



# BROOKLYN\_BORN

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## Gee, Eileen got FAT! - Remembering a Thanksgiving Day comment.

Friday, November 21, 2014

It was a family dinner sometime back in the 1980s and that observation was loudly expressed by my aunt.

I'm pondering that memory today for several reasons.

Thanksgiving week marks 5 years of maintenance for me.

A Spark email this morning informed me that I am today's SparkPeople Motivator. Wow, thank you everyone. That alone is so motivational for me.

I re-read the information on my page which really hasn't changed much in all my spark years except to add to my list of blogs.

I often call myself a spark oddball because in spite of my weight gain, I always thought I was doing just fine. I was healthy, active and fit. I still wore the same size I did in high school (see note below)

Friends and family all echoed that positive view I had of myself. EXCEPT for Aunt Anna.

Was she trying to be helpful? Pushing me to admit the truth?

Not exactly. Since the women in my family all fell into the "pleasantly plump" or more category, Aunt Anna was simply welcoming me to the club.

How did I react?

I looked around the table and responded "Compared to Whom?"

It took me another 20 years to admit the truth and get serious. That's got to be a record for denial.

I wrote about my "Aha moment" in an earlier blog because I have a picture of the instant it hit me.

[www.sparkpeople.com/mypage\\_public\\_journal\\_individual.asp?blog\\_id=5783351](http://www.sparkpeople.com/mypage_public_journal_individual.asp?blog_id=5783351)

I applaud all the younger sparkers for getting serious about healthy living. It's never too late to change, but the earlier the better.

Any journey is easier with friends. Hang in there, everyone.

Note:

Regarding my ability to gain weight and still wear the same size.

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Check out the measurements for women's clothes back in the 60s.

A size 10 woman measured 32 ½ -25- 34 ½ back then.

I added 4 to 6 inches to each of those measurements and still they called me a size 10.

That's "sizing creep" done to increase profits while making us feel better about ourselves.

Dress pattern makers haven't gone to vanity sizing.

Here's the link to what size you would wear if manufacturers hadn't so generously added more inches to each size.

[www.simplicity.com/image/s/downloadablePDF/SIZE\\_CHARTS\\_English.pdf](http://www.simplicity.com/image/s/downloadablePDF/SIZE_CHARTS_English.pdf)

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## Member Comments About This Blog Post



**HAYBURNER1969**

I'm a size 10 according to Simplicity, which makes sense, since Grandma's vintage size 10 formal gown fits me perfectly.  
2387 days ago

V



**CD13376265**

You really are an inspiring motivator! Maintaining a weight loss is extremely difficult, so kudos to you! Your hard work and persistence have paid off and now you get to inspire the rest of us! Congratulations and THANK YOU! You help keep the rest of us on track!



2392 days ago

V



**LINDAKAY228**

That's a great record for maintaining! Congratulations. And the sizes have changed so much over the years!  
2393 days ago

V



**PHEBESS**

Congrats on all the achievements - maintaining, being the Motivator of the Day, and showing Aunt Anna what's what!

But - ugh, I don't think I want to know what size I would have been in the old sizing. Plus sizes have always been too big on me; regular sizes are sometimes too small, or a designer just doesn't make the items I like go up to size 14 or 16 or whatever. Shopping for clothes is miserable, no matter what size the manufacturer makes it. And thing is, I love fashion!!!! Just frustrated with what the designers or manufacturer's think we should wear.  
2394 days ago

V



**ONEKIDSMOM**

That size chart is a real eye-opener, isn't it? I am in a "size 2" pair of jeans, size 4-6 in some other items I own, but the pattern size puts me firmly at a 12 to some measures a 14! Which is about what I was back in high school, moving toward a 16 and thought I was fat. If fat means that the arm and shirt-waist measure are out of proportion to your bust/waist/hip measures, I WAS, even then.

And yet, for years, I thought that was the best I could hope for without extreme effort. My current size tells me I have found my natural, well-nourished size. And it is good. It isn't the size that matters, it's the health and well-being!

Congrats on your featured motivator day, and on your five years of maintenance. You are a rock



star!

2394 days ago

V

**SUBMOM2**

Congratulations on five years of maintenance!! Your post has me thinking about my own

V



denial. Also, I think we all have an "Aunt Anna" in our lives. The one I know can dish it out but sure can't take it!

2394 days ago



#### CD4114015

SO glad you are motivator! Yes, I agree about the sizing. When I was REALLY fat, I wonder what size that would have been? I DON'T even want to know!

Most of the time unless I am thin, I NEVER get new clothes because I can't FACE the SIZE. But vanity sizing really doesn't help does it? It IS still what it IS!

GREAT blog!

2394 days ago



#### 1STBUCKETITEM

THANK YOU!

for the "60's size chart." Something more concrete to figure out where I really was on the fitness chart when I say I remember "when I was a size 12." ...and then dreaded how I crept up on size 14, 16, 18, .... to 24+ through the decades. Hm-m-m! You gave me a lot to think about this weekend. Curiously, I'm not overwhelmed or sad about those wasted decades. I guess with age you find an acceptance of "not crying over spilled milk." If anything, I feel more determined and resolved now that I have made my health a priority. My life now is learning to embrace change and make wiser choices through good nutrition and habitual exercise.

By reading and listening to other Spark Friends these last few months I have learned I'm not alone in this journey of self-awareness and weight loss. This experience of joining SP has definitely helped me examine my emotional issues, spiritual issues, weight issues, motivational issues, esteem issues, and much more. Confronting and resolving or "putting to rest" some of those issues has helped me to embrace a new lifestyle. It's a healthy lifestyle I can live with and enjoy in



my "golden years."

2394 days ago



#### MJZHERE

Congrats on being a Motivator! From my observations, what was fat once is no longer considered fat now... and that is not necessarily healthy for our society as a whole. Just like a model's "thin" - not healthy.

2394 days ago



#### BBEAGAN

Ha! My 'Aunt Anna' was my maternal grandmother. We grew up on a farm, eating all home-produced, organic food, drinking tons of milk, eating REALLY well. None of us were fat, but we certainly weren't scrawny. My grandmother would visit from another province and glance scathingly at my sisters and I and say "My aren't they looking ... (pause)... healthy." As a visit wore on she'd get less polite in her phrasing!

The sizing creep is wild. Luckily I don't shop for clothes often enough to really remember what sizes I wear now, let alone years ago! But even now, I know in one line of clothing my partner can wear a size 14 and in another a size 6. Crazy!

2394 days ago



#### TERI-RIFIC

About the sizing- true that! Great blogs. Very motivating.

2394 days ago



#### JAMIRBLAZE

Thanks for the link. I wear a 2/4 today, but I'm a 12/14 by those measurements.

My mom is our family's Aunt Anna - and she's probably 100lbs overweight herself.

2394 days ago



#### SYLPHINPROGRESS

Every family has an Aunt Anna by any other name. As to sizes, the changes over the past three-five decades would be comical if they weren't so insulting. It was also interesting to note that, while doing some unrelated research, I spotted some of Saks 5th Avenue's weekly ads in "New Yorker" issues from the 1950's: fashionable dresses commonly ran from sizes 10-18. I demand a recount!

2394 days ago



#### GINIEMIE

Relatives are unique bunch, my sister was angry with me for showing them up. Mother of five and smaller around than all of them when Patrick was just a toddler. Now I'm working to catch up - down to my baby sister who is at a great weight and size for her height.

You are an inspiration to us, and I thank God that our paths crossed on this sight.





2394 days ago



**JANET552**

Sizes are so funny! What is it about Aunt Annas? I had one like yours. Loved the woman dearly but she said what she thought and that wasn't always welcome, even if it was the truth. Funny how that works too.

2394 days ago



**NELLJONES**

I have often commented about vanity sizing. I have a size 8 skirt in my closet from 30 years ago when I was working and it's tight around the waist. Today I have to buy a size 0. When I sew I need a size 12 pattern. Go figure.

2394 days ago



**MISCHAKEO**

That is great that you are a motivator and congrats to you on 5 years. That clothing size thing is crazy, I wish people did not feel the need to comment about other people's weight.

2394 days ago



**WATERMELLEN**

Congrats to you -- as Motivator and as maintainer.

And yup, I'd be a 14 for sure. My mum was PROUD to be a 14. Or a 16. Same as Marilyn Monroe!!

2394 days ago



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