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Everything I need to know I learn from Spark Friends

Monday, October 26, 2020

Voted Featured Blog Post

After 11 years as a sparker, the last 3 mostly MIA, I appreciate the information, resources, trackers and philosophy of the program. Still, it's the spark friends, old and new, that make it real for me.

It's not like listening to a famous celebrity day after day or some marketing exec out to sell me a product, but so many real people with real lives, facing ups and downs while trying to maintain a healthy lifestyle in different environments in all parts of the world.

I appreciate the diversity of their experience. Some are senior citizens like me. Most seem to be middle aged like my children and others could be my grandchildren.

Just like in real life it is valuable to listen to the perspective of all generations. Some are starting their journey toward a healthy lifestyle, some lamenting yet another plateau, some have achieved amazing success, some describe overcoming challenges, hardship and loss. Others have been in maintenance for years. I love the variety of my Spark World.

Together the threads of all our individual lives are creating a beautiful tapestry as we bloom where we are planted.



COVID stopped our world travels. I moped about that for months, but the world is still there. I read about it and see your photos, every day, right here.

OneKidsMom reminds me to make every day count

When I need a laugh there are many, especially One-Day-at-a time

At age 73 I am very inspired by those in my age group (and older) still determined to get out there and



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More Blogs by **BROOKLYN_BORN**

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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enjoy every day. TCANNO inspires me to increase my daily distance and take time to appreciate the sights around me.

Just last night we were watching a documentary about the Indian Pacific Railroad across Australia and learned that Doveseyes lives near the western end of the route.

Then there are old friends who introduce us to new experiences.

When I returned to Spark, Kaliswalker invited me to join a 5% challenge.

OH I don't need that. I know how to be successful and I have been.

Yet, I am enjoying the camaraderie and shared experience of teammates working toward a goal. I've even discovered the benefits of Pilates! How about that!

And finally from a new member who really "gets it"

She wrote a perfect explanation of the difference between diet and healthy living including the reaction of those who would stop us in our tracks. I think this is her first blog.

www.sparkpeople.com/mypa ge_public_journal_individu al.asp?blog_id=6711727

I am so happy to reconnect with old members and thrilled to learn from and share the experiences of new sparkers as well.

As a teacher for 30 years (retired since 2007), I wanted my students to become life-long learners and try to model that behavior myself. I had a sign in my classroom

"In times of change learners inherit the earth while the learned are perfectly prepared for a world that no longer exists" (Eric Hoffer)

Thank you for reading and enjoy your day.

As OneKidsMom would say - "This is the only October 26, 2020 we will ever get"

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ΝΑΝΑΝΑΝΑ

So much of what you say sounds like me, except 30 years leading a class. That doesn't suit my temperament. World travels and life-long learning blend together beautifully. I REALLY miss the discoveries and adventures. Edinburgh and Dublin should have taught me to pay more attention to my surroundings both walking and on a bus, but what adventures. 208 days ago



FARMERGAL4

After some time away from this site...I have come home. I told my husband that I am trying to still get on that healthy lifestyle track...I keep falling off...he saw me reading this blog and commented "back on SparkPeople" and I told him I have always done my best if I just stay with it. I guess over the years I have not set it as a priority...like most of use...others come first...I need to keep my health and healthy life style a priority! Thanks for sharing this post...and it is nice to see that others leave and then and then realize that we really need the community!

214 days ago



BEESHELL8

what a great blog and thanks for pointing me to a few others. I love ONEKIDSMOM's blogs 218 days ago



DESIREE672

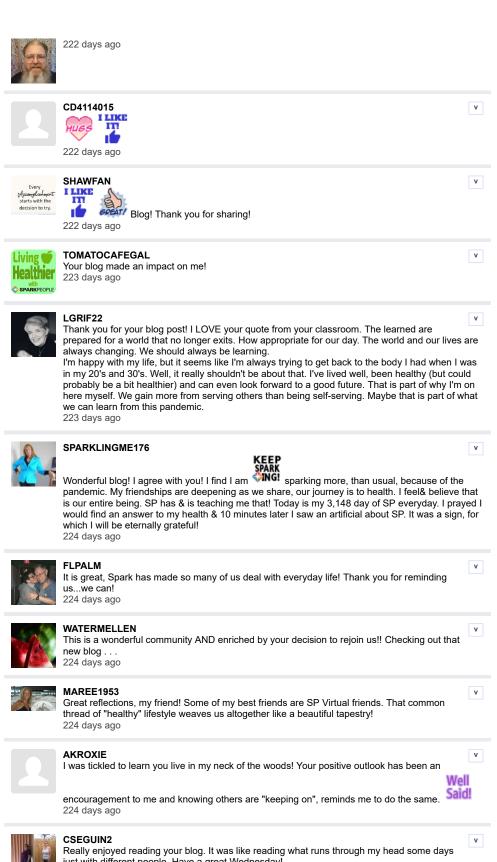
I was very happy to see you rejoin too. It's funny how it often happens, but I was thinking of you just before you came back.

222 days ago





Thanks for the good information.



just with different people. Have a great Wednesday!



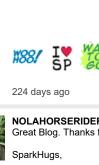
224 days ago

LIVELYGIRL2

Thank you. I have a teaching background too, although some of it involved employment and later lots of volunteer positions.

Reading your blog, gave me a sense of special memories, for since my big move, and this virus... I have not been around kids. I really miss their enthusiasm, zeal, and authentic selves.

I also had not seen you here is a long time. It seems as if Spark is pretty low key now a days. Not so much going on... so I appreciate your thoughts. Let's do cartwheels and wake our space up. We should stay active and happy.



NOLAHORSERIDER Great Blog. Thanks for sharing!

Ν ola

224 days ago



BUTTERFLYJANS

Great blog!! Thanks for sharing 224 days ago



KRIS-2

Thanks for the Spark! 224 days ago



DGRIFFITH51

Great blog, thanks!



224 days ago



KATHRYNGC

This world of ours has so much that is awe inspiring! Every word you wrote is so true. Each day that we are blessed the moment our eyes open (even before) should be searched for and enjoyed. There is so much changing. There is no stopping it. Then find what you can change about it and do it.....sometimes it may just be attitude and how you will accept. I say these words on a sign in a Girl Scout cabin many years ago.So it Aint Home.....Adjust! 224 days ago



ОНМЕМЕМЕ

I've been enjoying SparkPeople for nearly 10 yrs now. Unbelievable to me! So glad to





have you around again! 224 days ago



NANHBH

Love that quote. Thanks for sharing it!



224 days ago



SWEETNEEY



224 days ago



AZMOMXTWO

I love spark people 224 days ago



COVID certainly has us looking at alternatives to a lot of things! Thank goodness for SparkPeople and the many friends I have to support me on here. 224 days ago



MCJULIEO

You have inspired me today! 224 days ago

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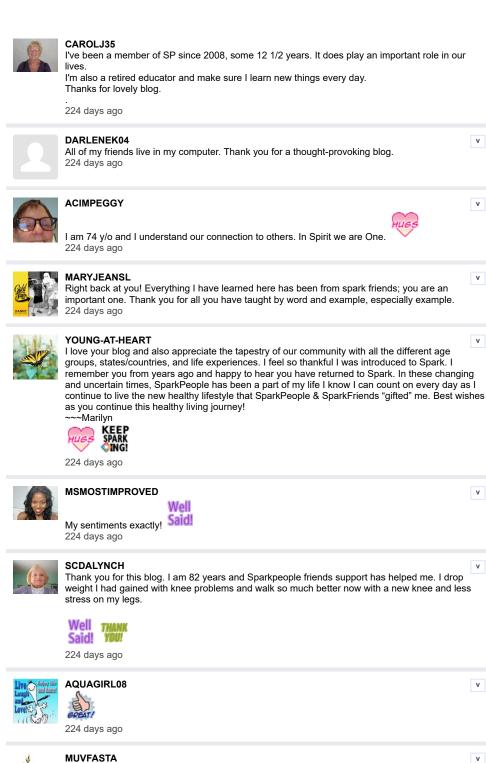
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224 days ago



SWILSON2347

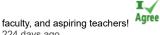


I am a 73 year old retired educator too!



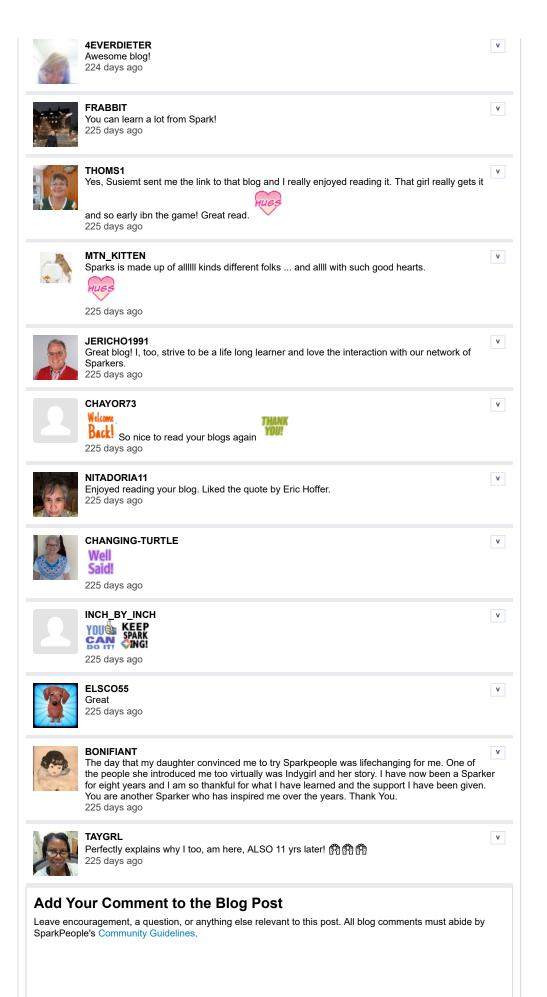
Being a ifelong learner has always been one of my goals and one that I shared with students,

224 days ago





NANCY-Beautifully put. 224 days ago



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