daily!



2724 days ago



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

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 photos.



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 Weitenburg Abbey many years ago. I love touring the old churches of Europe.

2724 days ago



BOOKAPHILE

What a victory for you... to leave the same weight as you came! Well done. I'm also one who weighs daily. Better to catch trends in the beginning!

2724 days ago



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



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





LJCANNON



What Beautiful Views you had!! Thank You -- and Your DH! -- for sharing them with us.
2725 days ago



CD14034154



Brooklyn,

Thank you for taking me along on your river cruise!!! The pictures are absolutely FANTASTIC, but what is even more FANTASTIC to me, is the fact that you continued your healthy lifestyle, had a

blast, and didn't deprive yourself of anything you wanted, and you MAINTAINED!!!! and



Be blessed,

- Nancy Jean -
GA
2725 days ago



CD5500762



2725 days ago



SUNSET09



What a way to really enjoy your vacation, keep in shape, eat and have no regrets. Just

beautiful and thanx for sharing!
2725 days ago



DOVESEYES



Beautiful so glad I got to share it with you. Great work.
2725 days ago



ONEKIDSMOM



And stone? LOL... great trip, great photos, and congrats on your healthy lifestyle!
2725 days ago



JSTETSER



What an amazing adventure!
Thank you so much for this great post! I feel inspired to get out and enjoy my own bit of natural beauty!
Go girl, GO!
2725 days ago

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