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What I've learned from 10 Years of Maintenance

*Tuesday, November 26, 2019***Voted Featured Blog Post**
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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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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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JUDYD207

Great blog.
381 days ago



v



JUNEAU2010

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

v



OHMEMEME

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

v



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

v



KWOOD1955

AWESOME
534 days ago

v



1STBUCKETITEM

KEEP SPARKING!
547 days ago

v



DEE797

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

v



HARRIETT14

Wow, I had no idea that you were a world traveler. My parents came from Hungary. Nice to hear from you.

554 days ago



IGSBETH

Great blog and wonderful attitude!

554 days ago



DEEBREF52



awesome, i love traveling but have only been on this continent! See America first! When my husband retires next year! Then the world!

555 days ago



ALICIA363



Plan the work, work the plan - and enjoy the travels!



for the update!



555 days ago



CRADLEY

How wonderful that you have traveled so much this year!! And thank you for sharing how to enjoy life and still maintain your weight loss!!

Happy travels!!

555 days ago



SLENDERELLA61

Great blog! Great philosophy!! Thanks.

555 days ago



NOLAHORSERIDER

Wow!! What a wonderful blog. You had one amazing year.

SparkHugs,

Nola

556 days ago



JANROLG

Enjoyed your blog.

556 days ago



SHOAPIE

That is a lot of traveling!

557 days ago



MARTHA324

First:



It is so encoring and inspiring to read your story and know that 10 years maintaining is possible and fun! Agree with you 100% on enjoying vacation and sampling the local food. That's what it's all about.

557 days ago



RAYLINSTEPHENS

Awesome!

557 days ago



THINCPL2004

That's awesome!

557 days ago



UPTOIT59

Good for you! Well traveled and enjoying life!

557 days ago





JACKIEWALKS4FUN



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



557 days ago

v



CHERYLHURT

We travel most of the year too!

557 days ago

v



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

v



PAMBACH

Excellent!

557 days ago

v



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

v



GETULLY

Amazing life of travel you have!

557 days ago

v



RHVICK

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

557 days ago

v



ANNIESADVENTURE

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

v



NDCAROL

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

558 days ago

v



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

v



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

v



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



v

BONIFIANT

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

v



successful maintenance. Enjoy your next trip.
558 days ago



STEEPERSLOUNGE

Wonderful photos ! Great job on maintenance! I cook Polish food all the time ! It's all about portion control!
558 days ago

v



DSJB9999

Fantastic, great photos, great way of living and maintaining, Congratulations
558 days ago



v



1ZIPPYC



Happy

That is fantastic you can travel like that! Looks like loads of fun!
558 days ago



v



CD24848958

Thank you for sharing your adventures in Europe. You have me hungry for strudel, in moderation of course. I lived in Germany for a year my husband was stationed in Aschaffenburg, we lived in the attic of a house in Haibach(I am not sure if it spelled right now) we lived there 1986-1987. Sadly just stuck around Aschaffenburg a few times we did take the train in Frankfurt. I hope to travel around Europe. I hope you had a wonderful Thanksgiving!
558 days ago

v



THOMS1

love this blog. you are making the most of your retirement and have learned how to maintain

your weight even as you travel. thank goodness for Spark, it is a God send.
558 days ago



v



MARKSMOM3



558 days ago

v



ELSCO55

Wow
558 days ago

v



CD25244616

What an awesome pick-up to find this--love all your travels!
559 days ago

v



KITTYHAWK1949



559 days ago

v



GRAMPIAN

Wonderful.
559 days ago



v



HEALTHYANDFIT27

Congratulations on ten years of maintenance! Glad you are doing well and enjoying your travels!
559 days ago

v

PHATPAT18

Lovely!
559 days ago

v



GODSBEST

Great traveling. Looks like you are having lots of fun.
559 days ago



Comment edited on: 11/28/2019 7:44:53 AM



PLCHAPPELL

Great travel experience
559 days ago



LIS193



559 days ago



AZMOMXTWO

this is so awesome I am so glad that you are able to travel and have a good time and maintain your healthy weight
559 days ago



KRISZTA11

Oh Eileen, I'm so happy to hear from you!
I'm glad to hear about your active, healthy and happy life.



560 days ago



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