

BROOKLYN_BORN

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You Gotta Have heart, Gotta have HOPE

*Monday, September 28, 2020*Voted Featured Blog Post
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Lots of deep thoughts this morning triggered by my return to Spark World

This photo was from a 4 or 5 year old blog. It was the finish of a half marathon that I ran with a tender hamstring muscle. I injured it a few weeks before the race, not running but doing what DH calls "competitive yoga." - "Put my fingertips on the floor? Sure, I can put my PALMS on the floor!" Oh yeah, maybe once! Ouch!

Off I went for rehab sessions and promised my therapist (also a runner) that I would only run/walk the race at a comfortable pace which meant walking every uphill to not strain the hamstring. She even showed DH how to tape my hamstring to prevent further injury.

I wore one of my favorite shirts because I had HOPE



"You Gotta Have Heart" is a song from the 1955 Broadway musical "Damn Yankees" also made popular by Eddie Fisher.

"You gotta have heart, All you really need is heart
When the odds are sayin, You'll never win,
That's when the grin should start

You gotta have HOPE
Musn't sit around and mope....

Since the pandemic, I found it easy to sit around and mope.
Spark has become my mope antidote.

I still check the virus statistics each morning for the world, the countries I have visited or plan to visit and my surrounding area. I have recorded these in a spreadsheet since mid March.
Numbers are my reality check.

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That's why I love my nutrition and fitness trackers – a reality check.
No moping about bad numbers, just focus on how to make things better.

Spark – the place for resources, motivation and support!
I still have the shirt and even the hat.
and
I still have HOPE.

Here I am – 6 months since my last haircut.



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LEANJEAN6

Thank yu for writing-- No flack yet--- I really never do P{politics but---was pretty upset After watching that debate-- It kinda made me sick--LOL--so--- anyway--happy that yu read it and wrote-- Life IS interesting isn't it?-- Hugs, Lynda
251 days ago



LGRIF22

Thanks for sharing...and hope is for everyone!
251 days ago



MANGO1960

Well Said! **KEEP SPARKING!**

251 days ago



JUNETTA2002

Love the hair
252 days ago



SUSANYOUNGER

KEEP IT UP!

252 days ago



HAYBURNER1969

Great reminder of an important message!
252 days ago





DARCY-B



252 days ago



GETULLY

Thanks for posting!



252 days ago



THINCPL2004

never loose hope.

252 days ago



4EVERDIETER

keep the hope and the faith!

252 days ago



JUNEPA

Well Said! 🙌

252 days ago



AZMOMXTWO

don't loose hope you are an amazing inspiration to others

252 days ago



DGRIFITH51

Nice to see you blogging again. Hope is what we cling to when we are not sure of what is next.



252 days ago



SLENDERELLA61

Great blog of hope and help. Thanks! Well deserved award. BTW I'm 6 months without any hair help, too.

252 days ago



ANDEC1

I too tracked the numbers but decitay at least 6' apart, wash my hands and shop and go to church at quieter times. I am enjoying life again!

252 days ago



NANHBH

Love that song. Thanks for sharing!



252 days ago



THOMS1



252 days ago



SUNNYCALIGIRL

I just knew there was a Broadway tune in there!
SP helps me stay positive, you are so right.



252 days ago



JPPERSELL

I love that mope antidote! I think that Spark is saving me from thinking about the pandemic because I concentrate on filling out the trackers and doing sparkpeople premium. I just love that you can email a coach once per week. It is giving me alot of motivation to do something about my weight! Love your pictures. I hope that you have a great day!

252 days ago





SHAKERATTLEROLL

Glad you are back and you are so ever correct you have to have hope.
252 days ago

V



SUSANYOUNGER



252 days ago

V



NANCY-

Hear you about the haircut. LOL I started going down the slippery slope, but decided thta was the direction I didn't want to go. Congrats on changing direction. It is nice that we get to choose, isn't it.

253 days ago

V



SUSIEMT



253 days ago

V



8HABIT

Thank you for cheering me up!
253 days ago

V



RACHNACH



253 days ago

V



OHMEMEME

Hi there! Great morning read of your blog! Thanks for sharing!
I am HOPEFUL, too! Life really isn't that hard at this moment...I'm trying to be grateful. I live in a rural area and the virus scare has died down. We stay aware and take precautions.
Ugh! Covid 19 Pandemic! Frustrating! Mostly for me, just an irritation and inconvenience so far. Serious, yes! But hopeful that today is fine! May have to hunker down and isolate more once cold and flu season revs up. But once again, today...is all I have.

Love my Spark check ins! I'm battling with myself about full commitment right now, but I'm still hopeful that I will continue to work for what I truly want, health and well being!

Love your pink and all it stands for! Glad to see you Sparking!
253 days ago

V



THROOPER62



253 days ago

V



WATERMELLEN

Love that song . . . and the picture too. We're a hopeful crew here at Spark People!! And it's so nice to have you back among us!!
253 days ago

V



RHOOK20047

Hope is the reason I rise each day, another chance improve my world or the world of someone else.
253 days ago



V



UPTOIT59

Hope is what makes people get up in the morning sometimes.
253 days ago



V



MAWMAW101

Oh, how I needed this message today! Thank you!
253 days ago



V

V



MAREE1953
It's good to have you back! Still doing any running?
253 days ago



PLCHAPPELL
Still looking good
253 days ago



MARINEMAMA

253 days ago



DEDICATED2HIM
With that type of haircut, you could grow it to your butt and it would still look good! Mine was short/short and looked awful growing out. Thankfully I didn't have to go anywhere. I finally broke down and my neighbor and I went out on my deck and she cut it out there. It's a lot longer now than it was before the pandemic...ad I like it. aww well..
"And now abide three things; Faith, Hope and Love." I Cor. 13 and i don't know what verse. At the end of he chapter. Hold on to hope. but never forget that,, of the three, LOVE is the one that will last through eternity.
253 days ago



LIS193





253 days ago



KITTYHAWK1949
   

253 days ago



ALOFA0509
  

253 days ago



ALEXSGIRL1


253 days ago



MARYJEANSL
Love the shirt!
253 days ago



SPEDED2
Hope is an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life or the world at large. As a verb, its definitions include: "expect with confidence" and "to cherish a desire with anticipation."

We gotta' have HOPE!
253 days ago



NASFKAB
Looking great. All the best
253 days ago



DOVESEYES
  

253 days ago

MJREIMERS
Awesome! You look beautiful, even with 6 month hair!
253 days ago



HARROWJET

Hope -
253 days ago

v



QUARTERMASTER3

Well Said!
253 days ago

v



LIZANDRASHAW

Keep that hope going!
253 days ago

v



ISNESS

You are incredible exercises! And you are an credible heart, influencer without your knowing, I guess. I would like to come there, too. Running a half marathon and reaching a healthy weight.

This fall challenge will be a test for me. Happy Monday evening to you!
253 days ago



v



SUNNYBEACHGIRL

Having hope keeps me going through this. I just hope it gets better sooner
253 days ago

v



BJAEGER307

Well Said!
I think Hope is what is getting us through this time of our lives. With hope we all shall get through this. Thanks for the share.
253 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.