

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

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.

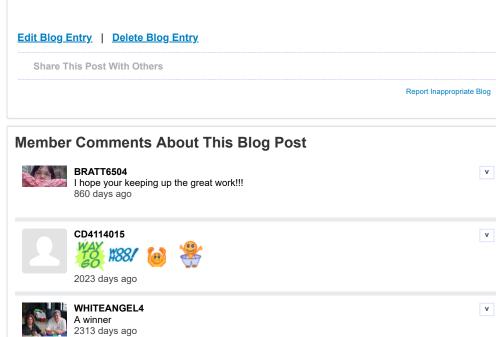
Yesterday BA5454 wrote that she has run at both 175 lbs and 125 lbs. She said, "Guess which is easier."

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

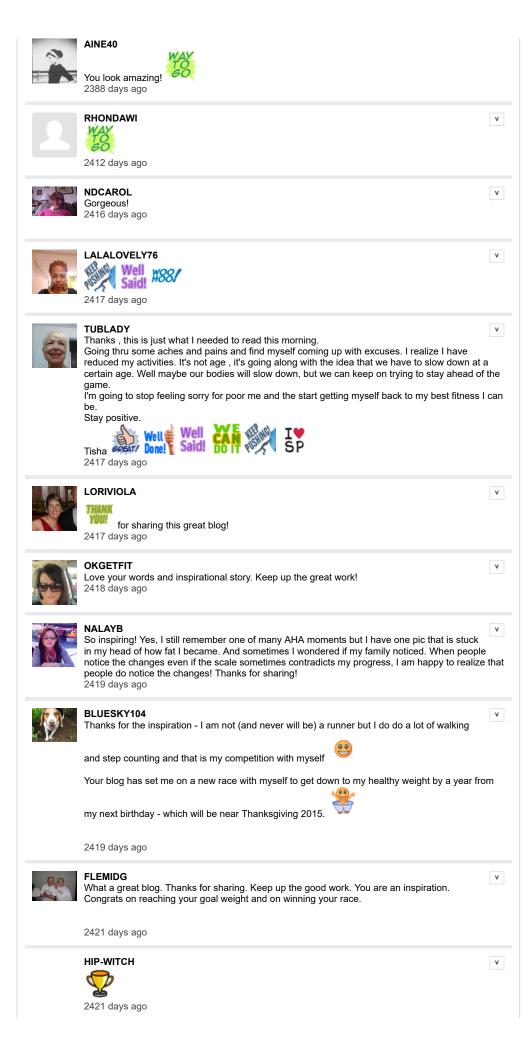
Note: This isn't about winning. In the end we're really only competing with ourselves. I understand that with age we will all slow down in a lot of ways. Speed like success is relative. I know I can't turn back time, but with a healthy lifestyle, I'd like to slow it down a bit.

Now my smile is genuine.

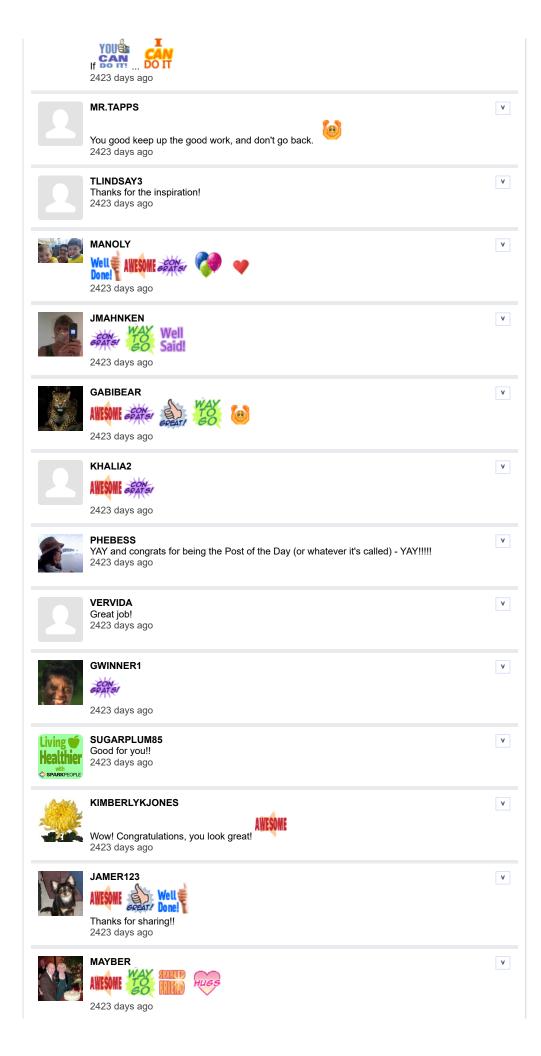


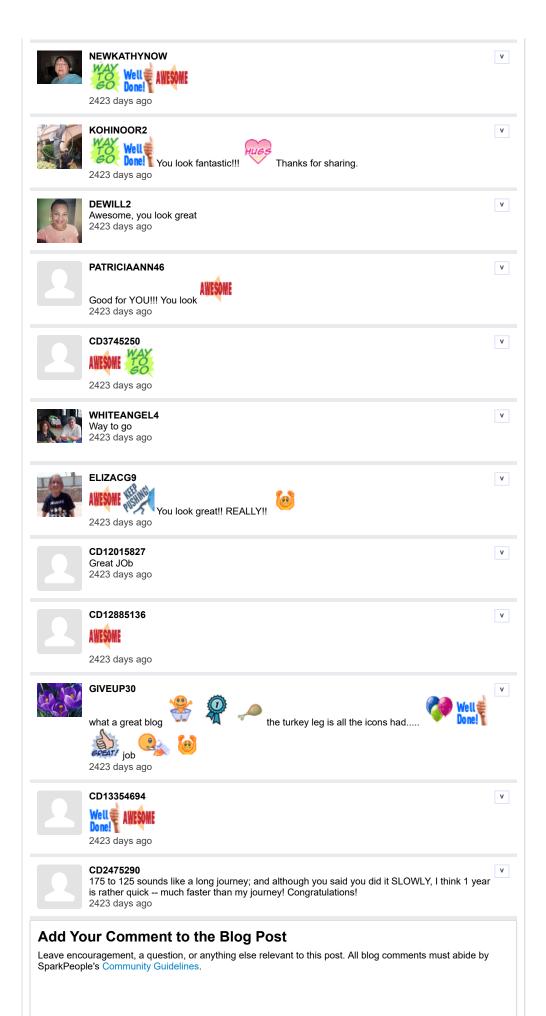


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	AURA18 VIIII VIIIII VIIIIIIIIIIIIIIIIIIIII	V
	RUNNER11G Good for you! You are right! Race times are relative to each of us. We are winners when we cross the finish line-no matter what the watch says or if we won a trophy. 2421 days ago	v
	LAINYC AIRSONE 2422 days ago	v
	BEINGERIN Great way to look at this journey. I am putting this one in my toolkit. 2422 days ago	V
E.	MILPAM3 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. Image: State of the s	V
Creating A NEW MEL SPARKPEOPLE	SHOAPIE Well Done 2422 days ago	v
	KHATITI 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 k 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! Image: Kate 2422 days ago	
READ	MCJULIEO This is just what I needed to hear this morning! Thanks! 2422 days ago	V
ou belo	NEWTINK 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	v
	JWPSKINNYSKILLS You are awesome! Thank you for the inspiring story - it is just what I need at just the right time! 2423 days ago	v
	1STBUCKETITEM 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 serious 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.	





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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.					