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Everything I need to know I learn from Spark Friends

Monday, October 26, 2020

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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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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/mypage_public_journal_individual.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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NANANANA

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



FARMERGA4

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



BRUCELANGLEY

Thanks for the good information.





222 days ago



CD4114015



222 days ago

v



SHAWFAN



Blog! Thank you for sharing!

222 days ago

v



TOMATOCAFEGAL

Your blog made an impact on me!

223 days ago

v



LGRIF22

Thank you for your blog post! I LOVE your quote from your classroom. The learned are prepared for a world that no longer exists. How appropriate for our day. The world and our lives are always changing. We should always be learning.

I'm happy with my life, but it seems like I'm always trying to get back to the body I had when I was in my 20's and 30's. Well, it really shouldn't be about that. I've lived well, been healthy (but could probably be a bit healthier) and can even look forward to a good future. That is part of why I'm on here myself. We gain more from serving others than being self-serving. Maybe that is part of what we can learn from this pandemic.

223 days ago

v



SPARKLINGME176



Wonderful blog! I agree with you! I find I am sparking more, than usual, because of the pandemic. My friendships are deepening as we share, our journey is to health. I feel& believe that is our entire being. SP has & is teaching me that! Today is my 3,148 day of SP everyday. I prayed I would find an answer to my health & 10 minutes later I saw an artificial about SP. It was a sign, for which I will be eternally grateful!

224 days ago

v



FLPALM

It is great, Spark has made so many of us deal with everyday life! Thank you for reminding us...we can!

224 days ago

v



WATERMELLEN

This is a wonderful community AND enriched by your decision to rejoin us!! Checking out that new blog . . .

224 days ago

v



MAREE1953

Great reflections, my friend! Some of my best friends are SP Virtual friends. That common thread of "healthy" lifestyle weaves us altogether like a beautiful tapestry!

224 days ago

v



AKROXIE

I was tickled to learn you live in my neck of the woods! Your positive outlook has been an

encouragement to me and knowing others are "keeping on", reminds me to do the same.

224 days ago



v



CSEGUIN2

Really enjoyed reading your blog. It was like reading what runs through my head some days just with different people. Have a great Wednesday!

224 days ago

v



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.

v

224 days ago



NOLAHORSERIDER

Great Blog. Thanks for sharing!



SparkHugs,

N
ola

224 days ago



BUTTERFLYJANS

Great blog!! Thanks for sharing

224 days ago



KRIS-2

Thanks for the Spark!

224 days ago



DGRIFITH51

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



OHMEMEME



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



JIACOLO

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



**CAROLJ35**

I've been a member of SP since 2008, some 12 1/2 years. It does play an important role in our lives.

I'm also a retired educator and make sure I learn new things every day.

Thanks for lovely blog.

224 days ago

**DARLENEK04**

All of my friends live in my computer. Thank you for a thought-provoking blog.

224 days ago

**ACIMPEGGY**

I am 74 y/o and I understand our connection to others. In Spirit we are One.

224 days ago

**MARYJEANSL**

Right back at you! Everything I have learned here has been from spark friends; you are an important one. Thank you for all you have taught by word and example, especially example.

224 days ago

**YOUNG-AT-HEART**

I love your blog and also appreciate the tapestry of our community with all the different age groups, states/countries, and life experiences. I feel so thankful I was introduced to Spark. I remember you from years ago and happy to hear you have returned to Spark. In these changing and uncertain times, SparkPeople has been a part of my life I know I can count on every day as I continue to live the new healthy lifestyle that SparkPeople & SparkFriends "gifted" me. Best wishes as you continue this healthy living journey!

~~~Marilyn



224 days ago

**MSMOSTIMPROVED**

My sentiments exactly!

224 days ago

**SCDALYNCH**

Thank you for this blog. I am 82 years and Sparkpeople friends support has helped me. I drop weight I had gained with knee problems and walk so much better now with a new knee and less stress on my legs.



224 days ago

**AQUAGIRL08**

224 days ago

**MUVFASTA**

224 days ago

**SWILSON2347**

I am a 73 year old retired educator too!



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

faculty, and aspiring teachers!

224 days ago

**NANCY-**

Beautifully put.

224 days ago





**4EVERDIETER**

Awesome blog!  
224 days ago



**FRABBIT**

You can learn a lot from Spark!  
225 days ago



**THOMS1**

Yes, Susiemt sent me the link to that blog and I really enjoyed reading it. That girl really gets it



and so early in the game! Great read.  
225 days ago



**MTN\_KITTEN**

Sparks is made up of allllll kinds different folks ... and allll with such good hearts.



225 days ago



**Jericho1991**

Great blog! I, too, strive to be a life long learner and love the interaction with our network of Sparkers.  
225 days ago



**CHAYOR73**

Welcome Back! So nice to read your blogs again  
225 days ago



**NITADORIA11**

Enjoyed reading your blog. Liked the quote by Eric Hoffer.  
225 days ago



**CHANGING-TURTLE**



225 days ago



**INCH\_BY\_INCH**



225 days ago



**ELSCO55**

Great  
225 days ago



**BONIFIANT**

The day that my daughter convinced me to try Sparkpeople was lifechanging for me. One of the people she introduced me too virtually was Indygirl and her story. I have now been a Sparker for eight years and I am so thankful for what I have learned and the support I have been given. You are another Sparker who has inspired me over the years. Thank You.  
225 days ago



**TAYGRL**

Perfectly explains why I too, am here, ALSO 11 yrs later! 🙏🙏🙏🙏  
225 days ago



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