



# BROOKLYN\_BORN

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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)



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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/mypublic\\_journal\\_individual.asp?blog\\_id=6713006](http://www.sparkpeople.com/mypublic_journal_individual.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\\_individual.asp?blog\\_id=6713398](http://www.sparkpeople.com/mypa_ge_public_journal_individual.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**

V

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**

V

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



**CORRIEC2**

V

**Well Said!**

214 days ago



**MTN\_KITTEN**

Reality checks ... are very important. Then act / behave accordingly.



215 days ago

v



**DJ4HEALTH**



215 days ago

v



**JPPERSELL**

Hi! I loved your blog. I think that the 5% challenges are really good! I have been working so hard on my weight loss but the scale isn't going down for me. It is very slow. Good old metabolism and getting older heading into my golden years. Weight loss not good but I am eating under my calorie range which is something I should work on. I do believe that America should reality check themselves and see what they can be doing to not spread covid to others such as wearing a mask and social distancing!

215 days ago

v



**GERTIE**



215 days ago

v



**MARTHA324**

A reality check these days can be more reality than I'd actually like. You are right though that we need it. When we were in FL and Covid hit we were in a pretty contained area and were able to walk like 20,000 + steps every day. That extra exercise seemed to counter balance eating a little more. Can we say "stress?"

Once we got back to NY which was a hot spot all we could do was walk and I've seen my weight creep up the the high end of my maintenance range. And watching it closely and doing what I can. The election isn't making this any easier. Spark makes a huge difference!

Years ago I was in Human Resources and we'd have arguments about doing employee surveys because execs didn't want to know how unhappy employees were. I reminded them that it was like not weighing ourselves. We could see/feel that we'd gained weight and the scale only told us how much!



You are an inspiration!

216 days ago

v



**NAVY MOM133**

100% agree!! Being on Spark daily keeps you in the game, with focus on good health!

216 days ago

v



**THROOPER62**



216 days ago

v



**4EVERDIETER**

Spark just makes you think about your choices!

216 days ago

v



**SUSANYOUNGER**



216 days ago

v



**BJAEGER307**



216 days ago

v



**ISNESS**

Very inspirational, thank you!

216 days ago

v



**MORTICIAADDAMS**

Good job!!!  
216 days ago



**PATSGIRLY**

Thank you for your blog. :)  
216 days ago



**CARRILU**

Perfect!

216 days ago



**HARRIETT14**

You are one wise woman. I'm so glad that you are back with us. We all have to be care these days. The death rate have gone down quite a bit. There are still positive tests popping up now and then at the home. Thank God for FaceTime in these days of separations.

216 days ago



**NANCY-**



216 days ago



**SCDALYNCH**

Thank you for writing. Sparkpeople has been great for me. I don't have anyone to partner with me. The friends I have met here have been great support. We are not alone in learning to be healthy!

216 days ago



**TOMATOCAFEGAL**

Spark People has been good for me. Healthy choices and movement are becoming habits.

216 days ago



**JOHOPES**

Awesome post, very inspiring!

216 days ago



**THINCPL2004**

That was an awesome post! I am glad you are sticking to your goals!

217 days ago



**RACHNACH**



217 days ago



**SHAKERATTLEROLL**



217 days ago



**HUBBARD9644**

Routine and mindfulness is the key. Thanks for sharing and congratulations on your pathway back to gaining control.

217 days ago



**PHATPAT18**

well said.

217 days ago



**GRAMPIAN**

Great attitude.

217 days ago



**RHOOK20047**

During this pandemic, I had started going down the wrong road, but since I am cooking most





our meals, I am having fun using Spark recipes to try new, healthy things for our meals. That has help counter our habits of going out so often.  
217 days ago



**AZMOMXTWO**  
great ideas and a fantastic blog thank you  
217 days ago



**KATTHOMAS2**  
I agree that Spark keeps us on track. I weigh every day too and find tracking my food is a life saver!  
217 days ago



**PLCHAPPELL**  
Here forever  
217 days ago



**LIS193**  
Sparking keeps us on track!



217 days ago



**JERICO1991**  
Like the pictorial reminder of the bumps even on the straight path. Thanks.  
217 days ago



**MARYJEANSL**  
I am finding it helpful to weigh every day. A small trend up encourages me to monitor my behavior that day more closely, and make better choices.  
217 days ago



**KITTYHAWK1949**  
GREAT JOB! KEEP SPARKING!  
217 days ago



**QUARTERMASTER3**  
Well Said! HUGS  
217 days ago



**KALISWALKER**  
I am so glad we are doing the challenge together. It's wonderful to find like minded people committed to being there best.  
217 days ago



**SUSIEMT**  
Very well said! I have weighed myself everyday since I got under 200 lbs! I acknowledge my weight and make sure I have a good healthy day planned! I can't afford to slouch around. Hope you enjoyed your day!



217 days ago



**NASFKAB**  
Thank you for sharing what you found good in another blog  
217 days ago



**DOVESEYES**  
Well Said!  
217 days ago



**LINDA!**  
I think that Spark really helps me feel centered. Otherwise, I lose my way with eating.  
217 days ago



**ALEXSGIRL1**

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



**SHAWFAN**

Well Said! I LIKE IT!

217 days ago



**KURTZIE1998**

I really liked your blog, it is a eye opener, Thank you, and keep sparking.  
217 days ago



**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



**JVANAM**

Superb insight.  
Your traffic sign look like the 278 / 495 exit of the Kosciuszko.  
Next stop HELL.  
~Jim  
217 days ago



**KOHINOOR2**

WAY TO GO! KEEP SPARKING! HUGS

217 days ago



**PEGGYO**



217 days ago



**WOOFERCOALBOY**

I hadn't heard that type A was more dangerous - I am too, though neg instead of positive.



217 days ago



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SPELL CHECK

Post Comment

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.