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“Too Soon Old and Too Late Smart” – An Amish Proverb, I think

Friday, July 11, 2014

At least I used to hear it a lot when visiting my parents near Lancaster, PA.

I thought about this during my run this morning. I had just posted a response to Indy-Girl's featured blog warning about the “crabs” trying to pull us back down into the bucket.

My post was:

Perhaps the crabs "mean well" like those people who validate our excuses.

To be successful I have to focus on the responses within parentheses.

Don't worry about your weight, you're fit.

(Why drag around extra pounds?)

Forget BMI - it doesn't work for weight lifters and professional athletes

(but I'm not in that category)

Men don't like bony women

(Is skinny shaming acceptable now?)

Eat whatever you want, life is too short

(Shorter if I eat poorly)

Healthy food costs too much

(So does medical care)

While running I kept thinking about more comments from the crabs and my reaction.

Why are you running?

(Because I've been doing it for 30 years and I still can)

You're going to ruin your knees.

(But you're having the knee replacement and you never ran)

You don't want to be a size 0 do you?

(Sure I do. Those measurements are a 25" waist and 35" hips, but back in the 60s when those WERE my measurements, it was called a size 10. Now a size 10 has a 30" waist and 40" hips)

Source: J C Crew <https://www.jcrew.com/sizecharts/main.jsp?sizeChart=1,1>

You look good for your age.

(Thank you, I think)

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They're right about my age. When you qualify for Social Security, Medicare and your 50th HS reunion is one month away, there's no denying that I'm old.

I regret that it took me so long to get smart and stop listening to the crabs.

However, there's another helpful proverb – "better late than never."

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TERI-RIFIC

Well Said!

2527 days ago

v



KANSASROSE67

Excellent blog. We all need to be ready for the "crabs!"

2528 days ago

v



MISCHAKEO

I like your responses to those crab comments. Life will definitely be shorter if we eat whatever we want! I also wish I had learned healthy eating habits earlier and agree..better late than never.

You wrote an excellent blog! As time goes on, I find that I really do not want negative input from others on my healthy life and want to make decisions on my own. (except for the medical profession when needed.)

We might have to be considered crabby when we deal with these food crabs!

2528 days ago

v



CD6329775

I love this blog and the proverb!!!! Thanks for writing and posting it.

I all too often make excuses for not being firmer and fitter. And my DH is ALWAYS telling me to stop worrying about weight - cause I am strong. And sometimes I listen to him instead of sticking with the healthy plan.

Reading this is a VERY GOOD REMINDER for me. Since I will be qualifying for Medicare soon.

2528 days ago

v



MARYJEANSL

Great comeback lines, for sure. I wish I were as quick-witted as you are!

2528 days ago

v



DOVESEYES

Great blog thanks

2528 days ago

v



ALICIA363

THANK YOU! THANK YOU! THANK YOU!

for the quality thinking reinforcement!

SPARK FUEL

2528 days ago

v



ONEKIDSMOM

This is the second "feisty maintainer" attitude blog among my friends today! Sometimes this is what it takes... sticking up for our choices to be fit and healthy (and having a size 2 pair of jeans on is really rocking my mind). Would have been an 8 just 20 years ago. Probably a 16 in my mother's youth. Size inflation is something we just live with!

v



2528 days ago



PHOENIX1949



Older and wiser one.

2529 days ago

v



LINDAKAY228

Very interesting. Some I had heard before and some not. I've been hearing about the crabs for years. Interesting the take you had on it.

2529 days ago

v



IFDEEVARUNS2



2529 days ago

v



KRISZTA11

Great blog!
Serious things, but there is a funny side that made me smile :)

2529 days ago

v



FELINEBETTER



Very well said indeed!

2529 days ago

v



SUBMOM2

Great post! Thanks for sharing!

2529 days ago

v



50YEARSAWIFE



I loved your post.

2529 days ago

v



SLIMMERJESSE

But the crabs do make me smile and reaffirm that I'm on the right track. Great blog.

2529 days ago

v



NANCYPAT1

Great messages

2529 days ago

v



DR1939

Good reminders of the subtle (and not so subtle) put-downs by others. I, too, can remember when size 10 was small.

2529 days ago

v



PHEBESS

Too many people are unhappy with their lives, and they want to make other people as miserable as they are. At least, that's my perception of those crabs.

2529 days ago

v



SYLPHINPROGRESS

I firmly believe that those who mean well do well. Those of whom it is said "They mean well" show themselves to be sour-grapers.

2529 days ago

v

Comment edited on: 7/11/2014 10:00:09 AM

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