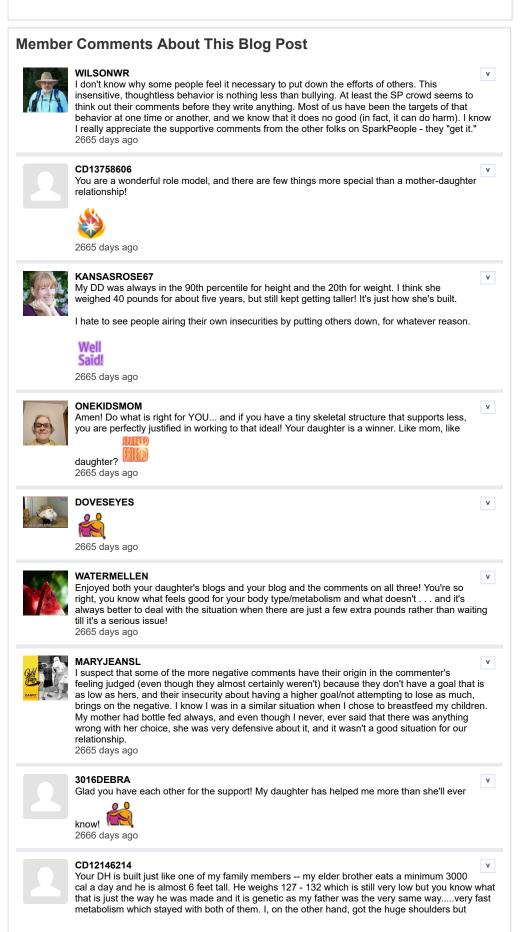


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MISCHAKEO

I hope SP continues to be positive. People here understand that everyone must choose their own weight..no matter what other people think or say. Everyone has different metabolisms and should be respected for their own decsions on what to weigh. I have also received negative comments on my weight loss. I choose to tell them that this is a healthy weight for me and I am keeping it.

2666 days ago

CD9543726

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Some people are just built like that. My sister is built like a bird - she takes after my mom. At 5'3, she weighs around 100 lbs and has normal curves and everything else. She eats tons, doesn't have an eating disorder, and yet she still gets comments all the time. I remember her frustratedly telling me back in 2007 that one of her coworkers had looked at her and said, "So THAT'S what a size 0 looks like," and she felt like questioning why it was considered acceptable to say something like that, but not something like "So THAT'S what a size 18 looks like." Every person is built differently. If my sister weighed right smack in the middle of her healthy BMI range, she would have a body fat percentage that would put her overweight. If I weighed on the low end of my BMI range - something I've done in the past - then I'm skeletally thin. Everyone needs to do what's right for them. 2666 days ago

LEWILL1982

I'm finding it difficult to explain to some that I need to lose weight. It's why I'm blogging about it here, because Sparkers get it. I feel the gain, though, I can see it in my clothes and my knees tell me I have. Trying to lose about 15 lbs, now, before it gets out of hand. 2666 days ago



GINIEMIE

Yes ma'am, we who were grossly overweight, and still are need to not reverse criticize. If someone is petite or small boned it does not do them or anyone good to make negative comments or backhanded complements either. (ie: you look good with extra padding) really! REALLY! I think that would ONLY be appropriate if you knew someone was trying to put on weight-l know one of those, just one.



2666 days ago



2666 days ago

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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.