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# When I find myself going down the wrong path, Spark brings me back.

Tuesday, November 03, 2020



Just like a GPS "recalculating, recalculating" (quite literally thanks to the trackers)



Since COVID upended our lives and before returning to Spark my day began checking the virus stats in my area and the places where my family live. Since Joe and I are in the vulnerable age group and even are blood type A (30% more likely to require hospitalization if infected), all our normal activities ended.

While I was still technically in maintenance, I could feel myself headed in the wrong direction. Since I weigh myself every morning, the scale verified this. Only small gains but exercise was not enough to turn it around. I recognize this trend. It will NOT end well.

Fortunately, my DD (Hayburner1969) who introduced me to Spark nearly 12 years ago suggested I return.

It's been 58 days and what a difference.

Not just in my weight but in my recommitment to a healthy lifestyle.

One of the activities in our 5% Challenge team is to plan a wake up routine to set ourselves up for a good day. Many ways to do this. I am learning to resist the temptation to pull the covers over my head in a "oh no is it still 2020?" response.

Our Fall Theme is 'Challenge yourself to make the rest of the year, the best of the year. I will get through 2020 well prepared for 2021! That is exactly what I plan to do.

Finally, a shout out to Alexgirl1 whose blog last week inspired my thoughts today.

www.sparkpeople.com/mypa ge\_public\_journal\_individu al.asp?blog\_id=6713006

and also to Kaliswalker whose invitation to join the 5% challenge upon my return to Spark introduced me to new aspects of this journey

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AND she is celebrating losing EIGHTY (yeah 80) pounds

www.sparkpeople.com/mypa ge\_public\_journal\_individu al.asp?blog\_id=6713398

Even staying on the straight path can be a bumpy ride both physically and emotionally – many ups and downs



I still check the virus stats every day. Just like acknowledging my weight on the scale. I find a reality check preferable to putting on a fake happy face and retreating into denial. I will face the truth but also ignore distractions and keep my focus.

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#### SAMMILESSACH



I know it's been a while since this was written, but I saw the title and had to read.

It took me a while to fully recommit to Spark but so glad I have. Not a huge weight loss yet, but it

will come.

So far 2021 has been more stressful for me than 2020.

But as long as I have internet I'm 100% Sparked!

Great story, thank you. 115 days ago



#### BESSHAILE

Yes. Spark is a part of my comfort routine, probably more than anything else. So many of us have had that sense of slipping away from the world of healthy choices. Almost as if - by working so hard to stay away from one bad health situation we sort of gave everything else a free pass.

LOL - Thanks for today's bloglove, btw. I did think of Dr. Seuss and Sam I-am. 99% of the time there are no cookies in my house - well - in about an hour there will once again be no cookies in my house

Big hugs, sweetie 213 days ago

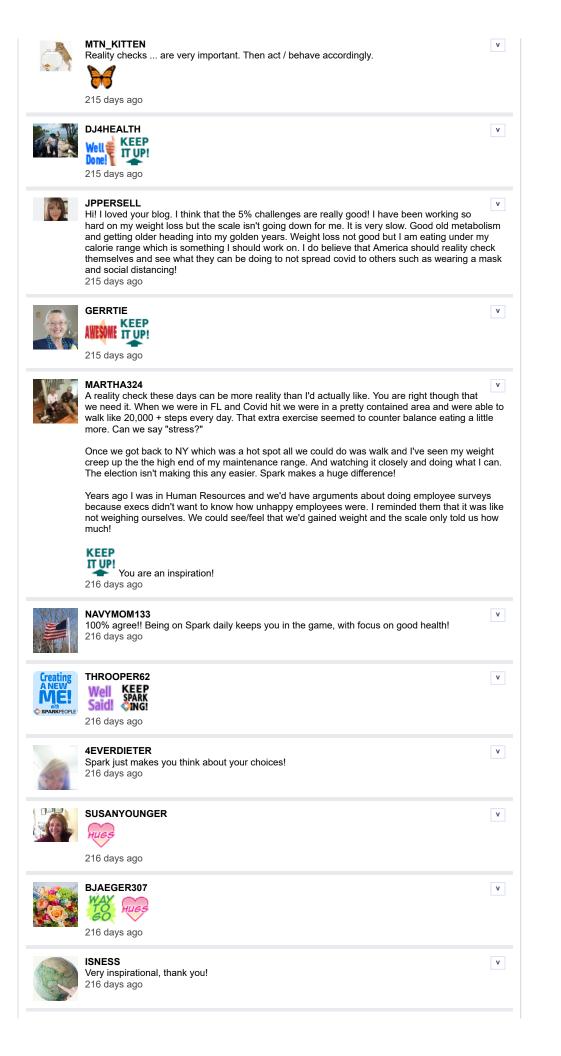


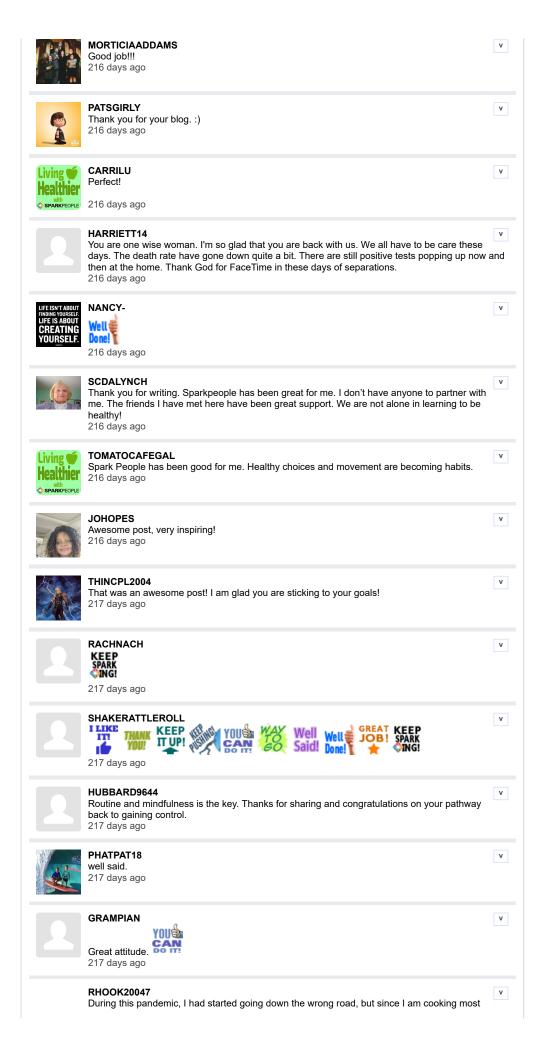
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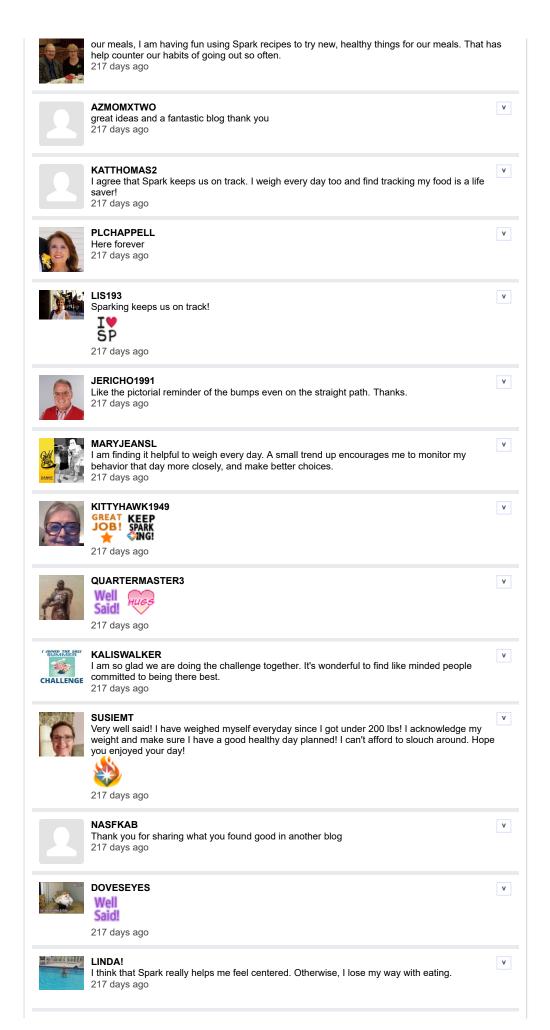


214 days ago

V







8	<b>ALEXSGIRL1</b> yes spark keeps me on the right path again and again glad i inspired you to write this great blog that will help many 217 days ago	V
Every (Accomplishment starts with the decision to try.	SHAWFAN Well Like Said! 217 days ago	V
(UNTERCIN)	KURTZIE1998  I really liked your blog, it is a eye opener, Thank you, and keep sparking.  217 days ago	V
	PRIMEOFMYLIFE Recalculating so true! That daily check- in with SP is my daily reminder of honest accountability.  There is no short cut; a total buy-in is required and necessary.  Thank you for sharing other encouraging SP bloggers. It's always great to find a new inspiration 217 days ago	v on.
	JVANAM Superb insight. Your traffic sign look like the 278 / 495 exit of the Koscuiuszko. Next stop HELL. ~Jim 217 days ago	V
	KOHINOOR2  WAY KEEP SPARK ING! 217 days ago	V
	PEGGYO  217 days ago	V
NY 42 2 M.	WOOFERCOALBOY I hadn't heard that type A was more dangerous - I am too, though neg instead of positive.  217 days ago	V
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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.