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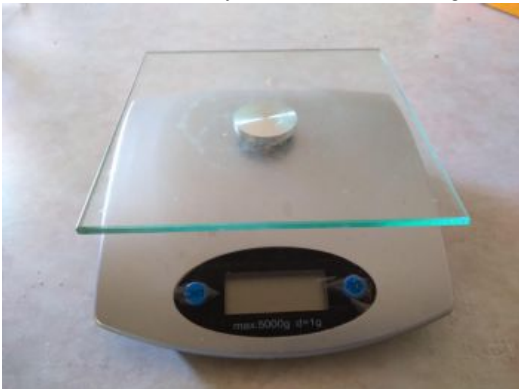


Rediscovering Spark World – Hello old friend

*Wednesday, September 23, 2020***Voted Featured Blog Post**
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So nice to see so many old friends still here and to meet new ones
However, reality dictates I get reacquainted with one "friend" I didn't want to see again
Always the truth - no nonsense - no excuses

Here she is – back on my kitchen counter once again



This was a gift from DD (Hayburner1969) also no nonsense, no excuses, just the truth.
That was way back in 2009 when I first found Spark. After nearly 11 years of maintenance, my old friend was forgotten, not needed anymore

I am a textbook example of "You cannot outrun your fork"

I was always active and fit – when I was a slim young woman and even when I slid into middle age gradually adding the pounds. I drank only water (after my morning coffee and OJ) and don't care for alcohol beyond an occasional glass of wine. So all the "easy" recommended stuff was already done and still I was dragging around extra weight.

The problem was that I also liked and still like to EAT and eat a LOT.

Technically I am still in maintenance (anniversary coming up Thanksgiving week), but I sense a problem.

I always gain 3-5 pounds during trips and before Covid we travelled a LOT. I expect this since I want to experience ALL aspects of the culture and the food is part of that. When I return home to a normal routine, each time the pounds disappeared.

UNTIL NOW! We returned from a month in South America on March 1st and I had gained 4 pounds. No big deal, right? I can lose that. I always do.

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Not this time.

Then the excuses – it's the stress of Covid – at least I'm not gaining more - I'm 73 - time to just let it go.

However, I know that single digits can become double digits before we know it.

How can I turn this around?

Exercise wasn't the problem. I found alternatives for my swimming and gym workouts and my daily calorie burn was the same.

Moment of truth – Food, particularly “portion distortion” is my problem.

Back to the food scale.

Yikes! Look how much peanut butter is really on my bread!

That's a portion of pasta to feed an Olympic athlete!

My serving of ice cream looks like Mount Vesuvius with chocolate sauce as lava!

Tracking nutrition only works if I am completely honest

So, where can I find the resources, motivation and support to stay completely honest?

Spark, of course

15 days of logging in and 1 of those 4 pounds is gone

½ pound loss per week will be just fine with me.

I was always the “Queen of the Tortoises” slow and steady.

I joined the 5% Fall Challenge.

That should help with the motivation to shed the last 3 pounds and keep me where I want to be.

Thank you, Spark World!

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SAMMILESSACH

Great reflection & facing facts

135 days ago

V



RKOTTEK

KEEP
SPARK
ING!

251 days ago

V



ISNESS

Beautiful Blog, the food scale has to become my friend, constant awareness only is making

me healthier. We start the fall challenge and we crash our goals!

252 days ago



V



BEESHELL8

so glad to see you back in Spark world!

253 days ago

V



CD4114015

I was in the same boat after I had sepsis for a year and lingering symptoms after that for a total of 2 years. Glad you are back!!

253 days ago

V



CD10676776

Welcome
Back!

I enjoyed reading your blog.



on your Voted Featured Blog Post.



V



254 days ago



MJZHERE

My sister today told me I need a plan. My answer - back to sp I go. So here I am, after a long absence. Good to see you, friend.

254 days ago

v



MTN_KITTEN



254 days ago

v



CD22556053

I came back to Spark a few short months ago and I am so happy I did.

255 days ago

v



SWEET_HONEY_BEE



256 days ago

v



KENDRACARROLL

Welcome back.



256 days ago

v



NANCY-

You've got this. Besides it is good to revisit things, it is like using a pitch pipe to make adjustments.

256 days ago

v



PAULALALALA

That kitchen scale tells it like it is, doesn't it? This spring I treated myself to a new one that can sit out on the counter, and I find myself using it multiple times during meal prep. I'm also technically

in maintenance, but working on those 5 "or so" that are so hard to lose.



blog!

257 days ago

v



3VEGGIES

You are an inspiration and are on the extra weight immediately. I'm thrilled to be on your other

5% Cloverleafs team. Let's get our weight to goal!

257 days ago



v



GRAMPIAN

Slow and steady wins the race.

257 days ago



v



SUSANYOUNGER



257 days ago

v



GRANDMA524DAR



257 days ago

v

DARCY-B

I need to get me together...

257 days ago

v



MAREE1953

Certainly the "secret" to weight loss maintenance! Ha! T'aint no secret at all, is it?!! Great reality check! Thanks for the post!!
257 days ago

V



KEEPITUP4LIFE

Youve got this!

All the best
Susan



257 days ago

V



NANHBH

Accountability works for me, too!
257 days ago

V



TOMATOCAFEGAL

Truth. Continue to eat!
257 days ago

V



NOLAHORSEIDER

Well done. Congrats. Keep up the great job! I have gained 25 pounds back in less than 3 months. I live in Florida and it has been so stinking' hot that I couldn't go outside much. When I go camping, which has been often before the pandemic hit, I was able to keep the portions at bay and get tons of exercise. I have been home now for several weeks and I have found myself eating so much and not exercising. We had a couple of days of nice cool weather and I was able to bike, and do some activities outside.

I too joined the 5% challenge and I am planning to shed the weight I put back on. What a great journey this will be. I will need to be more vigilant about charting and eating healthy.

Good Luck with this challenge.

SparkCheers,

Nola
257 days ago

V



MARKSMOM3



257 days ago

V



PATSGIRLY



257 days ago

V



ALOFA0509



257 days ago

V



MJREIMERS

I will find out tomorrow if I need to do the same!
257 days ago

V



ALIHIKES

Like you I have to measure and track my food. It is too easy for me to mindlessly munch away.
257 days ago

V



JPPERSELL

You've got this! You have lost the weight before and you can do it again!
257 days ago

V

**NASFKAB**

What an inspiring post. Thank you for your post. its just portion control
257 days ago

**SUSIEMT**

So glad you came to this conclusion! Sodium is my nemesis! Unless I keep it under 2300 (hopefully lower) I will always show a gain! I always, always have to track! I guess you could say (whether I like it or not) I have spark in my blood!:)



257 days ago

**LINDA!**

Happy that you are back and joined the 5%. You can lose this weight. I am sure. You are an inspiration.

257 days ago

**TREKPURRSON**

258 days ago

**4EVERDIETER**

welcome back!
258 days ago

**JEANKNEE**

I consider the scales in the house my friends as well. And, I am not being facetious. I mean it. Like you I appreciate the truth - no nonsense - no excuses.

Enjoy the 5% fall challenge!
258 days ago

**FITNIK2020**

Yours is a familiar story. It seems to be cultural in North America ...volume. Big gulp etc, I also have to measure or I gain. One pound at a time.
258 days ago

**SUSANYOUNGER**

258 days ago

**LUCKYREDHEAD**

Needed this today!! Thanks for posting. I, too, gained 4lbs recently... but I'm nowhere near maintenance yet, so gaining anything is not okay. And it's been almost 3 weeks and it's still hanging around. I'm 100% certain it's portions (and, unfortunately I do like alcohol... so those after-shift drinks with my coworkers need to be JUST soda water again) that are my trouble. I'm going to get my scale out of the cupboard as well! Thanks!
258 days ago

**RACHNACH**

258 days ago

**THINCPL2004**

Welcome back, you got this!
258 days ago

**MSMAXPAX2**

258 days ago

**YELLOW09RED**

Eileen,
So happy you lost the 1lb. Have a good 5% Fall challenge. Hi to Joe.





258 days ago



1DAY-ATA-TIME



258 days ago



UPTOIT59

Portions control has always been my downfall too. I eat well and drink well but I like to eat - a



lot!

258 days ago



TREESPLACE

Thanks for this blog! I need to do that also.

I can get a grip with Spark.

258 days ago



AZMOMXTWO

you got this you can do it and you will I love the honest way you put things it encourages me to keep moving forward

258 days ago



DIANADCR

It was Covid 17 for me. How did I let that happen. After having enough of it I'm recommitting today to start weighing and measuring and recording my food.

God help me. I just turned 73 a month and I figure it's never too late.

Thanks for motivating me.

Diana

258 days ago



MSLZZY



258 days ago



RHOOK20047



258 days ago



CHERYLHURT

Excellent

258 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.

