



BROOKLYN_BORN

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Healthy and Fit vs Thin - a blog question that made me think this morning.

Monday, September 28, 2015

Healthy and fit...healthy and fit. That mantra caused me to accept the extra weight I was gaining each year. Finally, I realized that I was healthy and fit before, so why did I have to drag around all those extra pounds now? Why didn't I just stop gaining?

That reality had to smack me in the face when I finally decided to get rid of the extra weight that had accumulated over the decades.

Looking around at society or even reading the statistics, only a small percentage of the population is actually "thin." Only 1/3 of us are even in the recommended BMI range. 2/3 of us are overweight or obese or worse.

When someone tells me (BMI right in the middle of OK, with 37" hips) that I should "eat a donut" I realize that we have redefined what it means to be "thin." I would have to lose another 16 pounds to even get to the bottom of my BMI range. If I look "thin" it's because society has collectively gotten bigger.

When at the nursing home, I see caregivers struggling to manage extremely heavy residents, I realize that this journey is not just for ourselves. We do it for our families and others as well.

When I carry 2 gallons of milk into the house, I realize that there is no need to have extra weight permanently attached to me.

So here I am, logging in every morning for my daily dose of motivation. Something or someone always "speaks to me" and makes me clarify why this is important to me. Today it was this blog

www.sparkpeople.com/mypage.asp?id=LILLIPUTIANNA

How many people have a picture of their actual "ah ha" moment – the moment you knew you had to make a change. I DO!

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Here I am on Dec 6, 2008 holding the mug which was the award for first place in my age group in our town's annual 5K. I had just run my slowest, personal worst 5K time ever.

Notice the smile (grimace?) on my face. Next to me is my daughter (sparker Hayburner1969) holding a turkey - my award for being the oldest woman running.

Each pound lost translates into 4 pounds less of pressure on my knees and less work for my heart and lungs to do. I never want to find those lost pounds again.

Edit:

GMAN52's comment made me think about those people sometimes put down for being thin but NOT strong or fit. I'm envious of them because when they finally decide to work out, strength train, eat right etc., they don't have to deal with a calorie deficit too. They can EAT!

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PRNCSCUP1-2FULL

Your ah-ha moment made you change. Right here, right now, I am in such a funk that I'm not sure I can ever do what it takes! While in this funk I realized that losing all the weight in the world probably will not save my life. It won't cure my diabetes. It won't make me see.... So, why not have a philly cheesesteak? I'm so blue right now and SP did something that won't allow me to blog with my voice program. Go SP. What kind of change did they make. so stupid. But, your blogs are always a bright spot in my day.... Even these lousy days.

2077 days ago



SWEETNEEY



2077 days ago



MARYJEANSL

I like the picture of your Aha! moment - the grimace clearly shows you aren't too happy. What impresses me the most, though, is the follow through. I have had a lot of moments when I have vowed to myself that I will do it - lose weight and get healthier - *this* time....and it never happened. The follow through just wasn't there. I think I am doing better now, if only because I haven't quit, and I am not expecting things to happen fast. That at least, is an improvement.

2080 days ago



GINIEMIE

I'm with GMAN52! well I am amused by his response. I'm working towards healthy, I'm by no means fit but if you/I compare myself to my 8 remaining siblings-except for the youngest I'm the fittest-that's sad! I am the eldest! They are all falling apart and much of it is due to poor eating habits, obesity, lack of movement, etc. So seeing many of my siblings this weekend gave me the



impetus to keep up with the baby. She got me on to SP and although she and my SIL are not active here now...we got started here. Youngest sister is doing well even on her own, I'm struggling to try to regain lost ground, and my SIL is hopping from one thing to another trying to find something that works for her. I pray she finds it.



People like you my dear, keep me trying.



2080 days ago



IFDEEVARUNS2

Yup, I'm healthy and fit, and weigh more than feels comfortable. Oh the struggle.

2080 days ago



MIRAGE727

I'm diggin "healthy and fit!"



2082 days ago



DOVESEYES

Great blog I like to be provoked into thinking about my opinion.

2082 days ago



MJZHERE

Like always, life is such a balance. I lost weight to a goal weight just because I wanted to do it (guess prove to myself I could) and I knew it was probably going to be too little for me. I did it, and ended up undereating (thank goodness for a spfriend who helped me out with this) but I sure learned a lot on the journey (wouldn't suggest this though). I use to never go above about 10 lbs over as my back just couldn't handle it. However, I did finally, and I think maybe we adapt to the pain. Same as society seems to be adapting to bigger sizes, bigger everything, and ignoring the pain and consequences. Life is easier with less weight - not to a point where you undereat to maintain it - but where we are not putting strain on our joints and carrying around extra fat.

2082 days ago



LIVEDAILY

My BMI is so high right now, if I focus on it, it is discouraging. My weight has dropped, I am more active now than I have been since high school, I am learning how to eat better and I count all of that as "wins". I still have a long way to go.



2082 days ago



KRISSY82

You are so inspiring! Weight loss is hard, and working out is the last thing people want to do when they are overweight, in pain, out of shape, etc. I hate when people say that thin people need to eat, even if the person IS really thin. It's really quite rude(I was called beanpole as a child by my step-grandmother, and it bothered me). Like you, I am still in the healthy BMI range, but at the upper end, so sometimes people do not understand my desire to lose weight either. I can see the difference in myself, however, and I am trying to keep reading stories like yours to motivate me to stick with it!

2082 days ago



WUMPASTAR

Very interesting blog. Thank you. I'm only 7 pounds away from a healthy BMI and yet when I tell people that I want to lose weight (I do it very rarely, and only to people I trust and know won't judge me) yet half of them still tell me that I shouldn't and that I look beautiful. I don't know if they think they make me feel better (I know a lot of women will tell others they want to lose weight just to be told they don't need to) yet it makes me cringe because even though I am healthy and fit, I still carry around extra fat that I don't need or want - the dreaded, super unhealthy belly fat we all know about. You're right when you say society doesn't see thin the same way they did before because we all got bigger, I guess.

2082 days ago



PHOENIX1949

Well Said! THANK YOU!

2082 days ago



WATERMELLEN

It's so stupid that I always always "want" to be thinner: but in fact it's a lot of hard work for me to stay in the mid-healthy BMI range too. Looking at pics DH took of me while birding yesterday: I am "fit", my biceps are visible in my Tshirt with the sleeves rolled up, and am strong and healthy, On my feet all day, hiking and climbing and yeah NEVER want to lug around those 90 pounds I lost ever again!!



But: not "model thin" sob sob sob. What silly vanity.
2082 days ago



MISCHAKEO

I never want to find those pounds again either. Interesting question. No matter what being fit and healthy is important. I need the daily dose of Spark also.
2082 days ago



CRACKERS4554

How true!
2082 days ago



NELLJONES

I am at the bottom of the "healthy" BMI range, and believe me it's harder to maintain.
2082 days ago



SWEDE_SU

this morning dose of inspiration and motivation is so important in our lives - keeps us on the straight and narrow and the right BMI!
2082 days ago



ONEKIDSMOM

Amen. The longer I live in the "healthy and fit" mid-OK BMI range, the more uncomfortable I am with just a "small" gain... life just gets harder when you are carting around those couple, five, ten extra pounds. I used to scoff at those who complained about "the same ten pounds" and yo-yo dieting over that 10 pound range. Now, I've walked a mile or three in their moccasins, I know why it bugs them.

Granted, weight fluctuates both daily, and seasonally... but let me tell you, I am so grateful for voices like YOURS... and to be in this category now, of being uncomfortable with a gain SOONER, rather than 50 pounds or 80 pounds later.



Diligence, my Spark friend, diligence. We are NOT thin. We ARE healthy and fit!
2082 days ago



GMAN52

To bad its not as fun to loose as it is to gain,LOL
2082 days ago



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