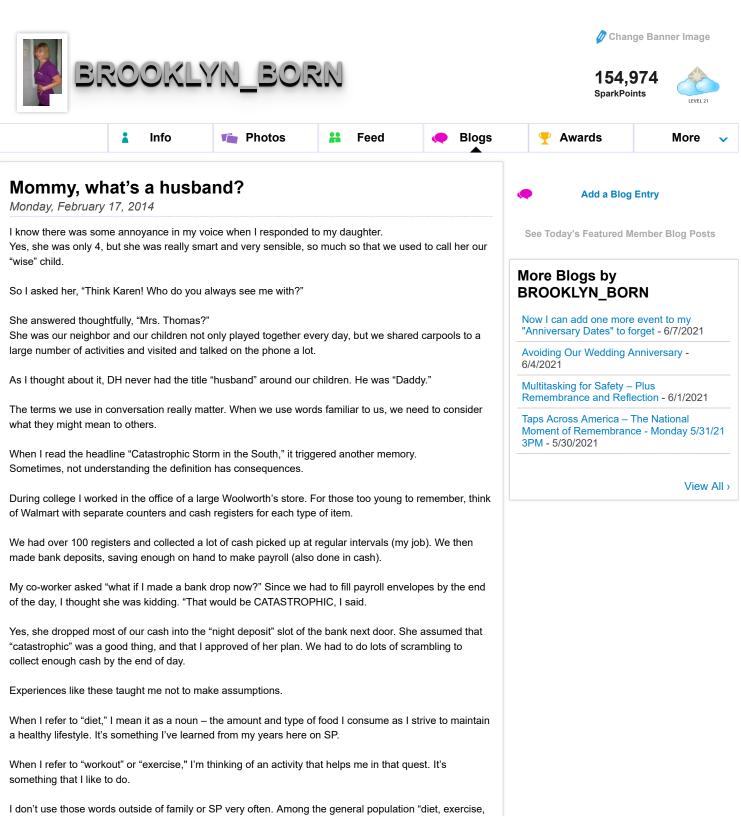
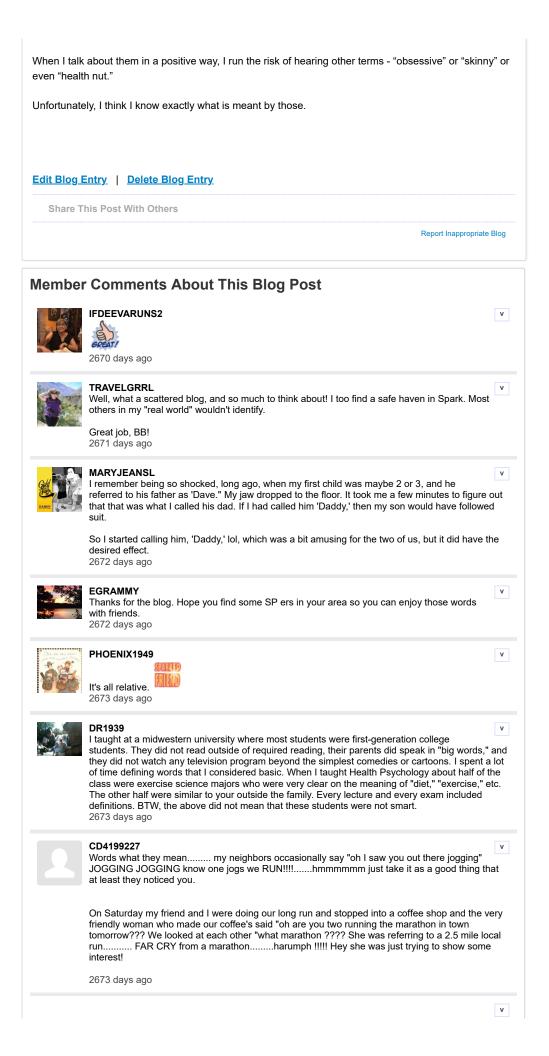
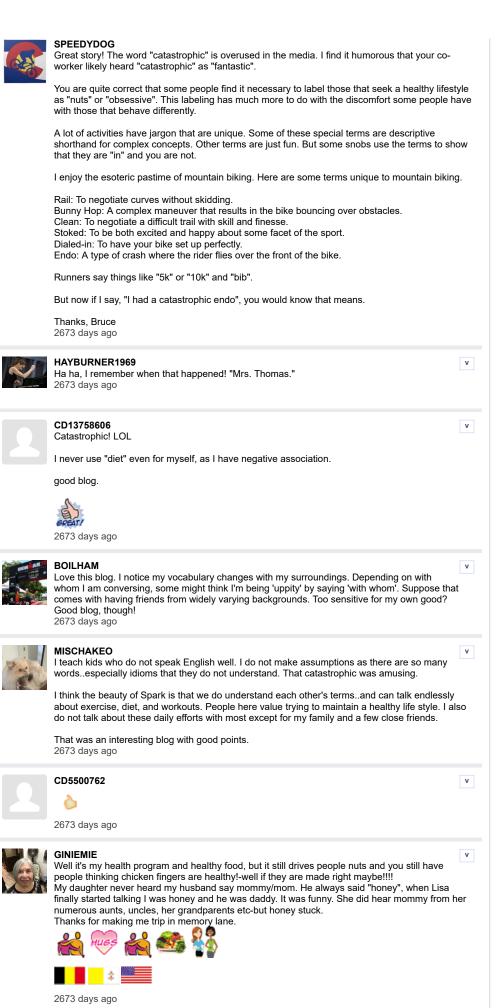
LOG OUT



workout" have a negative connotation. At the very least they are something to be avoided or done grudgingly.





WATERMELLEN

۷ This blog made me chuckle: and think. Our kids always heard us refer to each other by our first names, never as "mummy" and "daddy": and so from a very early age they also called us by our first names. No disrespect from either of them intended, just a recognition that to each other we've always been first and foremost husband and wife I suppose: which foundation of stability perhaps also made it possible to be reasonably decent parents. (I see a lot of couples splitting in my work because they've forgotten to put it each other first . . . and I do occasionally get a "Mum" at least from DS now!).

And I agree that "diet" has a bad rap as a "four letter word": but the reality is, monitoring food intake for nutrition including aggregate calories is a life-long commitment for those of us who want to maintain a healthy weight. Not a temporary fix. In that sense I'll diet till I die and that's OK. 2673 days ago

	TERI-RIFIC LOL on "catastrophic" Similarly, I learned when teaching someone to drive when you yell, "GET OVER GET OVER" You have to specify which way. 2673 days ago	v
	CD12146214 Luckily for me my husband is a cyclist so he gets training plans, taper, clean diet etc. I too do not use the same terminology with the general population! 2673 days ago	v
	BUSYGRANNY5 Great blog!! I too, use the word "diet" very sparingly outside of those who "get it" Thanks for sharing your thoughts and experiences! Have a great day!	v
	2673 days ago	
	CLUMBOY love the terminology of diet as a noun.	v
	maybe she thought you said "copacetic" have a lovely day! 2673 days ago	
0	ONEKIDSMOM One of the things I love about Spark People is that so many of us "get it" the meaning of "diet" in the classic sense: what we eat. The meaning of exercise and workout, and their place balanced lifestyle. And we can talk about what's working and what's not openly, without wearin each other out!	
	We wear the rest of our "friends" who may not share our passion with our talk. I had a phone c from my brother, MOBYCARP, yesterday, and we bubbled a lot about running and training. Thi probably not a "normal" brother sister kind of interaction, but it is for us, at this point in our lives The reinforcement of the positives of being fit is what keeps us fit.	s is
	In short "getting it", "kindred spirits", "what's a husband?" are all signs that we need the Sp.	ark!
	And I'm so grateful it's here! Thanks for being such a great Spark, yourself! OP 2673 days ago	
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	puragement, a question, or anything else relevant to this post. All blog comments must abide by le's Community Guidelines.	
SparkPeop		

son to p result of following the SparkPeople program.