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The ultimate oddball admission – I never dieted during 25 years of carrying the extra weight

Saturday, January 12, 2013

Not once from age 35 to 61 was I ever tempted by diet plans or programs or pills.

I just accepted it as normal. I was getting older, my metabolism was slowing down and hormones were to blame. I didn't need to diet. This is what I would be in middle age. It was inevitable. Just maybe the "small" frame that I had during my college days was really a "large" frame after all. That would account for the extra weight, right?

Fortunately, my weight gain leveled off at 25 pounds, probably because I was always active and my drink of choice was water.

However, it was that very good fortune that made the 25 lbs permanent. I was already doing the EASY stuff. – moving more and giving up sugary drinks. So the pounds stayed put – mostly on my hips and thighs.

My body image was fine. I never compared myself to movie stars or models, but to the real people around me. I made peace with my pear shaped body a long time ago. I may have been gaining weight, but my family, friends and colleagues were gaining more. Besides I was still wearing a size 10 just like back in high school. Unfortunately, it wasn't the same size 10. Because of sizing creep of the fashion industry and forgiving fabrics, I could gain 25 lbs and stay the same size even though each of my measurements had expanded significantly.

I was fit and healthy and the feedback I was getting was that I was fine. I was told by everyone that I could "carry it" – the extra weight that is. In the era of "The Biggest Loser" why be concerned with a measly 25 pounds?

My 'aha' moment was caused by a different kind of vanity. My 5K times were getting progressively slower. I might have accepted growing hips, but not slower running times. Here I would put up a fight. That was my line in the sand. Enter tracking, portion control and SP. The rest is history.

The stories I've learned here are amazing and inspirational. You've made me aware that losing the weight isn't the end of the journey. If I hadn't been warned, I may have just gained the weight back and my first experience would have ended badly. I've learned here from your personal stories that regaining is a definite possibility and we must continue to be vigilant.

I credit SP and the teams I joined with giving me the tools and support to maintain for 3 years. Thank you all for accepting this oddball. I know my story isn't typical, but the "new me" wouldn't have been possible without you.

Looking back now, how could I have deluded myself for so long? Is anyone else here in in that category - a "first timer" or am I truly a minority of one?

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SWEDE_SU



while i did try to lose weight, it was never through diet - it was exercise every time. we worked at a healthy diet as an end in itself. the yoyo effect of weight gain/loss for me was dependent on exercise - under 20 miles/week, gain weight; over 30, lose weight. i had the same clothing size creep, and probably some weight creep due to wine creep.

tracking certainly helped - seeing that all those healthy foods we ate still added up to CALORIES made a difference, and wine creep. had to get control of that. now, it's the feeling of having made it - i'm not going to lose that feeling!

3074 days ago



COCK-ROBIN



Thank you for your amazing blog!

3074 days ago



SUZYMOBILE



Maybe you weren't really carrying THAT much extra weight? Whatever, it's a really good thing you're here now.

I've never NOT struggled with my weight, so perhaps I just described myself--that I don't really carry that much extra. But at one point I was close to 200 lbs, so I guess I can go overboard if I let myself.

3075 days ago



CD8113065



Well, thanks for pointing out that I might be an oddball because your first few paragraphs describe me perfectly.

The only difference was that my 'aha' moment came when my cholesterol tested higher than I was comfortable with. When I read that eating healthier and exercising would help lower it, I proceeded to do just that. I never thought of it in terms of dieting, and actually did not find it all that difficult to lose 30 pounds.

And I discovered that I liked running. I am oh so thankful for that.



Truthfully, I've always been odd.

3075 days ago



WATERMELLEN



I certainly shared the very same delusion at 230 pounds size 18-20 that it was "normal" to put on weight and that it "didn't really matter" and that all serious committed "professional" type women were focused on goals way more important than looking good.

Delusional indeed. Fact is, it's hard to sustain credibility as a self-disciplined "professionai" woman (whatever that is) when the elephant in the room is (pretty literally) . . . not so self-disciplined about eating!!

3075 days ago



MISCHAKEO



I am a first timer to Sp..and keeping my weight off. Unlike you I struggled and worried about weight for all of my life. Now I am finally stable and entering my 3rd year.



Good for yu keeping off the 25 pound loss and staying healthy!

3075 days ago



GOODGETNBETR



That's not an oddball story but still going to say

3075 days ago



CD13167855



It might be that you never dieted that your weight only went up twenty-five pounds. I walk a lot, bike some. I've always been active. I was called fat so much that I gave up on dieting by the time I started college. I never got more than fifteen, maybe temporarily twenty pounds, overweight. I was

actually thinner for many years after my babies.

There are many studies that show yo-yo dieting causes weight gain. If one never diets or does so less frequently, they aren't as likely to gain as much over the years. I gained only ten pounds over the years. Recently, I lost twenty due to mostly stress and watching what I eat. I've dieted over the years, but I never lost more than fifteen pounds at a time until lately. Then, I didn't have much more than fifteen pounds to lose. Most times that I tried to diet over the years it didn't work. I lost



no more than five pounds and gave up in a few weeks.

3075 days ago



CELIAMINER

Good for you for staying active enough to keep your weight creep down to 25 pounds. I also felt it was my "destiny" to gain weight as I aged, since my family was fat. However, I deluded myself by saying, "I walk a lot," when in fact I had decreased my activity to almost nothing except yoga and ST (no cardio). That's when the pounds really piled on, and the more weight I gained, the less active I became. I also credit SP with showing me just how little I was doing and giving me the tools and metrics to help me find the right balance for me.

3075 days ago



NELLJONES

I can't imagine not trying for a "miracle" weight loss plan in the time I was heavy. That wake up call is so different for everyone. I'm glad you heard yours the first time, and paid attention. It's that acceptance and attention that keeps you at goal.

3075 days ago



WILSONWR

Your story isn't typical - I think most of us have tried many different programs. But good for you for finding the incentive to lose the weight and then doing it! I don't think any of us could say we've only been on one "diet" in our life - that is really fantastic!!

3075 days ago

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