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A Salute to All the Younger Sparkers

Saturday, May 06, 2017



"No reason to apologize to me" I told the young mother ahead of me at the grocery checkout. She had a child by her side and one in the seat of the cart which I noticed was full of healthy selections (oatmeal not sugar cereal, produce etc.) There was some problem with an item and the clerk called for the customer service guy.

No one WANTS to wait.

However, as a retired person:

I have no boss to answer to. No job where I MUST show up or not be paid.
I don't have children to care for and who depend on me for their very existence

I do have a husband but fortunately he recovered completely from his brain surgery and can take care of himself. Anything I do for him is because I WANT to not because I HAVE to.

His tremendous medical bills were taken care of by socialized medicine (Medicare) sadly unavailable to anyone under 65 and by our supplemental insurance that fortunately can't deny benefits based on any "pre-existing condition" at least as of now.

We have a "fixed" income but through my volunteer work as the treasurer of Christian Ministries I KNOW this is higher than what many young families live on. DH and I had professional jobs with benefits currently unavailable to younger workers.

On Thursday we spent 8 hours on the train with Joe's sister after burying my MIL in NYC. Many in our age range (68-72) have conversations about our aches, pains and stiffness. SIL has sciatica but, as a retired doctor, knows what she needs to do for relief. Arthritis of assorted body parts affects just about everyone by age 70.

So we three would get up and walk the aisle and stretch and discuss the benefits of a healthy lifestyle. Our only regret is not having started sooner.

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We had a lot of time to reflect on our lives.

Oh yeah, we have to cook and clean, get the mail, pay the bills and walk the dog. Young people have to do all that too while WORKING and taking care of families.

Young people have medical challenges also, not only for themselves but many affecting their children. Just reading on Spark will make you aware of that. A blog yesterday by a young mother described the effect of having THREE children on the autism spectrum.

Many of you have left words of sympathy about our recent 3 family losses and kind words on my blog regarding my maintenance and fitness status. Thank you for your support. I really appreciate it.

However, as a retired person I have TIME to pursue a healthy lifestyle.

I want to congratulate you younger Sparkers, especially young women, who are seeking a healthy lifestyle while working, raising families and dealing with the stress that comes along with all that. It's YOU who I find inspiring. It's YOU that I admire most,

I want to encourage you to continue on that healthy path for yourselves and those you love. They and your future self will thank you for the extra effort you put in now.

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BOREDA

You are so right: we all begin to take care of ourselves in our later years when everything starts hurting, but we would do so much better if we started earlier.

1370 days ago



SIZE8NOTSOMUCH

I am looking forward to that chapter to be here soon, 3+ months and counting, I do hope I make wise decisions...

1450 days ago




JERICHO1991

Thanks for the reminder to take good care of myself now for my future self.

1467 days ago



CD16313034

 I have 2 kids on the spectrum one more severe than the other. Hard to manage life sometimes. thanks for posting this

1480 days ago





SPARKFRAN514



1482 days ago



AMBER461

Thanks for sharing.
1484 days ago



TOMATOCAFEGAL

Totally agree. Thanks
1487 days ago



SCHYLURD



1488 days ago



LOSEDAPOUNDS



1489 days ago



CD13423552

Great blog, I'm in my mid-fifties and want to make sure I'm healthy and fit well into an old age and able to enjoy my retirement when I get there! I too wish I had started earlier, but it's never too late!

1490 days ago



KACEYSW

Well stated!
1491 days ago



POLSKARENIA

Great blog. I found I had less time to snack when I worked full time and usually kept fit with all the stairs I climbed as a teacher, having classrooms on the second floor (3rd storey) of Victorian buildings with no lifts (elevators). These days, I enjoy the time I have to select my meals and fitness routines...

1491 days ago



BLUEFOO



1491 days ago



MMEQUEEN

Thank you for the wonderful post!
1491 days ago



JSTETSER

Well Said!
Thank you!
1491 days ago



CRADLEY

Thank you for sharing your story and recognizing how hard young parents work for their families. I wish I had started earlier. I'm hoping to make up for some lost time, now that my children are grown and I have more time.

1492 days ago



NASFKAB

great blog thanks for sharing had 5 pregnancies in 9 years but only have 3 adults now but it was good for your positive post
1492 days ago



MARYM1962

absolutely! I look back on the years when raising my children and I am just thankful that I made it to where I am now. I didn't find or start on SparkPeople (or any other program) until my children were grown - I SHOULD have been on one back then. Kudos to anyone who is working, raising children, etc, etc, etc, and still finding the time to try to live a more healthy lifestyle

1492 days ago





SUSANSKI



This was a nice blog.
I raised my little ones all close together (9 within 13 years) and found it very hard to stay fit. I gained my weight during my Mommy-ing years, though it was just a bit at a time. It was very hard, especially with a husband who had a bad back and couldn't get out and walk and just be active with the family generally.
It's important to encourage the young parents. And to HELP them.
1492 days ago



VIVICHAMPERS



I am one of those Moms. Thank you so much for your encouragement!
1492 days ago



ROBBIEY



Awesome observations.Well said
1492 days ago



LINDA!



What a great blog. I am also retired and know that starting early helps. I started exercising in my 20s and fell in love with walking, gyms, etc. I am not at my goal weight (8 pounds away.) Whether it helps you physically or mentally exercise is a necessity.
1492 days ago

Comment edited on: 5/8/2017 8:44:43 PM



DANAPRIME



Well Said!

1492 days ago



CD3409143



Yeah its pathetic how bad the job situation is now especially for my kids. My daughter made the dean's list in college and has only had part time/ temporary jobs since she graduated a couple of years ago, My son was laid off from his job for over a year and just got back on for a period of 2 months so I guess they like him (now working mandatory OT) but still won't know if they will keep him on after the period. Terrible. No benefits for either one. The daughter only manages because she lives rent free at home. The son's wife has worked 2 jobs and no kids (I am glad for that as I know the stress of having to raise kids and no job), I wish we lived in a world where everyone who wanted to work could find meaningful, rewarding work in their chosen field and everyone had enough to cover their needs.
1492 days ago



CINDY247



Thank you for sharing your thoughts!
I agree with you on the many things you have written about.
Thank you for opening my eyes to these truths.
I needed to be reminded of this, especially now as I am getting older.

Well Said!

KEEP SPARKING!

1492 days ago



BECCA315



KEEP IT UP!

1492 days ago



BUTTONPOPPER1



What a great blog! Your kind, generous salute to young Sparkers brought tears to my eyes.

I ♥ SP

1492 days ago



MOM1014



Excellent blog and I found myself agreeing with every word. Well said and thank you for posting this.

Everyone could use  and  (not necessarily in that order)

Lee
1492 days ago



TPETRIE

Thank you! I too am retired and I understand where you are coming from. You are so right, I exercise daily sometimes I go for a walk and other times I put the oldies on and dance around the



house.

1492 days ago



LIVEDAILY



1492 days ago



PHHHISC



1492 days ago



GRATTECIELLA

It's wonderful to feel this level of gratitude for your many blessings. I am one of the busy young mothers you write about - and it's important for me to feel grateful too! Thank you for sharing this!

1492 days ago



BURBANOVSKY

Wow! Thank you.

And even though you wished us well, you deserve all the kind words and motivational tips too. Don't undermine your efforts b/c while you don't have the trials and tribulations of a young woman's life, you have your own of a person your age.

Way to go and keep up your great efforts too!

1492 days ago



ARTJAC



1492 days ago



FAITHP44

What a fantastic blog. Thank you so much for sharing.

1492 days ago



LIVELYGIRL2

it's amazing how great your outlook is. I truly respect it on many levels. First of all , it's hard to be focused during such losses.

I often see things about how younger people should respect the older generation. I do like it, that you have made some good positive points of the other side. I hear plenty of complaining. It does make it harder to do the right things while raising children, care-giving, or work. It's fine to see what the younger ones and everyone are going right.

The main deal we should applaud to anyone here, they are working on it, or at least considering their choices

I would say our attitude can either improve our health, or at least ones attitude and outlook.



Thank you!

1492 days ago



KACEYSW

You are well-blessed!

1492 days ago



AJAYZCHAOS



1492 days ago





LSI14



I am another retired person who wishes I had started on a healthy path much sooner. At least now I really do have the time to spend on it as long as God lets me live!!
1492 days ago



DINIE123



Wonderful encouragement. It made me feel good when I read it.
1493 days ago



CHAYOR73

What an awesome blog!!
1493 days ago



TOMATOCAFEGAL

WOW, YOU HIT THE NAIL ON THE HEAD. AWESOME BLOG.
1493 days ago



JPPERSELL

I agree with everything you said wholeheartedly. I just pray that the new healthcare bill will include something for pre existing conditions. My heart breaks for those who may lose their health insurance now because of this. I also would like to say that I love the younger Sparkers. They truly motivate me because of their challenges they face and their perseverance to lose weight! Go get 'em tigers!
1493 days ago



TAGSUIT2



Great looking out for the younger peoples!
1493 days ago



ALIHIKES

What a great blog! So true
1493 days ago



KELLIEBEAN

So true. I bow down to women with children, jobs and sometime elderly parents to care for. My kids are self-sufficient adults and my dad is healthy for 74. I'm sure that's due to working as a mail carrier his whole life, walking many many miles in his career.

My mom was the one that suffered the majority of her life. She had the sedentary jobs and had little interest in a healthy diet. That's just how she grew up.

Every time I don't feel like doing a workout, don't want to take the time to stretch or do my yoga or watch my healthy portions, I think of mom and how maybe her last years would have been easier. Maybe she'd still be here even.

Great thought-provoking blog!
1493 days ago



MSLZZY

Words of wisdom and an inspiration to all. Thanks for sharing! HUGS!
1493 days ago



JVANAM

Say one good thing about yourself and your body every day. You'll come to believe it.
1493 days ago



MARIELLE1944



I agree. I am 73. Bless the young!

1493 days ago

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