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5 Miles Done and I Returned to This!

Sunday, September 20, 2015



DH & I are in Asheville, NC at a meeting of the Carpatho-Rusyn Society "South" (my heritage group) where we saw an excellent presentation on the Wooden Churches of the Carpathians (Mountains in Eastern Slovakia).

This morning I ran 15 laps around the hotel parking lot and walked 10 more – a total distance of about 5 miles. One guy smoking outside his room actually yelled at me to "eat a donut."

When I got back to the room, I found a box of Dunkin Donuts. DH had already eaten 2. The 4 chocolate covered Bavarian Crème variety are supposed to be for me since "they are my favorite." Yes, they USED to be my favorite. I haven't had one in years and can't say that I've missed them either.

So, who am I more annoyed at – the smoker who decided to comment on my choice of activity or DH who usually is quite supportive of my healthy eating efforts.

I guess it's the proximity of the donut shop right next to the hotel that affected him. Fortunately I have healthy stuff with me and those donuts will stay in the box, unless DH decides to "get his money's worth" and eat all of them himself.

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MARYJEANSL

Yesterday morning Cecily and I had just had brunch in her cafeteria when she noticed a box on another table. She walked over to see what it was, and of course it was a box of doughnuts.





The guy whose they were immediately offered her one - and she took it! (She is trying to eat healthier and lose weight also.) I got myself out of temptation's way as fast as I could go by taking the tray and dirty plates to the kitchen window. I admit I still love them, so the only way to be strong is to make sure to avoid them like the plague.

2089 days ago



LEXIPEDIA79

Good choice to pass on the sugar bombs (aka donuts).

2089 days ago



MISCHAKEO

I was a cream donut addict. I have not had one in years. Good for you staying away from them. That was an annoying comment from that guy.

2089 days ago



WALLAHALLA

I love a chocolate glaze donut, but never cared for the filling.

2090 days ago



DOVESEYES

Great choice!!!

2090 days ago



WUMPASTAR

Ouch - reminds me of my ex who would repeatedly bring back beer home, the one kind I really like and that he hates, even though I asked him every time that I don't want alcohol at home for myself since I keep it for special occasions, and for health factor. He thought he was being nice, but I don't have, you'd think after asking him 15 times he'd understand that he wasn't actually being nice but being more of a pain! Also, how RUDE of that smoking guy... people like that anger me so much.

2090 days ago



SYNCHRODAD

No death donuts for you! Way to go!

2090 days ago



KURTZIE1998

Good for you I will have to admit I would have broke down and ate at least one, especially

since they are my favorite too. Very proud of you .

2090 days ago



GINIEMIE

Our Parish, during the school year, has donuts and coffee for a small donation. I used to get a donut and coffee, then I noticed how sluggish I was afterwards and how my weight was on an upward spiral. I could never tolerate Krispy Cream, but Dunkin Donuts were a "class" up. I grew up with bear claws, apple fritters, fried cakes and a few others for Sunday morning. Needless to say I skip them for the most part. Erik bought two apple fritters the other day and I caved. Bravo to you

for sticking to your good snacks.



PS. Tell DH he needs to go out walking with you so he resists tempting you!

2090 days ago

Comment edited on: 9/20/2015 5:18:22 PM



ONEKIDSMOM

Now that's good planning: "Fortunately I have healthy stuff with me and those donuts will stay

in the box"

2090 days ago



KRISZTA11



good for you!

2090 days ago





PHOENIX1949



2090 days ago



PHEBESS

What is it with men????? My husband knows I hate donuts, all I taste is the grease. Yet he constantly tries to get me to share his donuts. (I ate one donut hole last week. ONE HOLE. Reminded me why I don't like donuts.)



I think it's a Homer Simpson thing.

If you see the smoker again, you could tell him to quit smoking, see how he likes random advice from random strangers.

2090 days ago



SYLPHINPROGRESS

I'm tickled that the society has a location in Asheville. Did you have a chance to tour the Vanderbilt Estate, a place I'd like to visit?



It seems to me that the man who advised, "Eat a donut," was being breezily good-natured and aware that his smoking and your running put you in different camps.

I had a year's romance with the Dunkin' Donuts right around the corner from my apartment. My poison was the Boston cream. Those mass-produced, "fresh-baked" items always struck me as sugared-up Wonder bread -- all air and blandness and no texture or depth. If one can stick to principle, only eat sugar that's accompanied by overall good quality.

2090 days ago



MARY0825

Why do strangers feel it is ok to comment on something like that? Quite annoying!!



As for the donuts... I think sometimes others in our lives think "just this one" indulgence won't hurt anything. Sometimes that is true but it is such a slippery slope. One bad eating session will sometimes lead to another (at least for me). Those that do not have eating issues just don't seem to get that.

I think it's awesome you did not feel the need to indulge and that you are getting in your fitness



away from home.

2090 days ago



CD14815535

Blargh! You are a superwoman! Donuts in that close a proximity and in an enclosed space (hotel room), no thanks :-). Good job on getting the miles in, never mind smoker--maybe you planted a seed of better health despite his comments.



2090 days ago



ALICIA363

Aaaaack! Have I mentioned that donuts helped the marital weight gain in my life. We got rolls Every Sunday Morning, not just once in a while. They still feel like newlywed bliss to me, so I have to watch that temptation!



2090 days ago



THALL037

Way to go with sticking to your will power and not giving in!!! Keep it up! Never let others determine your path and it sounds like to me you are determined! Good luck!



2090 days ago



WATERMELLEN

So hilarious! I don't do doughnuts either and don't miss 'em: greasy rancid things!! But: it was doughnuts that got me started on my weight loss project way back in 2000, when DH and I stopped and bought 6 doughnuts because the special that day meant 6 were cheaper than 4: and I ate my share (3 instead of 2) and then weighed in at 235 pounds and decided enough was enough. Yeah.

2090 days ago



PRNCSCUP1-2FULL

HeeHeeHee! There we go with getting our money's worth! Love the smoker wisecracking you for exercising! Yeah Buddy. Light up another and don't dare keep me up all night hacking your lungs out! Good job passing on the doughnuts! Seems like doughnuts were the theme of the day for you!! Yay You!!



2090 days ago



LIVEDAILY

sigh WHY do men do this?? ALL the time?? Are they just genetically predispositioned to be totally oblivious to the fact that we are trying to eat healthy, exercise, and gain a healthy lifestyle? Good for you for avoiding the donuts!!



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