



BROOKLYN_BORN

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Quo Vadis? Where are you going?

Thursday, May 21, 2015

Some grandmotherly advice for all you young women out there. Since I'm 68, it's likely that anyone reading this is younger than me.

I'm working on a presentation to be given twice next week in cities 300 miles apart.

One difficult point is balancing self-acceptance with the need for improvement.

As a young woman I was always told not to worry about my weight because I was tall and fit and I could "carry it." That was perfectly true – at TWENTY FIVE!

I still agree with that philosophy if you maintain right where you are. As the decades pass however, where are you going?

Maybe you can "carry" 10 or 20 extra pounds just fine. What is the upper limit? 50? 100? Where are you going?

Each pound of weight translates to 4 to 10 pounds of pressure on your knees depending on the activity.

There's a reason so many of my fellow retirees are lining up for knee replacement surgery. Where are YOU going?

A recent news report spotlighted a man who had lost 400 pounds. While this is an extreme case, those pounds didn't appear overnight.

Yes, accept who you are, but think about the future you. Where are you going?

A special caution for women: Do not be deceived by the sizing creep of the clothing industry. Remember that the size 0 of today has the same measurements of the size 8 in the 1960s.

Find some OBJECTIVE measure of where you are going. Then decide for yourself if that's where you want to be. What quality of life do you hope to have as you age?

My presentation topic is the relationship between health and spirituality and the complementary paths to achieve a healthy lifestyle.

Thus, the biblical Latin phrase I remembered from the Appian Way outside of Rome.

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There was also a novel and 1951 movie.

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CD4199227

Great blog thanks.....



2206 days ago



BOILHAM

Good advice, indeed. I love your blog, but I fear it may be falling on deaf ears, since we Sparkers are all on a mission of health. Mixed messages from the media regarding health and body image further confuse the people. Super thin models being an ideal, and huge celebrity women claiming their obesity and proclaiming their beauty. Kudos for being out there calling for sanity, though.

2206 days ago



MISCHAKEO

Since I am your age, I certainly want to stay healthy and avoid complications. It is all too easy to lose flexibility and conditioning. That is good advice to younger people. It is exciting for you to be giving those presentations.

2212 days ago



KRISZTA11

 Agree

 Well Said!



2212 days ago



MARYJEANSL

I am finding it ironic that, as I very, very slowly lose weight, hard fought pound after hard fought pound, the disabilities are piling on much faster than I can lose the weight. First the hip arthritis, then the knee, then the ankle... It definitely makes me wish I had done more to control the eating before the weight got added on.

I think you will give a fantastic presentation.

2212 days ago



PHEBESS

Great reminder!!!!!!

2212 days ago



DOVESEYES

 Well Said!  Agree  AWESOME

2212 days ago





ONEKIDSMOM

Well said, going to "like" this to give it as wide an audience as it can get!
2212 days ago



CD4114015

I am SO with you one this blog...and as you know we are only about a year apart! Great minds and this is a SUPER blog!



2212 days ago



PHOENIX1949

Well Said!

2212 days ago



LIVEDAILY

Very important things to consider as you travel your life's path. The decisions you make today have repercussions for the rest of your life.
2212 days ago



GINIEMIE

Excellent, I hope more people read this, and Blessings for your presentations.
I just loaned my SPARK BOOK to a friend who after years of maintaining with WW went a bit crazy and is trying to regroup. We talked about lifestyle changes-I had to listen to myself, because I've

been slipping. 😊

Thanks for your food for thought.



2213 days ago



SLIMMERJESSE

It'll be a terrific presentation, for sure.
2213 days ago



TERI-RIFIC

Nice blog.very good advice. I'll bet your presentation will be wonderful!
2213 days ago



GARDENCHRIS



2213 days ago

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