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The admission of an oddball – part 2 – I like to exercise

Friday, January 11, 2013

I don't see it as a chore. Fitness never was my problem, eating was.

So much for all those ads – just walk and lose weight. When I decided to get serious about my weight, I was already RUNNING 20 miles a week and hauling around a bunch of extra pounds while doing it. I also had to confront the attitude of “you're so fit, you don't have to lose weight.” I really wanted to believe that. There was one problem. I was fit 25 pounds ago, so why did I need to drag those pounds around now?

I had been active since childhood except for a brief period in high school where I succumbed to peer pressure and gave up sweaty sports in favor of sitting around trying to look pretty. While raising a young family, I walked, biked, swam, did aerobics and circuit training. I wasn't an elite athlete by any means, but I liked being in motion. I discovered running in middle age when my daughter joined her HS cross country team.

Sadly, as the saying goes, you can't out-train a bad diet. I also learned that exercise can't make up for consuming huge quantities of healthy food either.

I like the fitness tracker and use it every day for actual workouts. I don't record steps or other activities of daily life. In my head I have another measure that's equally helpful to me..

I have to run one 10 minute mile to burn off one chocolate chip cookie. It takes 3 of those miles for a cup of ice cream. If I walk at my 15 min/mile pace I need to put in more time.

Exactly how much more? That ice cream and cookie requires 40 min of running or 90 min of walking to balance it out.

Fortunately, even at age 65, I still like exercise, just about all kinds - outdoors or in the gym. Even the treadmill and stationary bikes are OK in bad weather up to an hour anyway.

However, I'm realistic about what it will do for me. As I wrote yesterday, I love nutrition tracking. It's a good thing too because only by keeping the nutrition and exercise in balance will I keep moving in the right direction with my life.

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GINIEMIE

Wow, good job on the exercise and the realization of how much it takes to burn what you eat. My goal is just to walk each day. And I need to work harder at it.



3075 days ago



WATERMELLEN

I like to exercise . . . but it doesn't help me much with weight maintenance for just the sad facts you cite: takes waaaaaay too much exercise to burn off just a few calories. So the nutrition tracking is the main thing for weight, the exercise makes me feel good!



3075 days ago



KARENLYNN

I like exercise but I got very lazy about it. Like eating correctly, its a decision that's easy to do or not to do. I feel better when I do it. I love feeling my muscles after I've worked out, it's great!



You can't out exercise a bad diet or too much of the good stuff either, but sometimes it keeps the damage minimal for a short time.

Karen

3075 days ago



DAPHNE_RUNS

It took me while to figure out the whole nutrition/exercise formula. Actually when I started training for my first half, I started paying attention to my calories burned and once I started adjusting my food to match my calories burned...I ate more and still lost weight. I love exercise because I can eat more!!



3075 days ago

Comment edited on: 1/12/2013 12:23:45 AM



WILSONWR

Enjoying exercise and understanding it's impact sure makes life better! It's just those pesky calories that make it tougher...



3075 days ago



JOPAPGH

Exercise has become second nature to me. Nutrition tracking should only make my results that much better



3076 days ago



BOILHAM

Isn't it nice to enjoy exercise?



3076 days ago



CD8467616

What you said about how much you have to run to burn off ice cream or a cookie -- omg, that's why I am stuck at the same weight for so long. I never burn off anything! Well, that's an exaggeration, right? Otherwise I'd be gaining. I think it's interesting how we are all different, though I sometimes wish I could combine with someone like you or dear Cannie and be a paragon of both nutrition and exercise!



3076 days ago



CD13167855

I love exercise too. I didn't as a kid since I was never good in gym class. I was always the last one picked in team sports. I like running, walking, biking. I love swimming. I like fitness classes where the instructor tells the class to do as much as they can. If it isn't fun, I don't want to do it. I weight trained for years in my basement.



I hate that it took me to thirty to like exercising again since I saw it was the punishment in gym class. It didn't really since I didn't see swimming, biking or walking as exercise but as fun. I got introduced to Sweating to the Oldies by a neighbor after having my second child. I was hooked. Exercise even aerobics could be fun. I learned that I needed to find the stuff that I liked and ignore

the rest. 🌻

3076 days ago

SUZYMOBILE

Good grief! I can't believe you're 65 like me! I can't do the kind of fitness you do, unfortunately.





My knee hollers at me every time I try to run, darn it. But I walk every day, not because I have to exercise, but because my spirit craves it.
3076 days ago



PMRUNNER

My friend has a water bottle that says "I like to run" and on the other side it says "Because I really really really love dessert!"



It isn't about giving up things, it's about balance and smart choices and being realistic about calories in and out. Keep up the great work and positive attitude!
3076 days ago



COCK-ROBIN

Very Good!

3076 days ago



COCK-ROBIN

Very Good!

3076 days ago



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