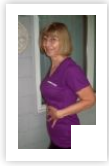


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"It's ONLY 4 pounds, don't worry about it"

Sunday, August 16, 2015

It was supposed to be well meaning advice, but it's not. At least part of it is not.

In the last 8 weeks I've been through 6 countries and 5 states. Without my "parole officer" (my scale) to keep me honest and accountable each morning I always add a few pounds. One part of the advice is correct. I'm not "worrying" about it, but I don't intend to accept it either.

Thanks to SP I've read enough stories of regain to know that yes, it could happen to me too. Nobody is immune.

Two of the 4 pounds are gone now. I'm eating healthy, but know that I have the capacity to eat enormous quantities of food, even healthy food. Just put a pound of organic red grapes in front of me and they will disappear.

So now it's TWO pounds to go.

To anyone still struggling to attain major weight loss, I understand if your reaction is "big deal." But, it's not the amount that's a big deal, it's the trend.

I never fear a plateau. I consider not gaining to be a success, but not an end point. If I ignore an upward trend by not "worrying" about it, soon the added weight will be in double digits. If I wait until my clothes feel tight, it could be 10 pounds or more.

Maintenance isn't easy, but it's doable and definitely preferable to going through the entire loss process again.

So I'll continue to log in here each morning for my daily dose of motivation and stick with the program.

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SWEETPEA1399

I love this blog!!!
2115 days ago





PHEBESS
Always vigilant for sure!
2124 days ago



WILSONWR
You have the best attitude about maintaining your weight, and it shows! Keep up the great work, and thanks for the motivation!
2124 days ago



TERI-RIFIC
Well Said! Not worry yet get control is the perfect balance. Well done.
2125 days ago



GRACED777
I have good intentions, but haven't executed them in regards to a few pounds. I need to get more serious again if I don't want to keep fluctuating so much, even though staying in my goal range. You're such a good example! Thank you!
2125 days ago



DOVESEYES
Well said I agree with you.
2125 days ago



GINIEMIE
Like you said, it's the trend to watch. I need to focus on that, I was trending downward but a bit of family time and I have to redouble my efforts. Unfortunately I have more family time, a road trip and a wedding shower this week and next...I need to try to make wiser choices and stay away



from any more of my birthday cakes.



2125 days ago



PHOENIX1949
WAY TO GO Well Said!
2125 days ago



WALLAHALLA
words of wisdom and understanding
2125 days ago



CD4114015
I LOVE this blog and I agree totally with you...ANY gain (and especially trending is to be addressed ASAP...you are ONE smart lady!



2125 days ago



MARYJEANSL
I agree with you. I don't weigh every day. I generally weigh on the hospital scale, which is way more accurate than my scale at home. If I notice an upward trend, I immediately take action. That may sound a bit strange, since I am not anywhere near a maintenance weight. However, I just refuse to regain the pounds I have already lost.
2125 days ago



LIVEDAILY
"It's not the amount, it's the trend." SO, so true!! Kudos to you for recognizing that behavior, and keeping a tight rein on it!
2125 days ago



BARCELONAME
GREAT!
2125 days ago



HOLLYM48
I hear you. I was so worried about being in Italy and France on vacation and we ate and drank alot but we also walked and did lots of stairs so my total gain was about 2 or 3 pounds so now I am





home and serious about all the healthy foods that I eat on a much regular basis and no where near as much eating out or drinking good wine!
2125 days ago



SPINNINGJW

If it were 4 pounds up at the end of the day from the morning, then I would say "no big deal." If it were 4 pounds explainable by a day of increased sodium intake, I would say "no big deal." However, saying "no big deal" does not excuse you to continue on whatever behavior is causing a gain.

I have read that women's weight can fluctuate by 5 lbs over the course of a single day, so in some ways, that 4 lbs could be "no big deal." However, it could also be the start down a path you don't want to be on. I can see that you are choosing not to take that "fork" in the road.
2125 days ago



MILLEGE2

Woohoo! You're halfway back to the point where you feel like your best self!

Congratulations on being determined, focused, smart, and just enough stubborn to get the job done!

We'll all celebrate with you when (note that isn't "if") you get back to goal!
2125 days ago



OHMEMEME

EXACTLY TRUE!!!

Great reminder to yourself and all of us. I pretty much abandoned every good thing I learned for a few weeks and watched the pounds go up. It starts off as 4 lbs water weight, that's not so detrimental then 2 more and ... When you know something it is 4 lbs of fat and takes a long time to take off. I'm currently working on it.

Awesome for you to recognize and deal with it! Keep it up! And keep reminding of us of how it works. LOL thanks for sharing. Keep sparking!
2125 days ago



WATERMELLEN

:"Liked" this one for sure! And totally agree Not worrying but never complacent, always vigilant!!
2125 days ago



SWEETNEEY

Love the perspective.
2125 days ago



BBEAGAN

It's true... Trends matter. I'm new to maintenance, and have set a 5 lb range I want to stay within. It can be challenging, because my normal day-to-day fluctuations can easily be 2 lbs or more. (Like you, I weigh daily.) But I also know I lose water weight fast. If I eat too much sodium, I'll have an 'artificial' gain but it'll disappear in 2 days. (If I drink enough water and eat potassium.) So if it lingers more than that it is a 'real' gain, thus a trend and something to be dealt with. I agree with you - no worry at all, but attention, absolutely.
2125 days ago



NELLJONES

I just got back from a trip with 2 extra pounds. I got them off quickly. Trip weight isn't a big deal if you deal with it right away. We all know what to do, and it always works if we do it.
2125 days ago



HEALTHYANDFIT27

Well Said!



Good stopping this regain and doing something about it before it gets out of control!



2125 days ago





HIKING-4-ME



2126 days ago



ONEKIDSMOM



Amen. Constant vigilance required! Not obsession, but getting it done!

2126 days ago



CD14764282

Four pounds is a big deal to me! I know people say "It's just water weight," and that may be so, but fat cells are made up mostly of water, and getting rid of that water starves them. I gained this weight one pound at a time, thinking I could live with a size 9 or size 10, then size 12 wasn't so bad. I got a little angry with myself at size 14, vowed I would not go higher, and now I'm at a 16. You have to watch every pound!

Good for you for counting every pound, but don't obsess over it. There are times when your body may need that extra weight. I remember reading a study that said we all need a little extra weight as we age to support us in times of illness. Well, I fell for that, but now I know that 40 pounds is more than "a little weight" and I would have to be terminally ill to need that much of a buffer, so I want to be at a healthy weight again.



2126 days ago

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