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

Sunday, June 18, 2017

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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.

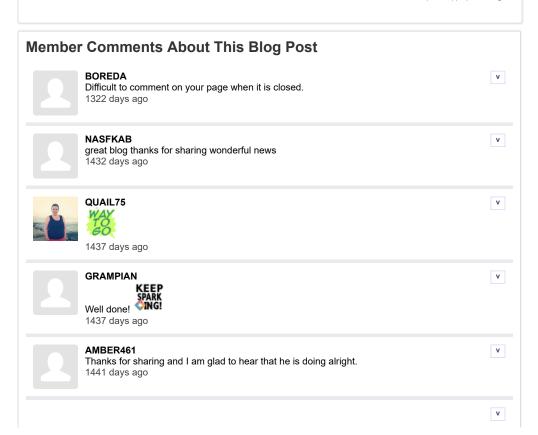
Happy Father's Day, Joe! We're glad you're still with us.

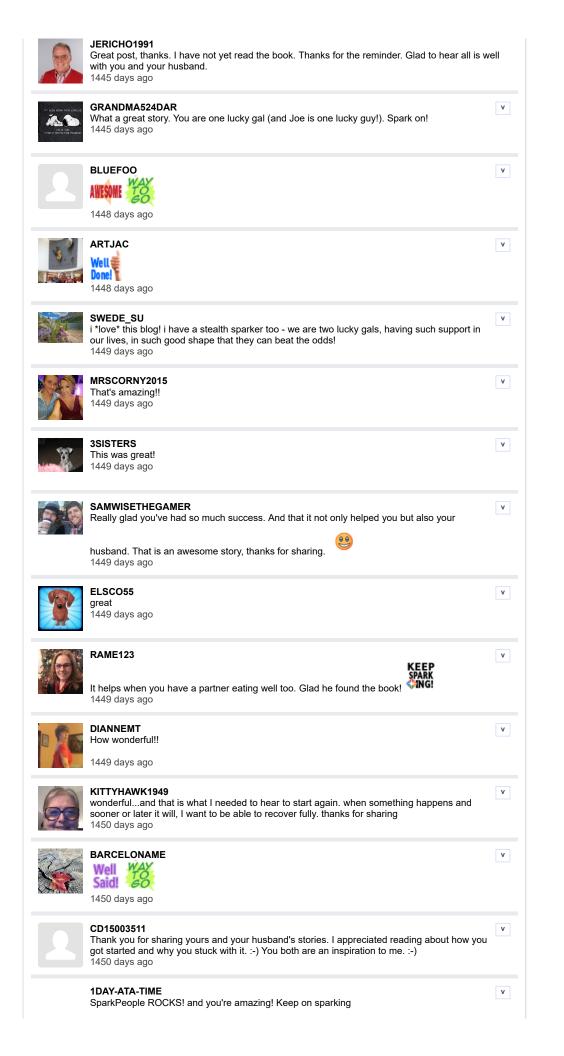


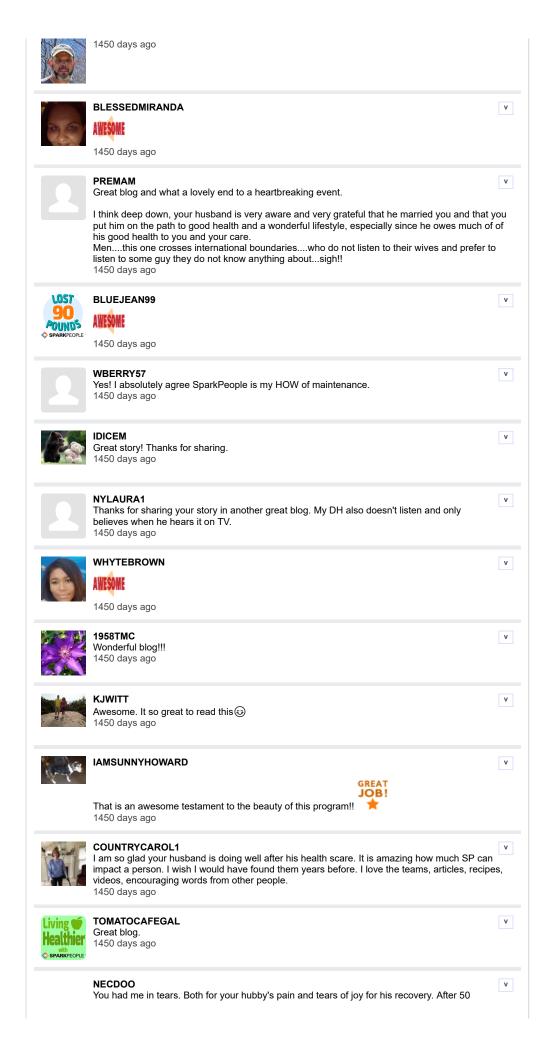
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years, I know you are so glad he is healthy and still with you!! 1450 days ago



#### 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**





1450 days ago



### NOLAHORSERIDER



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



#### SWEETENUFGILL

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



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

(6)	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 authen SPARK and realistic. You are awesome, have a great day! 1451 days ago	v
South Section 18 and The Section	97MONTY Thanks for sharing your story 1451 days ago	V
	CHAYOR73  thank you!! 1451 days ago	V
	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	V
	<b>TINARMOM</b> Love it! (Although, the part that jumped out at me was "he cleans up"). 1451 days ago	V
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	Veight loss results will vary from person to person. No individual result should be seen as a typic wing the SparkPeople program.	al