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Amazing! I really wanted that virtual trophy

Saturday, February 01, 2014

Yesterday, we were having a heat wave, at least compared to the temperature in recent weeks. It was 43° and DH suggested we go for a walk.

Great idea! Although it was my scheduled rest day, with only some gentle yoga and taichi required to keep my frozen shoulder flexible, off we went.

Like 2 bears emerging from hibernation, we surveyed the ice chunks in the lake, the broken branches on the trees and the gravel on the road either washed down from driveways or laid down by road crews for traction.

As we returned to our house, I checked my watch and told him we had to keep going for 10 more minutes.

DH: "Why?"

Me: Because I want 1500 fitness minutes for January.

DH: But didn't you say that you did over 100 miles in January?

Me: Yes, but this is MINUTES and I get a trophy

DH: From WHO?

Me: Sparkpeople!

DH: They mail you a trophy?

Me: No, they email me a picture of a trophy.

DH: (sighing deeply) Fine, let's keep going.

Note: So SP isn't just motivating me, it's keeping DH on his feet too.

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**LEWILL1982**

Isn't it funny how SP gets in our head and we don't even know it sometimes; except for when we do!
2684 days ago





SUSANNAH31



2685 days ago



CD13758606



Isn't it great when DH is supportive??

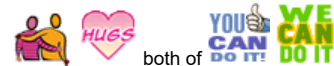


2687 days ago



GINIEMIE

Woohoo! Trophies are fun! Even virtual ones!



both of



2687 days ago



SUNSET09



Get it in any way that you can and good for you to be mindful of your erward

as ti started off so innocent and even your off day!



2688 days ago



DOVESEYES



What a great hubby.

2688 days ago



CD14270285

LOL! Love it.
2688 days ago



MARYJEANSL

Thanks for the chuckle! Did he roll his eyes along with the deep sigh? :-)
2688 days ago



PHOENIX1949

Besides what they stand for, I like that the SP trophies don't have to be dusted or create additional clutter.

2689 days ago



MNNICE

Isn't it funny how we can become so addicted to the SP points and trophies? Sort of like the ol' gold star stuck by our name back in kindergarten, but it works!

2689 days ago



BOOKAPHILE

Yet more proof your DH loves you... he's willing to walk with you so you can get a picture of a trophy. lol. It's nice that we can be motivated by such things.

2689 days ago



LINDAKAY228

Trophies really help us! Glad he was a good sport about it.

2689 days ago



MERRYMARY42

I know, so very silly, but I do this daily, but I am going to definitely ease off next month, I am getting close to obsessed with this walking,

2689 days ago

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DR1939

Amazing what we will do for pictures!
2689 days ago

v



METAFUKARI

Yeah, motivational tricks make me work harder. Pavlov's dog much? Glad you made your goal~
2689 days ago

v



CD11934124



Love SP Trophies!
2689 days ago

v



JOYNEW

Hilarious! And yes, I can relate!



2689 days ago

v



SUZYMOBILE

Too funny! The loony things we do. Does DH know about goodies and wheel-spinning yet?
2689 days ago

v



CD13834395

LOL. I loved this. Isn't it amazing what we do for those virtual awards!!

Great Blog!
2689 days ago

v



HAYBURNER1969

I used an excerpt of this in the Health & Holiness blog today. Great job on 1500 minutes!
2689 days ago

v



MISCHAKEO

That was too funny. I am feeling like the 40s are warm weather also, compared to what we have been having. Good for you earning those 1500 fitness minutes and getting your husband to walk an extra 10 minutes! Those trophies work as motivation!
2689 days ago

v



TRAVELGRRL

come on, this is just HILARIOUS!

Our husbands may not understand what motivates us, but I know they love the results!!!!



2689 days ago

v



ONEKIDSMOM



As MOBYCARP often quips, "Stupid motivational tricks (grumble, grumble) work!"
2689 days ago

v



WELLBEING67



1500 fitness minutes must feel good even without the trophy....
2689 days ago

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