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My new Spark fashion accessory – unintended consequences

Friday, October 17, 2014

Since Sunday I've been testing and posting about my new Spark Activity Tracker.

Yesterday we were going out to a dinner held by one of DH's organizations. We were ready to go when DH asked "Aren't you going to wear that new button thing?"

So here I am.



It fit nicely on my belt and even matched color-wise.

DH, my lovable engineer, is very interested in gadgets. My status yesterday described our afternoon walk together because "we're going out to dinner." Mostly he was interested in how it recorded our data.

We walked for 48 minutes (2.34 miles) which at that pace only burned 144 calories for me and probably about 200 for him since he weighs more than I do. We talked about the results and how we only balanced about half the calories in the dessert we both intended to have.

The dinner was held at a hotel in a nearby city. So seriously, how many steps would I get from 50 minutes in the car each way plus a few hours sitting at a table?

Imagine my surprise when DH suggested that we walk up to the ballroom instead of taking the elevator. Then we made one "loop" around the area overlooking the lobby before signing in. Other than that my only steps were the trip to the buffet line and back down the stairs to the car.

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No, that wasn't many extra steps for the day, only a few hundred. Still, the number wasn't the point. My little accessory just pulled him in a bit closer to the Spark mentality. How cool is that!

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SMOKY_TEA

That is great! You look lovely. My husband too is very supportive (even though he wears a size "small").

[v](#)



2427 days ago



SPARKNB

Very cool
2427 days ago

[v](#)



MJZHERE

You look beautiful! Love the top. Nice you are enjoying your tracker.
2427 days ago

[v](#)



SWEDE_SU

yep - just like my DH - he follows the fitbit too, and he's usually the one that says let's go get a few more steps before bedtime. it's fun!
2428 days ago

[v](#)



CD3501043

2428 days ago

[v](#)



WATERMELLEN

You look terrific in that outfit -- and love the idea of treating your spat as a fashion accessory -- you're going to get your husband drawn into the healthy thing by the geek tech factor!
2429 days ago

[v](#)



WALLAHALLA

How
2429 days ago

[v](#)



KOHINOOR2

story. You look fantastic with your tracker. Thank you for sharing.
2429 days ago

[v](#)



DOVESEYES

It's great he's getting drawn in to it.
2429 days ago

[v](#)



CD14815535

Success! Love the power of a little 'button', lol. I finally got mine today and am about to rev it up ;-).
2429 days ago

[v](#)

KRISZTA11

It is funny how the activity tracker inspired your husband to do more steps :)
2429 days ago

[v](#)



DR1939



The same thing happened with my hubby. He has a tracker, but doesn't use it. However, he checks my numbers because he usually walks with me.
2429 days ago

v



LINDAKAY228

What a great new way to draw a little closer! Didn't realize it could have that kind of additional benefit to help you get the steps!
2429 days ago

v



GINIEMIE

Sounds like my Steve might have been. He was so into anything electronic. He drove me nuts with it and when the children expressed a like interest I finally got some Christmas shopping help from him, because I just didn't get it...lol.
Glad he's in tune to what the data means and the device does for you.
Enjoy HIM and it.
Ginie



2429 days ago

v



MARYJEANSL

You wrote exactly what I was thinking - that it was neat that the activity tracker motivated him to try to add a few more steps. He'll become a sparker yet!
2429 days ago

v



MARYJEANSL

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2429 days ago

v

Comment edited on: 10/17/2014 11:27:22 AM



MARYJEANSL

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2429 days ago

v

Comment edited on: 10/17/2014 11:26:35 AM



BOOKAPHILE

It is encouraging! Maybe he will break down and get one, too? My sister and I have Fitbit One trackers, and they have made a big difference in how often we intentionally move instead of sit. (That friendly rivalry doesn't hurt, either.)
2429 days ago

v



LACY77

I keep mine clipped on my bra... It fits nicely there, and unless I'm wearing a sports bra, there is no bump through my clothing... but I really try to wear it from the moment I awake, to the time I lay my head down for bed.

It is very truthful, even when I might want to think I did more than I did, it is always very honest... and that is why I love my tracker! :)
2429 days ago

v



IFDEEVARUNS2

You just never know!
2429 days ago

v



SLENDERELLA61

Very, very cool, indeed! And you look very, very good and fit. I'm a bit jealous that your hubby has any interest at all. Mine is an engineer, too, but he just doesn't get it. Keep up being the good role model for the hubby. Love the outfit and the Spark Tracker goes with it perfectly!!
2429 days ago

v



TORTOISE110

Those gadgets really change our focus. Good for you and your dh
2429 days ago

v



BBEAGAN

Kanoe10 - you mean hubby will want to get one of the trackers? or one of the blouse? ha!
2429 days ago



CD3337633

I love this story!!! You looks GREAT by the way!!!
2429 days ago



ONEKIDSMOM

TOTALLY cool! It's funny which of the "stupid motivational tricks" of Spark People resonate with who... but all of them... the Spark points for the gamer in us, the gadgets for the geek in us...

amazingly enough... push us a little further on a journey to a fuller life.
2429 days ago



CD4114015

I LOVE this story! Way to go, hubby! I am married to one also! He parks as far out as possible and doe so many things like that to help....makes ya love 'em more, doesn't it?



2429 days ago



MISCHAKEO

That is too cute about wearing your spat as an accessory. I love that blouse you are wearing. Maybe your husband will eventually want to get one! I love having my spat track exercise and seeing the results online.



2429 days ago



HMBROWN1

Great story! I hope the dessert was awesome!
2429 days ago



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