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Why spending time on Spark is different and more worthwhile than Facebook

Friday, March 03, 2017



"I have legitimate conversations with others about weight loss, health issues, the ups and downs of the journey. And for this - I have become stronger, I have become more motivated, I have become a better me!"

I didn't write that. I read it on a blog by VirginiaGirl "True Confessions of an Ex-FaceBook Addict"

www.sparkpeople.com/mypage_public_journal_individual.asp?blog_id=6327144

As I login here I know that the observations in that blog are EXACTLY why my time on Spark is well spent. There is a PURPOSE here which her blog stated so well.

Ironically, that said, my DD, sparker pianist Hayburner1969, made her European debut in Munich today. Guess where I had to be to see it? Yep, Facebook.

OK, it does serve a purpose if we ignore the drama and personal soap operas.

For connecting with family and friends separated by distance, FB is valuable, but to seek and maintain a healthy lifestyle, Spark is where it's at.

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PROVERBS31JULIA

Amen!! I spend far more time here than I do on Facebook!! I love it here!!
1490 days ago



BETHWISKOW

I like the support!! Sparky!
1548 days ago






KRISUA
true
1552 days ago



CMARTIN5383
I also agree in finding this app about a month ago that my time on Facebook is less & less & the network of people on here to be much more positive & supportive, with less of the drama & personally feel this has truly helped in my weight loss journey.
1552 days ago




DS9KIE

1552 days ago



JSTETSER
I agree with you! I post both on FB and spark. There is a world of difference in the responses!
1553 days ago



BONIFIANT
SparkPeople is definitely it for me and the only place I spend time.

Together
1553 days ago



SPARKFRAN514
I agree Spark is the best place to get support and spark tips for our healthy life style. i find i am going to Face book less my self . hope your daughters Hayburner1969 European debut in Munich went as she planned .
1553 days ago



CD15520036
Absolutely!
1554 days ago



NEW-CAZ


1555 days ago




DONNALEE-53

1555 days ago



LIVEDAILY
Spark is where it's at!!

1555 days ago




CHAYOR73

1556 days ago



SKYDRAKE
I have never been on Facebook. My extended family would give me a hard time saying if I can go on Spark, why not Facebook. But it is different and I don't think they would understand. Keep Sparking.
1556 days ago



MARTHA324

Firmly believe that being on Spark helps to keep me in maintenance.





1556 days ago



EGRAMMY

So true. And mostly for talking to myself !
1556 days ago



1STBUCKETITEM



I avoid FB also, only look at family photos and comment infrequently. SP is where it's



at!
1556 days ago



STARLITNIGHT



1557 days ago



AQUAGIRL08



1557 days ago



ALICIA363

Spark's focus is much more narrow, and therefore, more efficient. I appreciate that.
1557 days ago



TOMATOCAFEGAL

yet another reason to love SP. thanks for the reminder.
1557 days ago



JEANKNEE



I haven't found a need to establish a facebook account. And, hearing from others about the drama? Yeah. No need for that in my life nor do I wish to spend energy sifting through it.
1557 days ago



NEWROSE27



to your daughter on her European debut.
1557 days ago



PGBACK



1557 days ago

To your daughter!



SRENATA

Congratulations to your daughter! I'm a classically trained violinist.

Thank you for taking the time to read and leave encouragement on my blog. You're truly a Sparker!
1557 days ago



LIFEFOUNDONARUN

I so agree! I have loved ones on the east coast side of the states and FB helps bridge the distance with some of them. I do appreciate it for that reason. I also use it for business purposes as there are a few coaches I follow there and get a lot from those connections. Otherwise, I stay away from it as much as possible. That is so exciting to hear you were able to enjoy your DD's performance! I'm sure it was incredible. Spark is definitely where the motivation and support is. I find more inspirational members here every day. Thanks for sharing this and thank you for your thoughts on my blog today. I appreciated them!

1557 days ago





DAWNDMOORE40



GREAT! Facebook can be a positive place or a negative place depending upon what you do with it, but I do agree there has been too much drama lately! I have to admit I miss the phone calls and the personal letters I used to get in the mail! Those days seem like a distant memory! Now at Christmas I really love it because I will get personal newsletters from my friends and family! I

cherish those forever!
I ❤️ SP 🍪
1557 days ago



THOMS1



I ✓
Agree I ❤️
SP
1557 days ago



PATRICIA-CR



I ✓
Agree
1557 days ago



RUNSWITHDEER



I've never gone to FB. My personal stock in SP keeps growing everyday. Hey, thanks for the
blog love . Keep sparking!
#88!
1557 days ago



PRNCSCUP1-2FULL



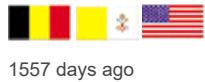
Yep!!
1557 days ago



GINIEMIE



Well said! FB is practical for keeping in touch with family stateside and across the seas, SP is
the place to be for information and support for healthy lifestyle and other things.
HUES 🧑🏻‍🤝‍🧑🏻
🙌



1557 days ago



JUNEAU2010



Well Said! I ✓
Agree
1558 days ago



MRDAUGH



FB does have its place, but I use it rarely. I don't have time for it. I'm so glad that you could use
FB to watch your daughter play Munich. What a thrill that must be.
WAY TO GO to you and VirginiaGirl

for starting this conversation.
😊
1558 days ago



NANASUEH



I ❤️
SP
1558 days ago



ELAINEB1972



I ✓
Agree
1558 days ago

KENDRACARROLL



Congratulations to your daughter! That's usually how I find out things too. Crazy kids!



Love my SparkTime. Definitely a good place to visit every day.
1558 days ago



LYNCHD05



1558 days ago



ANNIEONLI

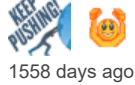


Yay for the DD!!! Congrats!! How exciting! And what you say is very true...the time spend on here is way more positive and productive than any of my other social media!

1558 days ago



AALLEY2



1558 days ago



NANCY-



Just like many things... it is all in how we use the tools.

1558 days ago



NELLJONES



1558 days ago



GARDENCHRIS



1558 days ago



CD4114015



Was there ever a question of this? I have a FB page but NEVER use it...mainly for my collie groups on there! BTW, I am looking for a collie puppy this year, if you hear of any let me know ok???



1558 days ago



MBPP50



1558 days ago



KRISZTA11



SP community is non-judgemental, supportive and kind, and the content is interesting, helpful and relevant to me - and that is not always the case on Facebook.

I open SP twice a day - I open Facebook every 1-2 months.

1558 days ago



BLUEJAY1969



I am totally with you on this! I update my status and wish my 28 family and friends a happy birthday on facebook but that's it! I occasionally read a few posts here and there when I'm as board as all get out but mostly just the reports of how others are doing.



1558 days ago



STRIVERONE



Absolutely! If I were only allowed access to one, I'd choose S.P. in a heartbeat.

1558 days ago



MCJULIEO

Too true!

1558 days ago



WATERMELLEN

Not on FB: love Spark.

And there's a link to an article on my blog today which gives me pause about FB-- political consensus shaping stuff is worrisome!
1558 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.