



# BROOKLYN\_BORN

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## 11 Years of Maintenance – “Back to the Future” Spark Edition

Tuesday, November 24, 2020

How ironic to be celebrating maintenance the very week we are being urged to celebrate with food.

While I can't travel to my alternate future like Marty McFly in that 1985 movie, I can imagine where would I be now if I hadn't had that AHA moment nearly 12 years ago.

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Where would I be today if I hadn't found Spark People?

I had ignored the pounds added year after year, decade after decade. With forgiving fabrics and the sizing creep of the fashion industry (see note at end), I even continued to wear the same size while my measurements continually INCHED upwards (pun intended). I just accepted weight gain as an inevitable part of aging.

If I hadn't found Sparkpeople:

I would have continued on the same path and now would be dealing with even more weight to lose. Dragging around extra pounds would likely have resulted in a reduction of my activity level accelerating the weight gain pace even more.

I certainly would have given up running by now. My grimace-like smile in the above photo after my slowest 5k time ever, was me wondering how to turn things around.

I would not have realized that every extra pound translates to at least 4 pounds extra pressure on my knees. So by now the extra weight would mean about 160 pounds of extra pressure that my joints had to

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absorb with each step. Not a good thing at age 73.

I would have continued to assume that I was consuming the proper amount of calories. After all, I was running 20-30 miles per week and cross training at the gym. I needed 4 slices of pizza, right? I'm sure I'll burn it off.

I would have continued to assume my portion sizes were appropriate even as I scooped my ice cream into a soup bowl and my plate of spaghetti looked like Mt. Vesuvius.

I would have become an "active couch potato" after retirement. That's a person who does a workout and then sits around all day. Without job responsibilities I can see myself "resting on my laurels" because of my morning workout and rewarding myself with TV and snacks. Now I understand that I need to move some throughout the day and the nutrition tracker makes me face facts.

Fortunately, I DID find Spark People. Maintenance requires diligence, but it's definitely preferable to year after year of weight gain and the cumulative effect on my life.

My only regret is that it took me so long to confront reality. It's amazing to me that in all those years I never seriously tried to lose weight. You would think that at least I could have figured out how to stop gaining.

So if you recognize yourself in any of the scenarios of my former self, it's never too late to turn things around. Your future self will thank you.

I realize that my story may not seem as impressive as those who have lost huge amounts of weight and faced physical and life challenges. However, my continuous gain as I aged from age 35 to 60 happened even though I was extremely active and fit and my only beverage was water. So the "easy" advice often given "to move more and drink water" didn't apply to me.

Note: Measurements for Size 10

The 1960s – 32.5, 25, 34.5

Today - 38, 30, 40.5

The fashion industry did me no favors by padding their bottom line while I padded my bottom.

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## Member Comments About This Blog Post



**HOLLYM48**

I thought I had commented on this, but I think I read it at work and then forgot to stop back that evening at home!

Congrats on 11 years of maintenance! It is absolutely not an easy accomplishment as I really think that maintenance is the toughest part of the journey because it is for life! You are a true inspiration and I am so glad you are back and blogging! It takes a village to maintain this lifestyle and I know that I have thrilled beyond words to be part of the village. The support and love here is extraordinary and it makes me want to keep on doing my best to keep up with all of my friends.

Congrats and wishes for many more happy and healthy years here on SP!

192 days ago

v



**NANANANA**

You have explained why I still/again wear a 14-16. It wasn't logical that I could be heavier and still wear the size I wore years before.

When I was doing aerobics, I wore 'nothing bras'. They had a narrow band in back and stretchy cups. I didn't need support then. After many years, I happened to look in the mirror. Shock. the cups had stretched so much they were transparent. Definitely needed replacing.

192 days ago

v



**BJAEGER307**

on your 11 year maintenance. That is quite a feat in itself. I want to someday join you in that club. I'm working on it, but not there and kicking myself every time I let myself get distracted from my end goal. Time is moving on and as it goes on I am wasting precious time on excuses of why not to.

v

Thanks for your insightful blog today. I truly appreciate it.  
192 days ago



#### HEALTHYANDFIT27

Congrats on all your maintenance years! Cheers to you! Thank you for the inspiration!  
192 days ago



#### POLSKARENIA

Thanks for a great blog. All too easy to be an active couch potato.... as for vanity sizing!!  
193 days ago



#### PATRICIAANN46

So Very **Well Said!**

Congratulations on 11 years of maintenance and Thank You for being so honest and for being such a wonderful inspiration.  
193 days ago



#### JANBROS

**THANK YOU!**  
194 days ago



#### RSWIFE

Congratulations on your 11 year milestone! Ten years ago I lost seventy pounds and I was running 5 miles daily. Life changed and I made excuses to stop. Now here I am trying to come back and it is so much harder on my knees. Six months in and the weight is hardly budging. I am so sorry I took that time away from spark people. You made me realize that it is possible to keep it off. From one Brooklyn Born person to another, "Way to Go."  
194 days ago



#### BEESHELL8

love to see your blog featured! Please keep writing. You always have something useful and interesting to say!  
194 days ago



#### MSMOSTIMPROVED

Thank you for such an inspirational blog!! This is so timely considering how we are celebrating and food is everywhere right now. The pounds certainly can creep up so easily. Best wishes on your continued success with SPARK!!  
194 days ago



#### OHMEMEME

**SOFT FRIEND**  
194 days ago



#### THOMS1

Congratulations on your 11 years with maintenance! I weighed 350 when I found spark and was not active, sitting behind a desk and eating all of the wrong foods. Now it's a different story. I am active and have learned how to eat much differently. Sometimes like today Thanksgiving it's harder and takes more discipline but it's only one day and just one meal. Have a good



Thanksgiving even though our loved ones are not present.  
195 days ago



#### JAMER123

**AWESOME**  
message. A story similar to mine at the beginning. I am still working on losing and no matter how long it takes, I will have success.



195 days ago



#### GEHUGHES

Congratulations on your maintenance!  
195 days ago





**THINCPL2004**  
Awesome message!  
195 days ago



**LINDA!**



Great message.  
195 days ago



**AZMOMXTWO**  
I never realised how much they changed the sizes

wow I really do feel better about wearing 2 sizes smaller now  
not really  
195 days ago



**KELLIEBEAN**  
Congratulations maintenance buddy! You are an inspiration!

I hope you have a beautiful Thanksgiving!  
195 days ago



**SHAKERATTLEROLL**



195 days ago



**1DAY-ATA-TIME**  
Well said. Congrats on 11 years of maintenance! Thank you for the inspiration and thank you for being a part of SparkPeople!  
195 days ago



**MAHOLMAN1**  
I am 75 now and have been through the creeping changes. My measurements have changed also. My weight has not changed that much but the fat has rearranged. My legs and arms are skinny and my core is larger. I try to maintain my same weight thru the holidays but I need to do more exercise.  
195 days ago



**ALICIA363**



195 days ago



**GRANDP**



196 days ago



**INCH\_BY\_INCH**



196 days ago



**QUARTERMASTER3**



196 days ago



**PRIMEOFMYLIFE**  
Congratulations! Great blog. My aha moment came this year, at age 62. It is never too late! Now that I've lost 60 lbs, I went shopping for new pants. Imagine my surprise that even dress pants are slip-on, stretchy pants with no zippers or buttons.



The daily involvement with SP is certainly the accountability piece that is helping making this journey a success. Congratulations! You are an inspiration on how to keep it off long term. Thank you.



196 days ago



**BCHARIE**

You have always been a great inspiration. I celebrate the accomplishments with you. Have a very blessed Holidays.....without the eating.



196 days ago



**RACHNACH**



196 days ago



**HUBBARD9644**

Your story is very inspiring. Congratulations on your eleven years of maintenance. Taking control throughout the entire day by moving, mindful eating and exercise will promote a better lifestyle. Thank you for the reminder of an active couch potato, it would be easy to fall into that



during the winter months.

196 days ago



**HAYBURNER1969**

Good reminder about vanity sizing and it's not doing us any favors. I wonder how much more it will continue to go up?

196 days ago



**GETULLY**

The fashion industry is only concerned with vanity! I wish womens' clothes were sized like mens'. The number on the slacks is the waistband not some fake number '6', '12', '24'!

196 days ago



**IDAEVE**

Thanks for your blog. Congratulations on maintaining for 11 yrs. Very good testimony! So true about one thinking 4 slices of pizza won't have an effect on ones weight loss! Been there. This SP



site has for sure helped me to stay in check over the last eight years.

196 days ago



**RUTHIEBEAR**



Your story is inspiring.



196 days ago



**UPTOIT59**

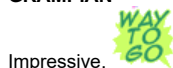
Congratulations on your anniversary! It is quite an achievement!



196 days ago



**GRAMPIAN**



Impressive.

196 days ago



**RHOOK20047**

You are such an inspiration to us all. I wish I had your drive and determination.

196 days ago



**PLCHAPPELL**

Congratulations

196 days ago



**KATTHOMAS2**

Congratulations on 11 years! I find your story every bit as impressive as those telling of much larger weight losses. The commitment is the same for everyone and you inspire me to keep going.

196 days ago



**LIS193**

Great blog! Yes.. I dread to think what it would be like if I hadn't found a plan that worked for me and then SparkPeople to help me stay the course..

Clothing sizes are all over the place and now we moved to Europe, I have to get used to a different



system again.. I carry a measuring tape in my purse, very handy especially with all the fitting rooms closed!



196 days ago



**KITTYHAWK1949**



196 days ago



**MARYJEANSL**

I'm with you - I really hate vanity sizing. Turns out it's worse for companies that cater to overweight women. My size at Walmart is normally 1X/2X. My size at a company that targets 'fat' women is a 14. 14!!!! I haven't been a size 14 since high school.

196 days ago



**MTN\_KITTEN**

You are very, very impressive.

If only I had paid more attention to me, my behavior, my self-sabotaging relationship with food at 10 pounds over goal. 20 pounds. 30 ... I wouldn't have ended up 115+ pounds over my best fighting weight.

Thank you for sharing.



196 days ago



**2BDYNAMIC**

More from me. Read again. Didn't want to miss something. 😊 ...I think your story IS

impressive! ...



..You were honest enough to see what changes needed to be made, then followed through! ...I commend you for doing what it takes...to now Celebrate eleven years in maintenance! ...Inspirational and impressive! ...Great job!! 👍...👏...🏠...

196 days ago



**SPEDED2**

Happy Sparkaversary! 11 years of maintenance is quite a feat! Creeping sizes, tv commercials loaded with fast food ads, and all myriad other food/eating triggers. The tracker is definitely an added bonus of Spark.

Yours is a marvelous story of determination and success. Thank you for sharing.

196 days ago



**ALEXSGIRL1**

happy spark anniversary Hugs

196 days ago



**DARLENEK04**

Congratulations on your Sparkaversary and your successful overhaul.....you are awesome.

Sure glad we met.....

196 days ago



**HARROWJET**

Congratulations on your Spark anniversary. I'm happy we both found this site.

196 days ago



**DOVESEYES**

Congrats it was great to find you when I joined and to go for it after seeing your wonderful achievements :)

196 days ago



**NASFKAB**

Great post so positive & also so inspirational. Spark has added a lot to our lives.

196 days ago



**KENDRACARROLL**

SparkPeople has been my trusty companion for over 13 years.





And while it seems like I'm always battling 'the last 10' I am able to hold on to an acceptable weight.  
Congratulations on 11 years of maintenance!



196 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.