



# BROOKLYN\_BORN

[Change Banner Image](#)**154,944**  
SparkPoints[Info](#)[Photos](#)[Feed](#)[Blogs](#)[Awards](#)[More](#)

## If I hadn't found Spark People, where would I be now?

Thursday, November 12, 2015

As I approach my 6 year anniversary in maintenance (ironically, Thanksgiving week), I have a different perspective on my journey. Of course I think about how my life has changed, but it's also important to recognize where I would be if I hadn't made the changes.

Note: I realize that my story may not seem as impressive as those who have lost huge amounts of weight and faced physical and life challenges. However, my continuous gain as I aged from age 35 to 60 happened even though I was extremely active and fit and my only beverage was water. So the easy solution "move more and drink water" didn't apply to me.

I ignored the pounds added year after year, decade after decade. With forgiving fabrics and the sizing creep of the fashion industry (see note at end), I even continued to wear the same size while my measurements continually inched upwards (pun intended). I just accepted weight gain as an inevitable part of aging.

If I hadn't found Sparkpeople:

I would have continued on the same path and now would be dealing with even more weight to lose. Dragging around extra pounds and retirement would likely have resulted in a reduction of my activity level accelerating the weight gain pace even more.

I would not have realized that every extra pound translates to at least 4 pounds extra pressure on my knees. So by now the extra weight would mean about 160 pounds of extra pressure that my joints had to absorb with each step. Not a good thing as I approach my eighth decade on earth.

I would have continued to assume that I was consuming the proper amount of calories. After all, I was running 20-30 miles per week, cross training at the gym, and had a job that kept me on my feet a lot. I needed 4 slices of pizza, right? I'm sure I'll burn it off.

I would have continued to assume my portion sizes were appropriate even if I scooped my ice cream into a soup bowl and my plate of spaghetti looked like Mt. Vesuvius.

I would have become an "active couch potato" after retirement. That's a person who does a workout and then sits around all day. Without job responsibilities I can see myself "resting on my laurels" because of my morning workout and rewarding myself with TV and snacks. Now my Spark activity tracker keeps me moving throughout the day and the nutrition tracker makes me face facts.

Without Spark People I would be 7 more years down the wrong path.

However, I DID find Spark People. Maintenance requires diligence, but it's definitely preferable to year after year of weight gain and the cumulative effect on my life.

My only regret is that it took me so long to confront reality. It's amazing to me that all those years I never

[Add a Blog Entry](#)[See Today's Featured Member Blog Posts](#)

### More Blogs by BROOKLYN\_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)[Avoiding Our Wedding Anniversary - 6/4/2021](#)[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)[View All >](#)

tried to lose weight. You would think that at least I could have figured out how to stop gaining.

Note: Measurements for Size 10

The 1960s - 32.5, 25, 34.5

Today - 38, 30, 40.5

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Report Inappropriate Blog](#)

## Member Comments About This Blog Post



**PGBACK**



Happy Thanksgiving  
2025 days ago



**JEANKNEE**

Glad you found Spark and turned things around.

Like you, I did not even attempt to lose weight despite the weight gain. What amplified my weight gain was the reduction in activity and no change in nutritional intake. Not a good combination. Glad I finally decided that enough was enough after 20+ years. Still find it hard to believe that I allowed it to go on for so long.

The change in sizes is incredible to me! I found a couple of suits that I used to wear when I was in my 20s. They are 2 to 3 sizes larger than what I am wearing now and I could not comfortably wear them because the waist bands are still a bit too tight.

Interestingly enough I actually weigh less now than I did then. Obviously, how my weight is distributed is different. My body has not experienced the stresses of pregnancies and deliveries; so, the change in weight distribution cannot be attributed to it. Excess skin from weight loss maybe? Bone loss and reduction in height?

2026 days ago



**SWEETENUGILL**

I agree! Spark People is my 'sanctuary' and my 'university' for keeping health and fit into my later years!

Those measurements are unbelievable! I do remember having a 24" waist and being a size 12 in my late teens. It's pretty shocking really!  
2027 days ago



**GINIEMIE**

You have done well and have been an inspiration to others. I thank God that we met through

SP. Keep up the good work my friend.



2031 days ago



**MARYJEANSL**

Great job - you are an example to us all.  
2035 days ago



**ADRIENALINE**

Super job Sweetie. Where would any of us be without Spark?  
2035 days ago



**MIRAGE727**

Lookin' good, Girl! Stay Strong, Stay Happy!




2035 days ago





**MISCHAKEO**



 Your 6th anniversary on Spark is wonderful. You have found a way to lead a healthy life and to maintain. Spark has been so helpful.

2036 days ago



**TERI-RIFIC**



It's good for you that you stayed on Spark, and it is also good for the rest of us who can benefit from your experience from your blogs.

2037 days ago



**ALEXSGIRL1**



2037 days ago



**DOVESEYES**




Congrats on your 6 year maintenance, I'm glad you found SP too, I'm also glad you stayed till I got here to get to know you--thanks.

2037 days ago



**SUBMOM2**



Six years in maintenance is fantastic! 

I can relate to much of what you've written!

2037 days ago



**SUNSET09**



Where would we be?!?!?!      Oh 

2037 days ago



**-RUBIES-**



I literally thank God for SP. My life would be absolutely miserable if it were not for SP. Thank you Jesus!

Congrats on your weight loss and successful maintenance. Keep up the good work.






2037 days ago



**LIVEDAILY**



   
I agree - where would we be if not for SparkPeople??  
Congratulations on your upcoming anniversary!

The measurements for a size 10 - 

2037 days ago



**MILLEDGE2**



And your personal success - because you are willing to share with all the rest of us - inspires many others to reach for better health every day. Thank you!

2037 days ago



**PHEBESS**




We're really happy SparkPeople exists!

2037 days ago



**50YEARSWIFE**



 Congrats on your 6 years of maintenance.

2037 days ago

**NELLJONES**



Spark really has been a lifesaver!



2037 days ago



**ANNIEONLI**

Awesome!!! And I am right there with you...Sparkpeople is a life saver!!



2037 days ago



**BBEAGAN**

Great blog! Congratulations on your anniversary!

2037 days ago



**SLENDERELLA61**

Great blog! I would be a whole lot worse off if I hadn't found SP, too.

2037 days ago



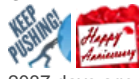
**LASSUP**

You are an inspiration! You are making choices, good ones, and that is half the battle! And know you have encouraged me today :- ) Thank you!

2037 days ago



**GARDENCHRIS**



2037 days ago



**CD14907109**



I agree, without SparkPeople I wouldn't have lost the weight.



2037 days ago



**ONEKIDSMOM**

Amen. Glad you found it. Even though you did not have "as much" weight to lose, your shining example of how to recognize and STOP a disturbing trend helps us all! Congrats on your 6 years

of maintenance!



2038 days ago



**LEEFJL**

Well at least you finally started doing something but the weight gain. Congrats on the last 6 years!

2038 days ago



## Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

Post Comment

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.

