

# BROOKLYN\_BORN

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## The Spark "Solution" Gave Us a Happy Father's Day

Sunday, June 18, 2017



Spark became my "solution" long before I ever read Spark Guy's book. I didn't know he even wrote a book. Years after I came out of my self-imposed spark hermitage and realized the value of logging in every day, even after reaching my goal weight, I ordered some items from the Spark store like the T-Shirt that's my profile picture. "The Spark" came along with the order. More about that later.

This is a different perspective.  
Spark became my solution because:

It gave me the tools (trackers) I needed to stop gaining and lose the pounds I had piled on over the decades - a trend that showed no signs of stopping or even slowing down.

It gave me the information I needed to shake me free of the excuses and denial that kept me comfortably getting fatter.

It introduced me to others who were on the same journey, including many who were dealing with or had overcome challenges much more serious than mine.

It provided me with articles and strategies to continue my journey and deal with my slipups.

It provided teams where I could connect with others not only on the same journey, but with common interests as well.

It showed me the collective wisdom of community. I encountered perspectives and solutions from ordinary people which meant a lot more to me than from any celebrity on a magazine cover or some website where the main goal was to sell me something.

When I decided to buy a treadmill and was confused by all the different reviews online, there was a Spark article describing what they had bought for their office gym. I trusted their solution. So I bought one and it's been perfect.

Now, as for that book.  
I didn't read it at first. I just put it on the dresser. Maybe later.

Guess who picked it up? My husband, the "junk food king of the world"

He loves the printed word and soon was sharing with me all kinds of spark principles.  
How about that? He didn't pay any attention when I, his loving spouse of nearly 50 years, told him the same thing. Was it because it was in a book? Was it because the advice came from a guy?

Who knows but soon he could "outspark" me.  
He read labels; he planted a garden; he read recipes; he started cooking; he even cleans up afterwards;

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he swims; he walks; he kayaks; he does yoga.

Last summer he had an accident that resulted in emergency brain surgery for 2 massive subdural hematomas that were asymptomatic and undiagnosed for 3 weeks. It was serious stuff and the warnings about the possible outcome were downright scary. One week in intensive care.

The doctors' said that if he hadn't been in "such good shape" he wouldn't have survived. After 3 months of outpatient physical therapy, he was absolutely fine. The physical therapists said if he hadn't been in "such good shape" he wouldn't have fully recovered.

I may be an "official" sparker, but my "stealth sparker" is here too in the shadows.

You just never know how or when the Spark will take hold and burst into flame.

Happy Father's Day, Joe!  
We're glad you're still with us.



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**BOREDA**

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**NASFKAB**

great blog thanks for sharing wonderful news  
1432 days ago




**QUAIL75**

1437 days ago



**GRAMPIAN**

Well done!   
1437 days ago



**AMBER461**

Thanks for sharing and I am glad to hear that he is doing alright.  
1441 days ago





**JERICO1991**

Great post, thanks. I have not yet read the book. Thanks for the reminder. Glad to hear all is well with you and your husband.  
1445 days ago



**GRANDMA524DAR**

What a great story. You are one lucky gal (and Joe is one lucky guy!). Spark on!  
1445 days ago



**BLUEFOO**

**AWESOME WAY TO GO**  
1448 days ago



**ARTJAC**

**Well Done!**  
1448 days ago



**SWEDE\_SU**

i "love" this blog! i have a stealth sparker too - we are two lucky gals, having such support in our lives, in such good shape that they can beat the odds!  
1449 days ago



**MRSCORNY2015**

That's amazing!!  
1449 days ago



**3SISTERS**

This was great!  
1449 days ago



**SAMWISETHEGAMER**

Really glad you've had so much success. And that it not only helped you but also your husband. That is an awesome story, thanks for sharing. 😊  
1449 days ago



**ELSCO55**

great  
1449 days ago



**RAME123**

It helps when you have a partner eating well too. Glad he found the book!  
1449 days ago



**DIANNEMT**

How wonderful!!  
1449 days ago



**KITTYHAWK1949**

wonderful...and that is what I needed to hear to start again. when something happens and sooner or later it will, I want to be able to recover fully. thanks for sharing  
1450 days ago



**BARCELONAME**

**Well Said! WAY TO GO**  
1450 days ago



**CD15003511**

Thank you for sharing yours and your husband's stories. I appreciated reading about how you got started and why you stuck with it. :-) You both are an inspiration to me. :-)  
1450 days ago



**1DAY-ATA-TIME**

SparkPeople ROCKS! and you're amazing! Keep on sparking



1450 days ago



**BLESSEDMIRANDA**



1450 days ago



**PREMAM**

Great blog and what a lovely end to a heartbreaking event.

I think deep down, your husband is very aware and very grateful that he married you and that you put him on the path to good health and a wonderful lifestyle, especially since he owes much of his good health to you and your care.

Men....this one crosses international boundaries....who do not listen to their wives and prefer to listen to some guy they do not know anything about...sigh!!

1450 days ago



**BLUEJEAN99**



1450 days ago



**WBERRY57**

Yes! I absolutely agree SparkPeople is my HOW of maintenance.

1450 days ago



**IDICEM**

Great story! Thanks for sharing.

1450 days ago



**NYLAURA1**

Thanks for sharing your story in another great blog. My DH also doesn't listen and only believes when he hears it on TV.

1450 days ago



**WHYTEBROWN**



1450 days ago



**1958TMC**

Wonderful blog!!!

1450 days ago



**KJWITT**

Awesome. It so great to read this 😊

1450 days ago



**IAMSUNNYHOWARD**



That is an awesome testament to the beauty of this program!!

1450 days ago



**COUNTRYCAROL1**

I am so glad your husband is doing well after his health scare. It is amazing how much SP can impact a person. I wish I would have found them years before. I love the teams, articles, recipes, videos, encouraging words from other people.

1450 days ago



**TOMATOCAFEGAL**

Great blog.

1450 days ago



**NECDOO**

You had me in tears. Both for your hubby's pain and tears of joy for his recovery. After 50





years, I know you are so glad he is healthy and still with you!!  
1450 days ago

WOO!



**THOMS1**

Great blog! I am happy your husband found the spark, read it and took action. Congrats to him



on his healthy lifestyle.

1450 days ago



**ROCKYCPA**

WAY TO GO GREAT! Well Done!



1450 days ago



**NOLAHORSERIDER**

WAY TO GO Well Said!



1450 days ago



**ADRIENALINE**

I love Spark. I'm so glad I met you my fellow New Yorker. You keep me honest and so into sparking. My husband is much the same way but I love him still.



1450 days ago



**NONNAOF2**

What a great story and an even more wonderful outcome! How wonderful your fella decided to get involved, it saved his life! :-)



1450 days ago



**JIACOLO**

Today I need to keep Sparking because this journey is not something I am ready to give up on. Thanks for reminding me!



1450 days ago



**SWEETENUGILL**

Great story! Hooray for Spark!



1450 days ago



**PEGGYO**



1450 days ago



**SKYDRAKE**

What an awesome blog. I know what you mean about when they hear it from someone else. Funny how that happens. But isn't it great that he started? Need to get my hubby on board.



Hope you had a Happy Father's Day Joe!

1451 days ago



**LIVELYGIRL2**

Oh tremendous. Oh, that story is so good. It also gives me encouragement in various ways. Your sharing is so insightful.



Hey I just started studying to be a wellness coach. If you have any ideas, let me know.

I have to rewrite my mission statement. I didn't know how to do this properly. I guess the teacher recognized that and only took off 3 points for a list of goals.

1451 days ago



**PENOWOK**

What a great testimony to this organization! So glad your hand to hold was in great shape then and now!



1451 days ago



**SLENDERELLA61**

Brought tears to my eyes, both because SP gave your husband so much and so touching of you to be celebrating it, and because my hubby, who the doc has labeled "noncompliant", just won't do it. You are both blessed by SparkPeople. I am too. Thanks for all you do to lead and inspire us here.



1451 days ago



**OLDACCOUNT02**

Such a great blog! I really liked when you said " I encountered perspectives and solutions from ordinary people which meant a lot more to me than from any celebrity on a magazine cover or some website where the main goal was to sell me something. " That is so true! Spark is authentic



and realistic. You are awesome, have a great day!  
1451 days ago



**97MONTY**

Thanks for sharing your story  
1451 days ago



**CHAYOR73**

**AWESOME**  
thank you!!  
1451 days ago



**DEEGIRL50**

Oh, thank you for sharing your personal story. It pays to be in "such good shape." Glad you've got your guy still.



Dee  
1451 days ago



**TINARMOM**

Love it! (Although, the part that jumped out at me was "he cleans up").  
1451 days ago



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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.