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Sale or Scale – which do I fear?

Monday, July 07, 2014

There's only one letter difference in those 2 words, but a world of difference in my life.

I fear a particular kind of sale. The one my supermarket regularly runs on ice cream. I usually cope by avoiding that aisle completely, but the July 4th long weekend was approaching and company was coming. 2 cartons for \$5.00 plus an extra \$1 off coupon.

Oh, look at all those flavors! Moose Tracks, Chocolate Chip Cookie Dough, Butter Pecan. Better get some plain varieties too. Vanilla, Chocolate, Strawberry. Yeah, I bought them all.

Oh, Nestle chocolate syrup – no HFCS.

There's Reddi-Whip on sale too. That will make a good sundae.

Fresh fruit is on sale too. Cherries, strawberries, cantaloupe. Why not some grapes to the cart. Nice variety.

That was July 3rd.

I didn't wait for the 4th to start sampling my goodies – and I continued until last night.

Now the scale. At home I get on it every single morning for over 5 years now. I don't fear it. Avoiding it is how I gained the weight in the first place.

Each day it ticked up a little bit. I'm used to daily fluctuations, but the trend is unmistakable – up, up, UP!

OK, that sale saved me money, but cost me 2.6 lbs.

Not enough to make a difference in how my clothes fit or in my fitness level, but not a direction I want to go.

I also ran/walked 19 miles over those 4 days with 2 ST sessions as well.

I'm living proof that you cannot outrun your fork or in my case, my SPOON.

Now it's back to reality. No fear. I will avoid that ice cream aisle, but not the scale.

Thanks to Mandelovich for this quote 20 minutes ago which prompted my reflection.

"You can always correct your course, but the sooner you are aware that you are off your path, the better and more satisfying your journey will be." ~ Esther and Jerry Hicks

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BOILHAM

You're not alone. My 'sale' was having my brother in law visit. We went to see his son, my nephew, fight for a MMA championship fight in Daytona Beach. (he lost his first fight that day) Drank too much beer, ate too much pizza, you get the picture. But, it was a special occasion, we had immense fun, now I'm back on track.
Good blog.



2522 days ago



MJZHERE

Good for you for catching hold so quickly. I finally grabbed hold after a much bigger upward trend and have lost the extra pounds. Now setting a number for the scale (which I never truly did before) and planning to stay within a range. Since dh heartattack have not had any ice cream, but had I been home for the july4th sales, I would have! Am planning on trying again moderation with ice cream and a few other favorite treats - will see how it goes. I definitely need the daily weigh in to keep myself on track.

2522 days ago



RUDITUDI2000

So true! Found this out the hard way this past month myself! Back to reality right!? YES!

2525 days ago



BOOKLOVINGGIRL

I know what you mean about avoiding certain areas in the supermarket. My area of avoidance is the bakery- Ugh. Even though the scale number ticked up on you, I love how you didn't get discouraged. Great blog!



2532 days ago



IFDEEVARUNS2

Great quote!

2532 days ago



MARYJEANSL

Well, ice cream isn't my choice of poison, but I have btdt sooooo many times. By weighing yourself every day, you probably change course much sooner than I would. I made the mistake of buying a cheap scale, which broke after a few months, and I currently don't have one.

2532 days ago



DOVESEYES

What a great blog haven't we all been there?

When I get on the scale I say to myself you ate it now you may have to wear it!!!

2532 days ago



ONEKIDSMOM

Ooh! Love the quote. And good for you for taking action NOW, paying attention to the scale that tells you where you are on your journey!

2532 days ago



CD14815535

Nice quote and nice salvage to the ice cream shopping (and eating). I've long lived with the idea that I would "run (insert exercise of choice) it off". Um, no...especially after menopause when everything seems to slow down (even my brain). I equate it to magical thinking now, lol. Great blog!

2533 days ago



CD13202979

I really liked your motivational quote. Thanks for sharing!



2533 days ago



**SUBMOM2**

I can relate! I've fallen for many "sales" that have ended up costing me. Course correction is a great concept!



2533 days ago

**LINDAKAY228**

Like that quote! A couple of weeks ago I bought a half gallon of ice cream and in a low moment ate the whole thing! I should not have bought that much and definitely not given in to it! Oh well, once in a great while I've done that. I'm avoiding the ice cream now LOL and have lost that weight. But I did enjoy it at the time!

2533 days ago

**DR1939**

I get into trouble when I buy goodies for my grandchildren, particularly ice cream. Most of their favorites are things I do not like, but I can be tempted by ice cream or brownies.

2533 days ago

**TRAVELGRRL**

A fearless blog, and one I could have written myself! I have been hiking up a storm but still have been gaining weight -- about 1/2 pound a week -- because I am overeating and drinking! time to get it back in gear!!!

2533 days ago

**LEWILL1982**

Ice Cream doesn't do it for me, but trade beer for your Ice Cream and I'm in the same position you are this morning! It was on sale, I didn't want to go to my parties empty handed!

2533 days ago

**SYLPHINPROGRESS**

Other ways to look at it:

- (a) 2.6 pounds vs. 2.5 per container?. Not a good arithmetical trade-off. No trade, really (after all, this is a matter of comparing apples to elephants, not apples to pears), therefore, not worthwhile.
- (b) Company's coming? They'll be bringing desserts. No more than a two-container purchase for you next time. And that's only if "company" means eight people minimum.
- (c) Buy flavors you do not like. Buy your least favorite though big-selling brand. Same goes for Halloween.
- (d) Give yourself a break this time. It tasted good.

Laurie



2533 days ago

**MARYRUN1**

I love that quote! Always best to keep moving forward!

2533 days ago

**MISCHAKEO**

I like that quote also. The sooner you correct your course, the better and more satisfying your journey will be.

I also am a daily weigher. Not weighing was also what led to weight gain in my past.

I have always liked that quote that you cannot outrun your fork..or spoon..to true.

You sound ready to get back on track. I know you will be successful and have a good day. We have all detoured on our journeys along with you.



2533 days ago

**PHEBESS**

On the bright side, you probably got a nice calcium blast with all that ice cream, right?

And you know the down side. Tack in the other direction. Away from the spoon and ice cream. Do whatever it takes to get away and stay away. (and in the future, maybe go with smaller containers? I do one scoop at a time - pricier, but keeps away the temptations.)

2533 days ago

**SLIMMERJESSE**

The only sweet thing I have never been crazy about is ice cream. Unbelievable, but true.

2533 days ago





EVIE4NOW

I really like that quote. Thanks for sharing.
2533 days ago

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