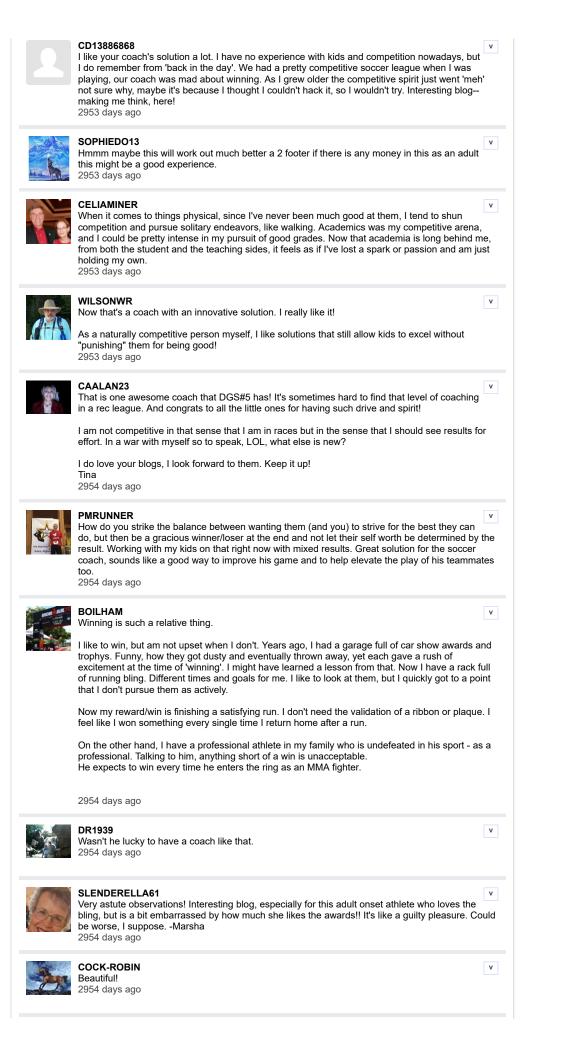


Member Comments About This Blog Post





DOVESEYES

v I really wanted the weight to fall off in a hurry and had to come to terms with the fact that I wanted to go back to eating the wrong things. It was a 'light bulb moment' for me and now I don't really care how long it takes as long as it happens and when I get to the goal I put as much effort into maintenance.

Great blog thanks ... 2954 days ago



MISCHAKEO

I spent the weekend eating out at restaurants and have the same up pounds on the scale. So I am with you on dealing with this short term problem..doing the long term ..do it again anyway..to get it down and maintain.

Interesting solution for you grandson. Hope it developed his skills.



Plus..we have to keep our parole officer happy, don't we? LOL. 2954 days ago

Comment edited on: 5/13/2013 8:27:38 AM



DAISYBELL6

Your comment about doing it all over again day after day really hit home with me this morning. Despite my short term goal of losing another 10 pounds which I have focused on TOO MUCH, I need to keep my eye on the prize--a lifetime of healthy eating and activity for a healthy life. Ten pounds is not the goal....Living life is! 2954 days ago



GINIEMIE

I love the coaches solution to DGS#5's soccer playing time. It's so fair to all, and it helps him be a better team mate and improve the use/control of his left foot. What a good coach. I'm sure that team is a winner, and I'm not talking scores either.

I'm competitive too, I think being the eldest of 10 and having #4, my sister, be a brainiac made me look for what I was good at. So I excelled in child care, baking and did okay with cooking too. Later I developed more skills, but those helped me with my five children. BTW I'm the only one of the 10 who had five children.

I sewed, knitted and learned to crochet. In my younger days I entered my handiwork and baked goods in the county fair. My DD's chocolate cake came in first and mine second, we were in different categories but it gave her a thrill too.

I think truth be known we all want to win at something-it is good to temper it with fair and good judgement

Nice blog-I know you'll drop that Mother's day weight. I have to work on mine too.







2954 days ago



NANNABLACK Vell

Done! 2954 days ago



ONEKIDSMOM

I think I love your DGS#5's coach. What a GREAT solution.

As for competition... for those of us it is "wire in" to, we have to find ways to live with it. I, too, am in for the long-term W... a healthy life. 2954 days ago

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