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Getting reacquainted with my "Parole Officer"

Thursday, October 03, 2013

This morning I'm revisiting the "Parole Officer" analogy of my Jan 29th blog post.

www.sparkpeople.com/my_public_journal_individual.asp?blog_id=5228238

At that time I compared the recidivism rate of prisoners and the tendency to yo-yo in our weight loss journey. Many of the tactics which help career criminals change their lives mirror the lifestyle changes needed to make healthy weight permanent.

Yesterday I tucked one phrase near the end of my blog – "I packed on some pounds." Oh yeah, 9 lbs to be exact, as my check-in with my scale (parole officer) confirmed. OMG! How did that happen? The food was very healthy. I was very active and my clothes fit JUST FINE.

However, I had no objective means of measurement – no scale - either for food or myself. Gradually I returned to my old habit of underestimating the amount of food on my plate. Eating huge amounts of food (even healthy food) is how I originally gained the weight in the first place.

Fortunately, I was near the bottom of my maintenance range when I left for Europe, but I now I had work to do. It was disheartening to see my parole officer's report and how much damage I could do in a comparatively short period of time, but helpful to realistically assess the situation.

Parolees aren't allowed to leave the jurisdiction where they live, but I am, and I intend to keep traveling. I just have to be smarter about it. Even after nearly 4 years of maintenance, I'm not immune to falling back into bad habits. I do not want to yo-yo and end up back in prison.

Progress report: 5 pounds are now gone and I'm regaining my SP mindset. It works! Thank you for being here.

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MARYJEANSL

Good for you to already see such success! SP definitely works - congrats!
2805 days ago





MJZHERE



This is why I bring the scale with me - even in our tiny rv where space is premium. I, too, am going to keep on traveling - just have to be sure that tool is with me or things quickly get out of



hand. Congrats on the 5 lb loss
2807 days ago



TINAJANE76



I'm in exactly the same boat as you. I got down to the low end of my maintenance range before vacation and came back at the very high end. The first few pounds came off pretty quickly and the rest are very s-l-o-w-l-y coming down. My parole officer isn't cutting me any slack, lol!

Good luck getting yourself completely back in the game and congratulations on the great results of your recent race. We'll be back to our "happy places" before we know it. We've got the tools and we've got the support, so all we need to do is execute!
2810 days ago



SUNSET09



It's a learning opportunity and a great analogy to reflect on! When it's reflected this way, we

are prisoners within ourselves when we do not take the time to take care of ourselves!



2810 days ago



WATERMELLEN



Wow!! Congrats to you on shedding 415 pounds so quickly!! I'm persuaded that maintenance is regain/hauling ourselves up short/ losing and like that . . . You're more than half way there!!

2810 days ago



TRAVELGRRL



Vacation pounds go quickly, I find, as long as we jump on it. AND YOU DID. Congrats for that! I love your analogy about the parole officer.

2810 days ago



CD12146214



I think it was muscle from all that walking!

2810 days ago



BOOKAPHILE



How quickly you lost that 5 pounds! You'll get the last 4 out soon. I'm up 3 and am also on parole.

2810 days ago



LULUBELLE65



That's great that you have been able to get back on track so quickly! I don't have problems when traveling, mostly I think because I tend to walk for hours everywhere I go, and the exercise offsets the additional food I consume. Last Spring I went to London for 9 days and basically ate my way through the city, but only gained a pound, and I am pretty sure that was just water retention, because it was gone within a week. Climbing the hundreds of stairs in the Tower of London, and all

of the tube stations balanced out the visit to the food halls at Harrods.

2810 days ago



SUZYMOBILE



5 pounds gone! Wonderful! 4 to go is a lot better than 9!

2810 days ago



4A-HEALTHY-BMI



LOL

This is one reason why my "parole officer" travels WITH me. Everywhere. Conferences. Vacations. Remote kayak trips in Canada where there isn't even a cell phone signal. Chile. Costa Rica. Argentina.

Technically if I eat within range and exercise appropriately I don't need the scale telling me how I'm doing. But I'm not good at regulating myself and I need the feedback.



2811 days ago

CELIAMINER



Love the analogy. I've been struggling since August and am trying to find that motivation mojo



again.
2811 days ago



WILSONWR v
You're making quick progress on getting rid of that extra weight! I'm trying to do the same after gaining weight while my wife was in the hospital for two weeks. I wouldn't stop traveling either - you only live once!
2811 days ago



CD14270285 v
This is a great blog. I know traveling can be really hard, but you came back and reset, recharged and seem ready to go! I really like your attitude with the weight gain, not too many recriminations just stating facts and working it off. Super!
2811 days ago



MISCHAKEO v
Great job on losing that 5 pounds and getting back on track. Also it takes courage to face the parole officer and weigh yourself after traveling. You kept exercising and tried to eat healthfully. I know you will figure out a way to continue traveling.

My parole officer is telling me to lose a few up pounds and I am working on it.



2811 days ago



KELLIEBEAN v
You dropped five pounds already! It's all good.
You have the maintainer mindset, you probably could have gained more had you not been as mindful as you are and you've already lost more than half your vacation weight. I'd call that a win!



2811 days ago



GINIEMIE v
Good that you already dropped 5 of the 9. I know you will be able to work off the rest. I know how you feel, it's hard when you weigh and measure all at home and then are on the road. You'll get the last of it off, and we'll have to figure how to travel, eat out w/o benefit of caloric explanations at small/foreign restaurants.
Love your bounce back, and I'm avoiding my PO, I'll have to use Erik's, mine tells all.



2811 days ago



DR1939 v

2811 days ago



GARDENCHRIS v
those PO can get might strict! LOL
2811 days ago



MJREIMERS v
It's definitely harder to maintain when traveling. We love to eat at the "mom and pop" places and support small business, but they don't have websites with nutrition information to look at before we visit the restaurant. Even when you think you are making good choices they can come back to "bite you."

I'm sure now that you have your parole officer's report you will be back on track. We all slip, but we



catch ourselves before we fall.
2811 days ago



VONBLACKBIRD v
Love your post...makes me reconsider too.
2811 days ago



JSTETSER

I might visit my parole office scale too.
2811 days ago



ONEKIDSMOM

I am so nervous about traveling... I pack my measuring cups and shop at grocery stores while on the road.
2811 days ago



LINDAKAY228

Glad you are getting back on track and making progress. You can do this!
2811 days ago



CD13545024

Yes, I have to reset my SP mindset too.
2811 days ago



CD13202979

Great to have you back on track. Keep up the good work!



2811 days ago



LANNIEMANUEL

2811 days ago



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