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“Take with food” – “Something to go with my tea” and other excuses

Monday, March 11, 2013

My “parole officer” brought me back to reality this morning. In the last 10 days I gained nearly 3 pounds. That’s not a lot compared to the fluctuations I’ve read about here on SP, but for me it’s significant.

Since reaching maintenance, my weight has been extremely stable, within tenths of a pound day to day. Yes, I’ve gained weight after a vacation, but once back on track it disappeared. I had been feeling pretty sure of myself that I had this weight thing all figured out. If the trend is up,up,up, reevaluate before it gets away from you.

When you’re coughing, wheezing and feverish, resolve weakens. Directions on my antibiotic said “take with food” and I did – quite a lot of food – and not particularly healthy food either. Drink lots of liquids! That makes sense except I’m always looking for “something to go with my tea.” It takes a long time for me to drink a cup of tea and I ate during every sip.

I certainly didn’t feel like cooking while sick. So, my healthy baked omelet and other recipes weren’t on the menu. No problem. DH, aka the junk food king, had plenty of alternatives stashed in the pantry, the fridge and the freezer. There were boxes of Wheat Thins in all flavors that he bought “on sale” and Little Debbie’s Honey Buns and Aunt Jemima’s frozen pancakes. I’ll spare you more details.

My daily morning weigh-in was a casualty also. If I had at least done that, the upward trend may have jolted me into facing what I was doing to myself.

Yesterday, I finally went food shopping so dinner was turkey meat loaf and chick pea and brown rice salad. My baked omelet is almost done so I’m back in charge, just somewhat humbled that even after 3 years of maintenance, I can make and accept excuses as well as anybody.

Note: My “parole officer” is explained by my blog post of Jan 29th
(Appointment with my Parole Officer)

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WATERMELLEN

My flu lasted from Monday to Sunday -- the nauseous, weak and woozy kind. So eating to excess wasn't an issue. But I totally get that resolve weakens with illness!



Feels so good to have been able to ski Sunday, and get to the gym Monday and Wednesday.

Yay to being "back in control".
3015 days ago



WILSONWR

Glad you're feeling we'll enough to start turning things around! That 3 lbs will be gone before you know it!



3015 days ago



KRISTINE99

Hope you recover soon from your illness! And way to stay on top of your maintenance Best to nip those upward trends in the bud early.



3016 days ago



DEBBY4576

Why is it when we are sick we crave the BAD foods? I do it every time. Maybe I don't eat as much that day, but what I eat is BAD. You also weren't burning the calories like you usually do. It will be off lickety split. But only cuz you are on top of it. I'm proud of you girl.



3016 days ago



CD13252816

Being sick and changing your routine is bound to show up at the scale. The important thing is that you are back where you want to be. So tell your PO that you are doing quite well.



3016 days ago



DONNA5281

Glad to see that you are feeling better. You caught your weight gain in time and I know you will lose it in no time at all.



3016 days ago



MJZHERE

Glad you are back and feeling better. We can work on the extra pounds together...my weight can and does fluctuate 3 lbs overnight but it is the upward trend that stays (which has kept climbing lately) that is my alert.



3017 days ago



STSCOTT11

That's actually encouraging that your weight doesn't fluctuate THAT MUCH day to day. I haven't reached goal YET...and I KNOW I have alot to learn...still it is good to know SOMEONE has found the path to STABILITY. +3 lbs. FOR ME is not that bad. I seem to FIND THAT KIND OF WEIGHT off and on...off and on for many different reasons. I do TOO have A CAP when I go into PANIC MODE when I see the scale tip a certain number. Without having that type of POLICING OF NUMBERS they can go nuts if you turn your back on them too long. I like that you're NOT FOOLING YOURSELF or at a point you can't see clearly where the addition came from. I am at that point too...no fooling myself. I pay close enough attention when the numbers RISE I KNOW HOW/WHY it got there. There is no more mysteries there. lol I am sure you have A PLAN to beat that scale into submission. Keep sparking.
3017 days ago



GINIEMIE

So glad that you caught it after only 3 pounds. I'm hoping that with improved health, improved diet and return to physical activities you'll soon be back where you want to be. I think suzymobile had a good plan. Make yourself a stash of healthy foods for such emergencies. Glad your back on track...





3017 days ago



DRB13_1

maintaining takes effort too, so very proud that you are on top of this and will be back on track now to help DH ditch the processed snacks, LOL... maybe help him read labels - then sales won't



seem like a value
3017 days ago



CAKEMAKERMOM

The difference now is that you catch yourself within a few pounds instead of a few dozen.
3017 days ago



CD13136117

The difference between success and failure - is staying with it. Yes, a hiccup in the road - but you are staying on it and will soon be gone with those three pounds. Best wishes to you and I'm glad you are feeling better. All the best!
3017 days ago



BOILHAM

I get some good fluctuations from time to time as well. Stay the course, you will do fine. Glad you're feeling better!



3017 days ago



DR1939

I know when I am really sick because I crave a real Coke, a Whopper, and Cheetos. These are things I do not like at any other time and would not eat even if nothing else was available. Luckily I am not that sick very often, last time was about 5 years ago. Oh, yes, once I have one round of that the craving is satisfied so I usually go with it.



(It's been so long since I've seen a Cheetos bag I had to google the spelling!)
3017 days ago



SUZYMOBILE

It sounds like being sick can be a "trigger time" for you. When you're feeling down, maybe you take care of yourself by relaxing the rules. Sort of like Mom making you grilled cheese sandwiches, tomato soup, and ice cream when you're home from school with the flu. It seems silly to plan what to do next time you're sick, because it sounds like you aren't sick very often. But planning might involve having healthy soups and frozen meals on hand, which you could stock up on any time, and they'd last forever. A medicine chest of emergency vittles, if you will.



Now that you're feeling better, of course, you know that your job is to break the pattern of self-



coddling and return to healthy eating.
3017 days ago



HAYBURNER1969

Glad you are feeling better and you caught it when it was only 3 pounds. I wish I had turned things around at 3 pounds.
3017 days ago



COCK-ROBIN

You can do it!
3017 days ago



MISCHAKEO

This is the hard part of maintenance ,when you have to work on up pounds. I know when you have your health back ,your energy and zest for life will return. You will start running again and increase your metabolism.



We have all been there in maintenance. I go through periods where it is easy to maintain and up pounds come down quickly. Then I hit times where it is harder to lose up pounds.

Hang in there. You are smart to work on those up pounds right away. I will join you.



3017 days ago





SLIMMERJESSE

My weight has commonly fluctuated 6 lbs in a matter of a few hours, with absolutely nothing done between both weigh-ins!

3017 days ago



YMWONG22

Get well soon and back in charged.



3017 days ago



DESERTJULZ

Fortunately, you caught it before it totally ballooned!

3017 days ago



TIGGERJEAN

I hope you are feeling better - no fun being sick!

3017 days ago



SMILES4383

And that is the challenge ---- Staying focused while life happens on a daily basis.

3017 days ago



CD12494098

Any time you are on antibiotics I believe you can claim a bit of insanity. For me it's like someone has removed a portion of my brain and I feel loopy most of the time. Also, it's important to eat well when you are sick, but rarely does this happen, especially if you are cooking your own meals. I am sure this weight will come off again as you said "you are back in control" of what you are eating and as you continue to get your strength back to get with your workouts.

I understand the "no excuses" ... but be gentle with yourself

3017 days ago



AZMOMXTWO

at least you see where it came from and you owned it so it is a good thing and you can lose it again now that you are back in control

3017 days ago

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