




BROOKLYN_BORN

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Days of cupcakes, cookies, ice cream and TV

Tuesday, January 01, 2013

And the question is: What did you do when you didn't have Internet, Eileen?

Actually, I had SOME Internet access. It was just enough for frustration to set in. For me frustration = grab some carbs and vegetate. It didn't help that the weather was too cold for much outdoor exercise and I was too lazy to drive to the gym.

So I ate more sweets than I've been used to and sat around more than I should have. Thanks to TLC's marathons, I learned some unusual (and rather useless) stuff from reality TV. There's an American Gypsy community I never knew existed and there are some Amish who act definitely "un-Amish."

There were good visits with family too as well as TV marathons of nostalgic old TV shows – time to look backward and reminisce.

Now it's time to look and move forward. Fortunately, after 3 years of maintenance, my body seems determined to keep a stable weight in spite of my temporary "unsparklike" behavior. I'm at the very top of my goal range and looking forward to being able to track again. I'm not delusional enough to think I can behave this way indefinitely and not do some damage.

Happy New Year everyone!

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COACHMOMMY

I feel like I was reading my own blog! Except for me it was HGTV - for some reason I'm became addicted to watching people buying/renovating a house (especially international!). Unfortunately my body was not as determined and I find myself having to make a "weight loss resolution". I'm just glad to get back to my routine.

Happy New Year!
3085 days ago

Comment edited on: 1/2/2013 2:49:33 PM



SWEDE_SU

happy new year to you too! it's a good thing that new years resolutions follow hectic holiday



splurging... and that we have a range in maintenance to make it work!
3085 days ago



WILSONWR

I think we've all had a few "un-spark like" moments lately. Now we begin anew!
3085 days ago



WATERMELLEN

Isn't it lovely to know that maintenance cuts us a bit of slack now and then?? Thanks for your comment on my "more of the same" blog and welcome back to full internet!
3086 days ago



SUZYMOBILE

Ah, we all need days like that ... for a little while! Thanks for your note, by the way! I really appreciated it.
3086 days ago



CD13252816

That last paragraph says it all. Let's get back on track. Luckily there are tracks out there that we can jump on! I've got my own "goodie gain" to deal with.



3086 days ago



SOUTH_FORK

Oh, how i miss cable tv (been a year without it)! Here's to a wonderful New Year... even the most sensible have to just flake out a bit every now and then....
3086 days ago



LOLATURTLE

Oh, TLC. Hahaha! It's been a while since I've watched. They have a lot of medical shows, and watching shows about freaky super rare ailments turns me into a hypochondriac, so I'm not

allowed to watch most of their stuff. hahahaha.
3086 days ago



COCK-ROBIN

You can do it!
3086 days ago



COCK-ROBIN

You can do it!
3086 days ago



MISCHAKEO

Happy New Year to you also ! I am at the high end of my range also and will work on getting it back down!

Maintenance is work!

Have a great new day in the new year.
3086 days ago



MS0669

Happy New Year - I had a very un-spark like couple of weeks, but my body reacts terrible to processed carbs. YIKES ! But I am going to make myself drive to our community center and use the track today, nothing like a silly date on the calendar to get me back into the healthy groove !
3086 days ago



BIGDOG18



3086 days ago



CD11403062

Happy New Year!!! I am in the same maintain slump!! Hope you have a great start to your New year!!
3086 days ago



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