



BROOKLYN_BORN

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Sparkpeople.com is my lifeline - my tether to a healthy lifestyle

Tuesday, July 28, 2015

I've been here for over 6 years.
I've been in maintenance for over 5 years.
I login every day unless I do not have Internet access.

This has been a traveling, family summer.

On June 26 DH & I took DD#2 & family to Europe for nearly 3 weeks. Although I walked 161 miles in that time I also gained 4 pounds. I know people who can maintain during vacations because they "walk everywhere" but for me it's a matter of intensity. All that walking did not equal my workouts at home and in spite of my effort to eat healthy, I KNOW I consumed a lot more calories per day than usual.

It's like the optical allusion of photography. When I photograph distant scenery, the mountains look small, but I know they are huge. When I "eyeball" the food on my plate, it looks reasonable, but if I had my scale with me, the reality would smack me right between the eyes.

4 pounds in 3 weeks wasn't too bad. If I hadn't logged in to Spark each morning, it would have been worse. It kept me tethered enough to Spark World to skip the family ice cream breaks and alternate between beer and water at meals. I don't drink beer at home but I REALLY like European beer. Maybe it's the environment.

The 4 pounds would have disappeared if I could have gotten back to my normal routine on our return home. However, on the last day of our trip I caught a respiratory bug that got progressively worse. For 1 week I hardly got off the couch – coughing, wheezing, sneezing and going through boxes of tissues. You get the idea.

So the 4 pounds remained. Then more company. Teenage grandchildren need a lot of food. I picked the produce from our garden, bought a lot of fruit and yes, ice cream and some chips too.

Logging into Spark each morning helped me avoid diving into the bad stuff although I did eat some of that "Chocolate Chip Cookie Dough" variety that granddaughter & I favor.

So the 4 pounds remains. Yet I'm not discouraged. The damage has been controlled with the help of Spark. Maybe it's an article or a blog or a recipe or even just a friend's status post, but it's my tether to a healthy lifestyle, a reminder that stopping right where I am right now is success. I can evaluate the situation, admit the reality and proceed from there.

Sparkpeople tell me the truth – no excuses! My scale does the same thing each morning. I listen to both of them. If I wait until my clothes feel tight, I'll have double digits to lose and that's depressing.

The traveling continues. This morning we're driving to Tennessee, about 4 hours on the road. We're

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taking grandson #1 to see DH's 95 year old mother in the nursing home. He lives in Boston and doesn't even remember her.

We'll stay there 1 or 2 nights. DH will spend a lot of time with his mother while we drop in for short visits between sight-seeing side trips. One of our destinations is "fan day" at the Bristol Speedway. Grandson has been a NASCAR fan since he was 4 years old. I know nothing of this, but I'm open to new experiences at least for one afternoon.

Somehow I don't think the food at a NASCAR track will be healthy fare, but that's OK. I'm prepared.

I've checked in on SP, the cooler contains healthy snacks and I know the location of supermarkets at our destination. Our hotel room has a fridge, microwave and WiFi.

See you on the road.

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SEAJESS



blog. I think you did a super job holding onto a lifeline. It could have been SO much worse!



2133 days ago



CD4114015



Great time you are having this summer and that is what is important! For now. You have definitely had a great summer and I know I would bet on you that you WILL be back to normal

when you get back to your routine!

2142 days ago



BBEAGAN



You seem to be having a wonderful summer! I too rely on SP daily contact, though only for a year so far. It keeps me focused and honest. I have gotten better at travel - my last week-long work trip I walked a lot and used the hotel gyms, tracked my healthy eating. But vacation is still harder for me. Even just taking a long weekend at home, I want to sit on the deck, have a few beers, dispense with the rules... even though they are my rules. I have a two-week vacation coming up, at home, and need to make concrete plans for not derailing! Enjoy Tennessee!

2142 days ago



WATERMELLEN



Great blog! Vacation and family times are important and Spark keeps me focused to take off weight creep before it gets too creepy!

2143 days ago



KRISSEY82



Vacations and travelling definitely make it more complicated to eat healthily and exercise. I think 4 pounds is reasonable considering you were unable to do your normal workouts. Good for you for enjoying the beer, too! You never know when you will have the chance to go there again, right? So enjoying it is the way to go!

2143 days ago



DOVESEYES



2144 days ago



MARYJEANSL



I too tend to gain a few pounds when I am away from home. Harder to avoid the unhealthy food, larger portions, relatives showing love by baking, etc. What usually helps me is simply that my vacations are usually not that long. That, and really working hard once I get back. Which isn't

fun, but it's better than starting on a big regain.

You do a great job staying the course. Congrats! And thank goodness for SP!
2144 days ago



WALLAHALLA



Being away from home does make it hard. This weekend I'm heading out of state for my high school reunion. I'm sure none of the food choices at the dinner will be healthy ones, based on past experiences. I also plan to indulge in childhood favorites that can only be found in that area. I'll deal with the consequences later. I'll be doing as much walking as possible, but I know calories in will still be more than calories out. Life won't end, and SP will still be here to encourage me when I get back.
2144 days ago



PHEBESS



Glad you're over the respiratory crud, and yes, logging in keeps us accountable to ourselves. Always reminds me to walk, watch what I eat, all that.

I think I'll go walk to the market for lunch!
2144 days ago



PHOENIX1949



SparkPeople is kind of like having a lighthouse to keep in sight.
2144 days ago



KANSASROSE67



You are doing it right! After all, the point is to live life...and if we're at a healthy weight and fit, we can live life better and enjoy doing things that otherwise wouldn't be possible. A couple of pounds gained while enjoying such fantastic family times is not a catastrophe and you will soon have it off when you're back to your normal routine. Like you, being "tethered" to Spark has been the reason I've maintained for almost five years now.
2144 days ago



LINDAKAY228



It's hard for me to believe but in November I will have been on here 6 years too. I've had my ups and downs with my food and fitness at times. Most of the time I've been on here except a few times when for whatever reason I put it off and put it off. But I always come back. It is a lifeline to me too and I get lost without it. And I haven't reached maintenance but I've never gotten back to where I used to be either for most of my adult life and some of my teenage years. I'm so grateful for this place too and reading blogs like yours!
2144 days ago



SWEETNEEY



we have to incorporate our weight loss journey into our life. Enjoy the travel.
2144 days ago



LIVEDAILY



Glad you are feeling better, and are able to travel again! I appreciate your common sense approach to SP, losing weight, maintaining, and life in general. It's all connected, isn't it? Enjoy your trip!
2144 days ago



GINIEMIE



I'm an early riser, so if the hotel/motel has a gym or a pool I'll go for a workout/swim. I check the breakfast bar and decide what I will allow on my plate and what not. I like having a fridge/microwave/coffee pot in my room although I've only had the microwave twice. Of course I don't stay in a lot of motels either.
You're doing great and I know you will get those four pesky pounds under control. But you are on the money about the beer in Europe, the bread too...I can get in trouble there as I don't eat much bread stateside. Actually the ice cream is usually better too. I agree with you walking miles and miles of sight seeing is quite different walking than getting a good brisk walk for exercise.



Have fun with GS#1 and keep on going.



2144 days ago



NUMD97



I have a long way to go before I sit, deserved, at the Maintenance Table with the grownups. The folks who still stick with SP once entering Maintenance-ville, know that without it, they would regain all that they lost. Yes, some can do without it, and still be successful, but I believe the majority, like reformed alcoholics, know that they definitely need that tether.

Interestingly, the ones that seem the most realistic give themselves a five-pound swing. It's enough to live a fulfilling life, replete with treats and other life activities, but not enough to totally derail the process altogether. There are those here who "allow" a 25-pound swing, and that I totally do not understand. I think there is an element of denial there.

The other category are those who lose it, feel success and leave, and then having gained 85 pounds or so back, feel ashamed that if they do, indeed, return, their medallion of successful weight loss will be revoked. Shame really. All it shows is that they are truly human.

Glad that you recognize that you are one of the humans, and that you are not stressed about the four-pound gain. I am confident, as are you, that in due time it will disappear. Trading that for a vacation of a lifetime with dear family, creating new memories, strikes me as a worthwhile trade.

To your continued success, B_B,

Nu
2144 days ago



WILSONWR

For a three week vacation, you did great! And you cannot travel without sampling some of the local fare. You're right about Spark People. I have my ups and downs, but people on the site keep me going. I'm getting ready to leave on a 2-week road trip, and the ice chest is packed with healthy snacks. That doesn't mean I won't try some of the local food along the way, but I'm determined to not take a "vacation" from being healthy! By the way, those 4 pounds will come off quickly once you can settle back into your routine again. Take care.
2144 days ago



MILLEDGE2

You are absolutely right! Even in times when I know I'm not following any other of my health resolutions correctly, I need to log in, just to keep Spark and my health in my peripheral vision. And I love that you say "Sparkpeople tell me the truth."

I read the blogs of people who don't whine and who don't make excuses (and there are MANY to choose from) and that helps me stay honest.

Good luck getting back to the healthy place you like to be, in all ways, and know that we're here for you in just the same way you've been here for us!
2144 days ago



ONEKIDSMOM

Keep that tether! I use it too... take the tablet on trips and seek out the Wi-Fi to connect! Smart phone app even better... I can scan and track (but not so much measure). Motels/hotels with

fridges and microwaves are "da bomb!"
2144 days ago



PRNCSCUP1-2FULL

I'm the same on vacation. We cruise a lot and while hubby loses weight due to all his walking, just walking doesn't do it for me! But, like you, because I learned from SP if I gain it is not much and I can soon remove it with the help of SP! Racing is not my thing, but I would do it for my nephew if he wanted. You are a terrific Grandmother! Enjoy your trip! Good job checking out the healthy options for you and your family!
2144 days ago



LYNNARDB72

Love that you are keeping it real- living your life to it's fullest and not letting your weight run your life! You've got this covered! (Maybe your hotel had a gym too!) good luck! 👍
2144 days ago



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