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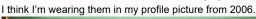


Going by how my clothes fit - a cautionary tale

Sunday, February 10, 2013

My status says that I was going to clean out some dresser drawers and I did.

Stuffed in the back was an old pair of running tights.





It's time to throw them out, but first look at the comparison with the tights I bought 18 months ago - the same size, same manufacturer. Who knew spandex could stretch permanently like that? It was harder to get the "post weight loss" pair to lie totally flat since that waistband is still stretchy, but you get the idea.

So I have a visual record of how my clothes expanded right along with me. It wasn't just the hips that expanded. Look at the stitching in the leg of the old pair.



I really stressed them out didn't I?

I've written before about how the sizing creep of the fashion industry and forgiving fabrics allowed me to



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feel good about myself during my weight gain and postpone doing anything about it.

I suppose that while you're losing weight, clothes getting looser can be a valid and happy means of measurement. However, when in creeping weight gain mode or even maintenance mode, it can be a deceiving measure as it was for me. It's not just tights that have a lot of "give."

Another visual reminder made me LOL.

I found some stretched out underwear in the back of a drawer too - the same size I'm buying now, but I'll spare you those photos as being in the TMI category. Once again, what kind of miracle fabric allows such expansion? It must be super-elastic.

Note: I still keep that old photo as my profile picture because it's the happiest running picture anyone has ever taken of me. I'm even happier now that I'm not dragging the extra weight to the finish line.

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One thing about the stretch fabrics is you can wear jeans that you wore 15 pounds ago. I just stretched em, but evidently not permanently because I was a 12 stretching the 10's and now am an 8, not stretching the 10s at all. I thought it was weird to still be able to wear em. So I agree you cannot go by strecthy anything to tell if you've lost or not. 3045 days ago



MJZHERE

Even clothes that fit me now stretch. After a few wears, they start falling off so have to wash and dry to get them back to where they will stay on. It is very deceiving to my mind. Remember in my teens, zipping up friends that would lay on the bed - only way to get that zipper up on those jeans as there was no room for a few extra pounds. 3046 days ago



CD12904172

Yea, I've noticed clothes stretching too... anyway, it's yet another reason why I LOVE my scale... it tells the truth, and that's what I want, The Truth. Thanks for your post! Great job on your



running! I hope that, one day, I'll be able to run. :D

3046 days ago



WINDSURFNERD

Good blog! Lycra and elastic are treacherous things...they help us maintain the delusion that our size isn't expanding (much). Thanks for the reminder to stay vigilant! 3046 days ago



DR1939

Good visual reminders. 3046 days ago





CELIAMINER

Know the feeling! I bought a new pair of yoga pants yesterday and noted how well they fit. The old pair I wore into the store was the same size, same manufacturer, bought in maintenance, but many washings and wearings have left them stretched out and baggy. 3046 days ago



BOILHAM

Yeah, denim jeans really do the creeping stretch on us guys. I never had a weight problem until I was around 40 and then my waistband began stretching on my jeans. The tag said 30 waist, but I know they had stretched to 32 because when I had to replace them I needed a larger waist. I like that picture of you too.

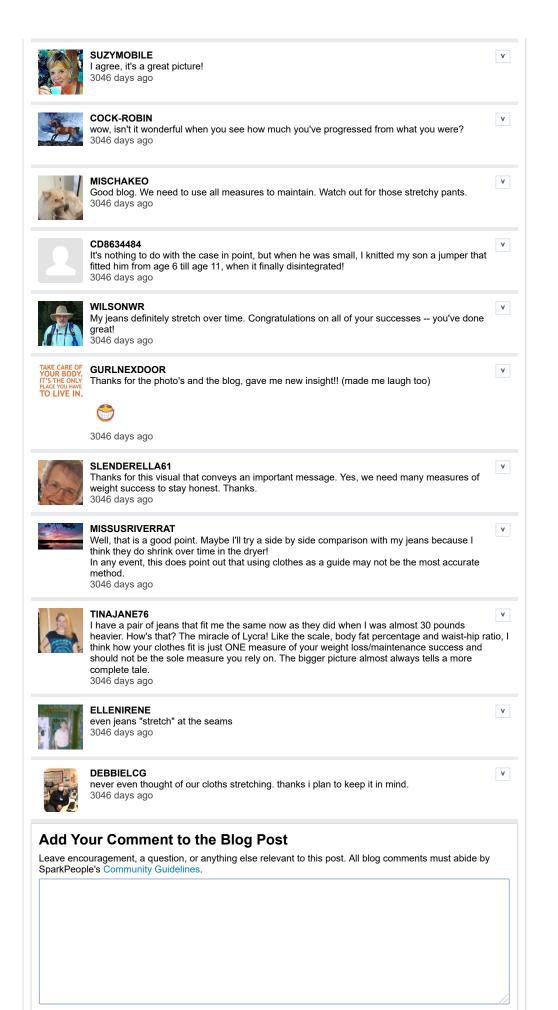
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SWEDE_SU

i suppose stretchy clothing is one way of maintaining in a "range" but the worst is believing the sizing from manufacturers - today's size 6 is humongous compared with size 6 back when we were young (and thin!).

great blog and a good reminder that you still have to keep an eye on things! 3046 days ago



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