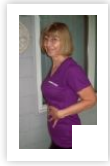


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## Who are you and what have you done with my husband?

Tuesday, April 07, 2015



It's 6 am and DH is packing his swim bag for the gym. I'm sitting in my recliner in my PJs drinking coffee and checking in on Spark. That's my morning routine. He's getting ready to leave. That is NOT his morning routine.

What has caused this sudden motivation? He has joined a challenge organized by a nearby city and he wants to "help our team."

I described the challenge in my last blog.

Swimming is his exercise of choice. He's slow and methodical, preferring breaststroke and backstroke, but can continue for hours. However, this week is spring break. The pool at our YMCA will be full of kids from 10 to 2 – the hours he likes to swim.

Usually that means that he skips a week of swimming. Today he's up early and ready to beat the crowd.

He's doing this for the TEAM. He also told me that he has been doing more breaststroke than backstroke so he can BURN MORE CALORIES.

Me: How do you know that?  
 DH: I read it in that book you have  
 Me: What book?  
 DH: The Spark Solution

I've called DH my "auxiliary sparker," or my "reluctant sparker." He's also my "stealth sparker."

A nice additional benefit: While helping the team, he's also helping himself.

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**SOOKIE**

**AWESOME**

2248 days ago





**CD13915474**  
That is soooo sweet ! LOL  
2249 days ago



**TREKPURRSON**



2250 days ago



**EUNIQUE79**

That's Awesome... Good on you for being such a great influence



2250 days ago



**NATASHA\_D1**



2250 days ago



**SWEETENUGILL**



2251 days ago



**SCARLETHEATHER**



2251 days ago



**PUGLOVER1999**

Great positive blog!

It's a WIN-WIN!



2252 days ago



**SUEARNOLD1**



that's

I'm waiting for DH to join me

2252 days ago



**RADIOBOY**



2252 days ago



**CHUBBY\_MOM**

That is awesome!



2252 days ago



**WHITECAT19**

This is great! Thanks for sharing. So, did you just leave that book lying around so he would find it? Good going!



2253 days ago



**HOLLYPOTTER**

Stealth Sparker. Need that on a tshirt. 😊

2253 days ago





**LJCANNON**



The best thing about those Challenges is the Motivation, and the Accountability of Team Mates. Sounds like your DH is already a WINNER!!  
2253 days ago



**ROCKXBOTTOM**

That's really awesome, but I don't believe the actually burns more calories. Whenever i track my swimming, the best stroke burns almost 500 more calories than the back stroke. It also gets my heart rate up more. Have him double check that.  
2254 days ago



**RASLALIQUE**

How sweet ! Go team!  
2254 days ago



**JODIASTEVENS**

This really made me smile! How great... for BOTH of you. Wonderful influence on each other!  
2254 days ago



**TIFFFIT**

Every little step in the right direction helps!!! Good for you both!  
2254 days ago



**IRISHAFRICANME**

Awesome!!  
2255 days ago



**ARMYMAMABEAR**

That is fantastic!!!  
2255 days ago



**TIME4ME2BE2015**

love it  
2255 days ago



**SLBROOKS3**



2255 days ago



**WALLAHALLA**



2255 days ago



**XARAIN**

I love swimming! I'll have to try backstroking more now :)  
2255 days ago



**RADIOBOY**



2255 days ago



**CD13114271**



2255 days ago



**THIS2WILPASS**


A solid recipe for success is in the making..cheers to you both and to the Team...;)  
2255 days ago





**MCRAYCRAFT**  
:)  
2255 days ago





**IMAGINE50**  
  
2255 days ago




**EMILEESMOMMIE**  
That's awesome!  
2255 days ago



**ONEKIDSMOM**  
 Familial chain reaction Spark!   
2256 days ago



**DOVESEYES**  
  
2256 days ago



**BOPPY\_**  
I thoroughly enjoys this blog, and laughed out loud.



Your next blog should be a video blog aimed at YDH, while you read this blog, out loud, to him!




Lee  
2256 days ago



**MARYJEANSL**  
What a great story - and real kudos to those who organized the team competition! (Btw, it really surprises me that back stroke would burn more calories than breast stroke. I learned something new from your dh by way of Spark People.)  
2256 days ago



**PHOENIX1949**  
  
2256 days ago



**KBSPARKY**  
Stealth sparker! I love it.  
2256 days ago



**JAMIRBLAZE**  
Nice spreading the Spark! I hope he gets a good swim! And I'm jealous of your pool access!  
2256 days ago



**PHEBESS**  
Way to go to your DH! (And I think men change by osmosis. They absorb what we do and eventually start doing it themselves.)  
2256 days ago



**WUMPASTAR**  
That is AWESOME!!!  
2256 days ago



**CD13758606**  
Can you have your DH spark my DH??





Really, it is great to hear.

**BRAVO!**

2256 days ago



**WILSONWR**

That is really great! I'm impressed!

2256 days ago



**LINDAKAY228**

Wow, great for you husband! Sounds like you have a new man!

2256 days ago



**SMILES4383**

Great idea to leave your books out. 🤔

2256 days ago



**KRISZTA11**

Wonderful! I'm sure all that swimming makes him feel great :)

2257 days ago



**CD8113065**

Good story!! 🙌

2257 days ago



**GINIEMIE**

This is cool, now to figure out how the team can organize another challenge for when this one expires...or maybe he'll like how he feels and keep going. I love it-I remember coming in to hear my husband watching a Christian TV show while I was at church, or see him pick up a book I was reading. Enjoy the "new" man and the Secret Sparker.



2257 days ago



**CD4114015**



I have family members that are also seeming to pick things up that I don't even know they are doing!

2257 days ago



**TRAVELGRRL**

How great is that? He sounds like my husband: "The reluctant Sparker." He's also enjoyed my Fitbit a great deal ("How many steps do we have?") that he finally asked for his own!

Yes, they THINK we don't have any influence on them, that they are their own men, but we know better! Ha!!

2257 days ago



**SPINNINGJW**

I read it in that book you have! 🤔

2257 days ago



**TERI-RIFIC**

👍 GREAT! Props to the reluctant Sparker! I hope your teams wins!

2257 days ago



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