BROOKLYN_BORN

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How many people have an actual photo of their aha moment?

Saturday, September 20, 2014

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That's the moment in time when we realize that we have to make some changes, even if we're not sure at that moment what they should be.

Here I am on Dec 6, 2008 holding the mug which was the award for first place in my age group in our town's annual 5K. Notice the smile (grimace?) on my face. Next to me is my daughter (sparker Hayburner1969) holding a turkey - my award for being the oldest woman running.

I wasn't unhappy with my prizes, but I remember the thoughts going through my head at that moment.

My running times had been gradually getting slower even though I was training the same as ever. This race was my slowest 5K ever. The result wasn't bad "for my age" but I was wondering what else I could do.

In my 20s I considered myself to have a "small" frame
In my 30s I revised that. I figured I had a "medium" frame.
By age 40 I had redefined myself again. I had a LARGE frame so I really wasn't overweight. Those extra pounds were just filling in what I needed all along.

So there I was active, fit and dragging 25 extra pounds around happily in denial until Dec 6th 2008. After all, my body was also active and fit 25 pounds ago so why did I need to carry it around now?

On Jan 1st I decided to seriously evaluate what I was eating. I found Sparkpeople and that was exactly what I needed. My daughter gave me a food scale and the food tracker was a real eye opener. I wrote

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Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021

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yesterday about my distorted ideas of "portion."

VERY small gradual changes in my eating habits allowed me to VERY slowly drop the extra weight. I didn't feel deprived. It was so gradual, my body hardly noticed. Yes, it was easier because I was active. Exercise was never my problem. Food was. As they say "you cannot outrun your fork!"

One year later in the very same race I ran over 3 minutes faster. This time I didn't even win. A woman from the next city ran a 28. However, I had already won. I reached my goal weight at Thanksgiving 2009 and have been hanging in there ever since.

Yesterday BA5454 wrote that she has run at both 175 lbs and 125 lbs.
She said, "Guess which is easier."

So thank you BA5454 Your blog reminded me of my own journey.

Note: This isn't about winning. In the end we're really only competing with ourselves. I understand that with age we will all slow down in a lot of ways. Speed like success is relative. I know I can't turn back time, but with a healthy lifestyle, I'd like to slow it down a bit.

Now my smile is genuine.

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BRATT6504
I hope your keeping up the great work!!!
860 days ago

CD4114015
2023 days ago

WHITEANGEL4
A winner
2313 days ago

AINE40

You look amazing!

2388 days ago

RHONDAWI

2412 days ago

NDCAROL

Gorgeous!

2416 days ago

LALALOVELY76

2417 days ago

TUBLADY

Thanks , this is just what I needed to read this morning.
Going thru some aches and pains and find myself coming up with excuses. I realize I have reduced my activities. It's not age , it's going along with the idea that we have to slow down at a certain age. Well maybe our bodies will slow down, but we can keep on trying to stay ahead of the game.
I'm going to stop feeling sorry for poor me and the start getting myself back to my best fitness I can be.
Stay positive.

Tisha

2417 days ago

LORIVIOLA

for sharing this great blog!

2417 days ago

OKGETFIT

Love your words and inspirational story. Keep up the great work!

2418 days ago

NALAYB

So inspiring! Yes, I still remember one of many AHA moments but I have one pic that is stuck in my head of how fat I became. And sometimes I wondered if my family noticed. When people notice the changes even if the scale sometimes contradicts my progress, I am happy to realize that people do notice the changes! Thanks for sharing!

2419 days ago

BLUESKY104

Thanks for the inspiration - I am not (and never will be) a runner but I do do a lot of walking

and step counting and that is my competition with myself

Your blog has set me on a new race with myself to get down to my healthy weight by a year from

my next birthday - which will be near Thanksgiving 2015.

2419 days ago

FLEMIDG

What a great blog. Thanks for sharing. Keep up the good work. You are an inspiration.
Congrats on reaching your goal weight and on winning your race.

2421 days ago

HIP-WITCH

2421 days ago

AURA18 v

2421 days ago

RUNNER11G v

Good for you! You are right! Race times are relative to each of us. We are winners when we cross the finish line-no matter what the watch says or if we won a trophy.

2421 days ago

LAINYC v

2422 days ago

BEINGERIN v

Great way to look at this journey. I am putting this one in my toolkit.

2422 days ago

MILPAM3 v

I thought you were going to say that your AHA moment was figuring out that the turkey weighed as much as the pounds you had put on through the years.

2422 days ago

SHOAPIE v

2422 days ago

KHATITI v

Dear Brooklyn_Born,
I love what you wrote; you smashed the enigma. I just came back from the doctor's a bit depressed after a general check-up. I weigh exactly the same as I did this time last year 69.5 kg. I thought I'd modified my eating habits enough, that I was exercising enough etc.. Now I realize I need to take a leaf out of your book if I'm even going to run a decent 5k.
Thanks and more power to you!

Kate

2422 days ago

MCJULIEO v

This is just what I needed to hear this morning! Thanks!

2422 days ago

NEWTINK v

You did awesome and I for one am proud of you not for winning or loosing but finally finding yourself in a happy place ... Awesome pictures

2422 days ago

JWPSKINNYSKILLS v

You are awesome! Thank you for the inspiring story - it is just what I need at just the right time!

2423 days ago

1STBUCKETITEM v

 You are looking fantastic! Thank you for the inspiration. I've recently been contemplating whether this "oldie" can get herself down enough pounds to start training seriously for a 5K sometime this coming Spring. I think it would be really cool to reach my goal weight and

 do a 5K to celebrate! Thanks again for giving me a new goal to reach.

If ...
2423 days ago

MR.TAPPS

You good keep up the good work, and don't go back.
2423 days ago

TLINDSAY3
Thanks for the inspiration!
2423 days ago

MANOLY

2423 days ago

JMAHNKEN

2423 days ago

GABIBEAR

2423 days ago

KHALIA2

2423 days ago

PHEBESS
YAY and congrats for being the Post of the Day (or whatever it's called) - YAY!!!!!
2423 days ago

VERVIDA
Great job!
2423 days ago

GWINNER1

2423 days ago

SUGARPLUM85
Good for you!!
2423 days ago

KIMBERLYKJONES

Wow! Congratulations, you look great!
2423 days ago

JAMER123

Thanks for sharing!!
2423 days ago

MAYBER

2423 days ago

NEWKATHYNOW

2423 days ago

KOHINOOR2

You look fantastic!!! Thanks for sharing.

2423 days ago

DEWILL2

Awesome, you look great

2423 days ago

PATRICIAANN46

Good for YOU!!! You look

2423 days ago

CD3745250

2423 days ago

WHITEANGEL4

Way to go

2423 days ago

ELIZACG9

You look great!! REALLY!!

2423 days ago

CD12015827

Great JOb

2423 days ago

CD12885136

2423 days ago

GIVEUP30

what a great blog the turkey leg is all the icons had.....

job

2423 days ago

CD13354694

2423 days ago

CD2475290

175 to 125 sounds like a long journey; and although you said you did it SLOWLY, I think 1 year is rather quick -- much faster than my journey! Congratulations!

2423 days ago

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