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G-R-A-D-U-A-L spells “ME”

Friday, March 28, 2014

I admire those who go “cold turkey” – no sugar, no caffeine, no TV etc.
I just was never very good at all or nothing.

Still, I want to improve myself in all areas.

Check out this teaspoon.



Once it held a heaping helping of sugar for my morning coffee (along with a few drops of milk). I've started each day with coffee for about 50 years, but could never drink it black. However, when I gradually reduced the amount of sugar, I never noticed the difference. I plan to keep reducing the amount too.

I eat a lot of yogurt (organic), but could never adjust to the “plain” variety. French Vanilla was my flavor of choice. Even with adding fruit, I could not eat the plain stuff. So I began mixing the two. One tablespoon of plain to five of French vanilla. That was about a year ago. Now the ratio is reversed. One French vanilla to 5 plain. That's cut the sugar content almost in half and I haven't noticed it.

This also worked for exercise.

When I decided to run, I started with 30 SECOND intervals followed by 4:30 walking. Adding 15 SECONDS to the running interval each WEEK, it took me 6 months to run a 5K. That's way slower than any couch to 5K program I've ever seen. Still, I never got injured, or quit and I'm still “in the race” over 25 years later.

Weight Loss?

That took 11 months to get rid of the 25 extra pounds I carried for 25 years. No speed awards there, but it gave my body time to adjust and after 4 years of maintenance, it is very happy not to have to drag those

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extra pounds around.

Strength Training?

In my early days on SP I posted 5 minutes of hand weights. That got a negative reaction from a person who told me quite strongly that my effort was "USELESS." If I didn't have experience with gradualism, I might have been discouraged. I knew that I could and would improve if I just approached it gradually. And I have! 30 minutes is no problem and longer with lighter weights. I just don't post it much anymore. "HE" or someone like him might still be out there.

Well, I do track my strength training when I want to record extra fitness minutes. I like those virtual trophies too.

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CD14291083



I'm happy to find another gradualist.



I aim to lose a maximum of two pounds a month. I've come to the conclusion that maintenance means dieting for the rest of my life. I want a level of eating and exercise I can live with for the long term.

2630 days ago



POINDEXTRA



Ahh - I'm a gradualist too, and it's so nice to be around other people who understand this!

2631 days ago



WATERMELLEN



Gradualism works -- your message is very powerful. (And: I cannot imagine anyone telling you here that your initial ST was "useless": really!! Bet that person is long gone!!)

2631 days ago



CELIAMINER



You are living your success...that's proof enough gradual works.

2632 days ago



KPETSCH



Definitely! I go by the gradual process, too. This has worked well for you, obviously, so I'd just

like to say
and



2633 days ago



CD14270285



Well, you're giving me hope about the weight loss thing, LOL. Thanks for that! And also kudos for working up to running distances, I think it makes all the difference.

2633 days ago



MERRYMARY42



I like my morning coffee too, and I have tried just plain black coffee, and know it would be less calories if I would, but I do like my cream and sugar, I have tried several times to quit "cold turkey" and actually I figured I would prefer to just quit coffee, altogether, but I may try your gradual does it,

Thanks for the inspiration

2633 days ago



CD12146214



Exactly....patience is rewarded with being injury free!!!!

2633 days ago



DOVESEYES



2633 days ago



ONEKIDSMOM



A sensible approach, for sure! It's how I quit soda, how I've approached reducing the amount of caffeine in my coffee... etc. Intervals when beginning to run... even when running long today? Absolutely a help.



To your health, and mine, and all the Spark-friends', too!
2633 days ago



MARYJEANSL



It makes me angry that some rude person would put you down in the way you describe. Who is he or anyone else to say what works for you? Obviously, you know yourself best, and you have succeeded by doing things your way. Grrrrrr... I hope whoever he is, he has learned better by now.
2633 days ago



LEWILL1982



Slow and steady, I lost my weight really slowly and am still doing things slowly. It's why I signed up for my marathon almost a year in advance. I need that time to do things my way so I don't get burned out or injured. Good job, thanks for a great reminder!
2634 days ago



CD13099273



I have heard of those stories of the early years of Spark - someone told me that your menus and fitness where open to the public - I am slow too - I have that love affair with coffee - I have switched to Stevia - cream still work in progress - for me - I did loss some weight quickly cause I gained that weight quickly due to injury and lack of movement so when I started PT what I gained came off - but I have to say its getting harder now but still a win situation - Great blog - have a good weekend :)
2634 days ago

Comment edited on: 3/28/2014 3:11:11 PM



WUMPASTAR



Yessss thank you so much for that blog post. I needed the motivation. Slow wins the race, and I'm often in such a hurry to lose the weight that I forget that slow works too - even better. Thank you!!!
2634 days ago



MISSB8604



Really great point! You've inspired me to do better!
2634 days ago



GINIEMIE



Okay, I can try that. I've reduced my milk in my coffee, never did sugar. Am now able to eat unflavored Greek yogurt with berries, couldn't even tolerate yogurt 12 years ago. Am able to walk a few miles a day in a reasonable amount of time, with an occasional run between mailboxes-not much, but it's a start.

Thanks for sharing, gradualism makes the pill easier to swallow so to speak.



2634 days ago



CD9543726



This is definitely how I do things too. It took me 18 months to be able to run a 5K! I'm slowly decreasing the amount of sugar in my coffee, and I added fruits and vegetables one at a time for months until I could get to where I could eat 5 a day (took about 18 months on that one, too). Gradual turns into permanent, in my opinion!
2634 days ago



PHOENIX1949



Good to KNOW what works for you to stay on top of things.
2634 days ago

IFDEEVARUNS2



Just what I needed to read!



2634 days ago



LINDAKAY228

v

Congratulations to you!! My mom and dad both drank coffee black but I never could stand it that way. I just drink it once in a while now, but I usually do from 7-11 or something and do 3/4 black coffee and 1/4 cappuccino. Like I said just once in a while. More of a hot tea drinker now. But I used to have 1/2 coffee an 1/2 cappuccino no so I have definitely slowly reduced it without feeling a difference. Not ready for giving up my tv cold turkey though! Bad habit I know but I still need it sometimes.

2634 days ago

Comment edited on: 3/28/2014 10:16:20 AM



MISCHAKEO

v

You have a great gradual approach that is successful. I am trying to wean myself off of sucralose and have moved to adding stevia. But I allow myself a few sucralose items if needed. I am also trying the gradual approach. I was also like you in ST..I could barely do 5 mins and at very light weights. I have also gradually worked my way into heavier and longer workouts. Too bad you ran into a judgmental negative person on your journey.

I was having trouble meeting my fitness calorie burns, until I figured out that I was not adding ST nor my PT exercises. That does help.

Remember: the tortoise won the race!

2634 days ago



CD13024654

v

You should write a book! So many people jump in with both feet and lose their motivation within days. What a great testament to easing into gradual changes that turn into complete lifestyle overhauls!

2634 days ago



WILEE323

Thanks - I needed this!

2634 days ago



TERI-RIFIC

I wish I could have read this before I got my second overuse injury!!! But then, would I have listened? I'm listening, now. I'm reading this about 5 min after I wrote my blog today.

Well Well Well
Said! Said! Said!

2634 days ago



DR1939

I Agree

2634 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.

