CHALLENGES



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What I've learned from 10 Years of Maintenance

Tuesday, November 26, 2019



You can maintain even if you travel a LOT! (Photos below of our 5 trips so far in 2019, #6 coming up in December)

I always gain weight when traveling (3-4 pounds on each 2-3 week trip) Why?

Because eating the local food is part of the experience for me and I NEVER want to feel deprived.

When in Germany I eat the strudel.

When in Italy, I eat the pasta.

When in France, I eat croissants.

Eastern Europe? Pirohi and haluski and goulash and kolach (sweet stuff)

Peru, Equador, Caribbean... You get the idea.

When we come home, Joe and I get on the scale and get right back to those Spark Principles.

Back to home cooking with healthy ingredients

No mindless snacking

Back to our regular level of exercise which is definitely greater than the "walking everywhere" of our traveling days

Continue to weigh every morning in our PJs until weight is back to normal

Here's a look back

January - Mexico & the Caribbean (snorkeling in Honduras)



March – Munich (with family), Venice, & Malta (on our own)

Daughter Jeannie (Hayburner1969) was invited to perform in a "Piano Marathon" at the Gasteig Concert Hall in Munich

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Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021

Avoiding Our Wedding Anniversary - 6/4/2021

Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021

Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021

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Joe & I went on to Venice (St Mark's Square)



and Malta (following my Dad's WWII diary and recreating his photos) Barrakka Gardens 1944 & 2019) – it's even the same fence





June – Barcelona, Nice & Rome (3 generations of family)
10 of us at Pompeii. 1 grandson missing from the photo.
Mt Vesuvius is in the background. We climbed it later in the day
My Dad wrote in his WWII diary about watching the eruption in 1944 from his ship in the Bay of Naples



August-September – Alaska & Pacific Northwest Very lucky to see Mt Denali on a clear day



October – 5 countries of Europe (Belgium, Germany, France, The Netherlands, Switzerland) This is the "German Corner" in Koblenz – the confluence of the Rhine and Mosel Rivers



December – Romania, Hungary and Christmas in Paris
We will attend the World Premier of an Opera celebrating the 30th anniversary of the Romanian
Revolution (The director of my chorale is the composer) and tour the country
Hungary (Our 6th visit to Budapest, but it's a fantastic city that we love)
Paris and Christmas Markets on the Seine

One challenge during our travels – what about the calories in alcohol? Avoid the mixed drinks. Only good local beer at lunch and never in those huge steins Wine with dinner – CHEERS!



Best wishes to all for a very happy and healthy holiday season and thank you for remembering my maintenance anniversary. I owe a lot to Sparkpeople

Eileen

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Member Comments About This Blog Post



JUDYD207

Great blog.

381 days ago



JUNEAU2010

How absolutely fabulous! I like your balanced perspective = a great example for me! Travel safely and sanely and have fun!

521 days ago



ОНМЕМЕМЕ

٧ How Awesome!!! Both the maintaining and the traveling!!! I am envious! Lol I just recently reread our Sparkmail correspondence from 2 years ago about your cruise travels. We haven't done it yet but are recently revisiting the conversation. Are the travels you mentioned here by cruise? Groups? Travel agents?

I get totally freaked out thinking about traveling abroad!

Keep living the good life! 522 days ago



FUNLOVEN

Happy 10th Anniversary! It is so good to see that you are still connected to Spark People even though you are out in the world living the Good Life. Can't wait to see what 2020 brings you! 524 days ago



KWOOD1955



534 days ago



1STBUCKETITEM





547 days ago



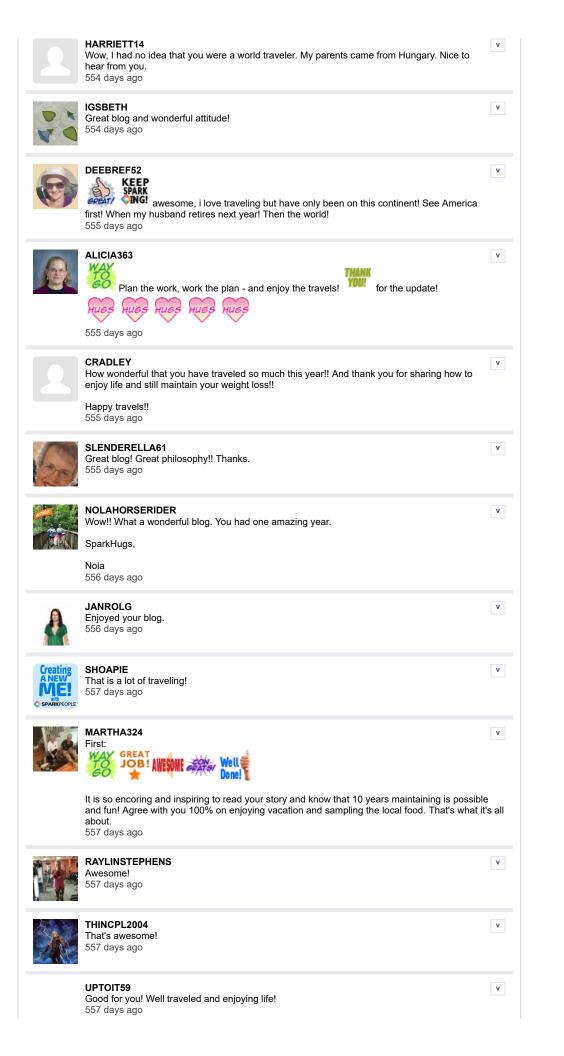
How wonderful that you are able to travel to so many places. Loved all the pictures and that you are using your dad's journal as a guide. ENJOY!! 553 days ago

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Great blog. Glad you are living the great life and still maintaining.



557 days ago



CHERYLHURT

We travel most of the year too!





CD13647113

I love your post making me believe that living a normal varied life is actually possible to do without gaining weight.

557 days ago



PAMBACH

Excellent! 557 days ago



MAREE1953

Wow, you are on the go!! Congratulations on living the life you want to live and maintaining your health so that you can do it!

557 days ago



GETULLY

Amazing life of travel you have!

557 days ago



What a wonderful set of travels and maintenance tips for travelers. Thanks for sharing!

557 days ago



ANNIESADVENTURE

٧ How wonderful to visit the places where your father was in WWII. So special. Lovely that you could attend the concert when your daughter performed in Munich. Great blog. Fun to travel along with you. Great perspective on enjoying the food and getting back to normal eating at home.

557 days ago



NDCAROL

Wow! What wonderful trips! Thanks for sharing with us.

558 days ago



PAMBROWN62

Excellent. I think you have created the recipe for a successful journey and maintenance. Life is meant to be lived and enjoyed.

558 days ago



GO_GAL_GROW



This is an awesome blog, full of life, thanks so much for holding the light on the path to

health by being such a shining example! Love this blog! You Rock! 558 days ago





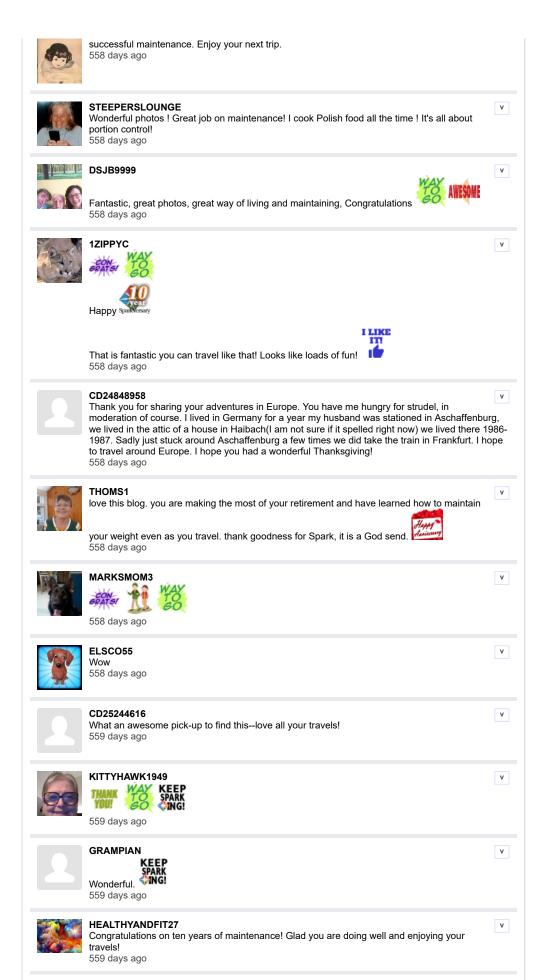
WALKINTOFIT

O! my thank you for sharing your pics, I know I won't b traveling any time soon.. Awesome on

maintaining! 558 days ago

BONIFIANT

You have seen and experienced a lot of history in your travels. Many congratulations on your



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PHATPAT18

Lovely! 559 days ago

