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Surprise tweaks to avoid snacking and look better instantly plus the dark side of mother nature

Tuesday, May 18, 2021

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I know that sounds like a magazine cover story similar to "Get a Bikini Body in 6 Weeks"
Still I did suddenly realize how 2 changes made quite a difference

1 Sleep elsewhere.

No, I'm not leaving my husband of 54 years. He came with me
Our house has 3 levels which alone makes us oddball 70 somethings. When we retired 14 years ago we got a lot of comments like "do you really want to live HERE?" Doing anything does involve a flight of stairs. There are also 106 steps from the house down to our dock.

Anyway, since we became pandemic hermits, we began sleeping in a bedroom on the main floor instead of our master suite on the top level. No reason to heat and air condition up there if we don't have to.

The main floor bedroom was quite cosy. We watched TV together every evening, but it was about 15 feet away from the KITCHEN. How about some ice cream? A piece of pie? Easy to get and we did.

Now it wasn't a matter of weight. One extra piece of pie isn't enough to throw me out of maintenance, but it was NOT a good habit to develop and really messed up my nutrient goals. I track every day so I have records of exactly how much difference those evening snacks made

The solution: Since we expect a full house of fully vaccinated family this summer, we relocated back up to the "apartment" (named by a grandson back in 2003. He's 25 now)

An example while watching TV in bed

Joe: Do you want some ice cream?

Me: OK

Joe: Will you get it?

Me: No, I don't feel like going back downstairs.

Joe: Me either.

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Problem solved by laziness. Yeah, who knew?

2 Wear a Bra

Not just a better bra, ANY bra. Except for workouts, I haven't worn a bra in over a year. It is unlikely that anyone would be scandalized or even notice. Well endowed, I am not.

But now I will be around people. Time to check out my bra collection. Wow, I look a lot better! Even my waist is smaller. I measured it. How did I not realize this? At age 74 (next month) gravity is not my friend. I will spare you a picture of the difference. Just use your imagination.

3 I have often written about our peaceful surroundings and the calming, stress relieving effect of nature. Mother nature has a dark side too. I understand that but this city girl rarely sees it up close.

Several days ago I was watching 4 little chipmunks scurrying around. Suddenly a snake appeared and ate one WHOLE.

I am aware of and accept the food chain. I am not a vegetarian but my meat comes packaged from the supermarket, all weighed, labeled and dated. The chipmunk and snake incident was an unwelcome dose of reality.

Then I had to consider what KIND of snake it was. Perhaps it was a black snake, harmless to people but we also have copperheads. Where did the snake go? It likely slithered off to digest its breakfast.

On Sunday I found the snake, coiled up in one of my blueberry bushes. It was dead. It had crawled through the netting which keeps the birds from eating my berries and must have gotten stuck. It did have that chipmunk in its belly.

We had a full house over the weekend so I forgot about the dead thing in the bush. This morning there is only a piece of it left. The snake took its place in the food chain.

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TOMATOCAFEGAL

Haha. Yes bra! Oh my gosh if I went without! Look better and feel better
7 days ago



MJZHERE

We also have 3 levels. Our kitchen is top level, but sadly we have a spare freezer where the



ice cream lives on same level where we watch tv. Maybe I need to move that freezer to the bottom floor since the store continues to put ice cream at sale price we don't pass by!
13 days ago



SUSANNAH31

Going braless was one of the benefits that came from the pandemic. But they are back. It's funny how wearing a bra can take years off one's age.



14 days ago



MSMOSTIMPROVED

The fridge on a different level hasn't slowed me down any more than my nutritionist's idea for

me to freeze the dark chocolate bar. I am one determined sista when it comes to snacking



I think I am not in a rush to go back to the office because I love the freedom of no bra and no

heels! If I am not working, the girls are living wild and freeeeeeeeeeee as a birds



Now, as for the non-invited guests, EEEEEKKKKK! I don't think I'd pick blueberries ever again. It's the reason I don't have an outdoor garden.

15 days ago



BEAR0011

I live in a travel trailer and my "desk" is right across from the pantry and refrigerator. Not a good set up but I have been going through the pantry and eliminating all the "negative" foods - sorry food pantry. I also joined a meal plan where I get the fresh ingredients and portion controlled. All I have to do is prep and cook, which means that a lot of fridge space is taken up by those ingredients rather than junk.

15 days ago



1ZIPPYC

Do you have bird feeders out? We and the neighbors don't, because it brings in the nice, wood

rats, squirrels, and guess what eats those? Yep, snakes were showing up in our yards!

We even had to tear up 3 rug junipers up that were right next to our driveway/carport. Due to the snakes used that to hide and wait! I opened the car door one day and found that out. The snake came out looking up at me! Looked like a venomous snake to me. But some harmless ones look like that too. So now no more snakes or ornery - destructive squirrels or rats / mice- who also chewed our car wires under our hood, trying to nest. Ugh!

At least going back upstairs gives you some extra exercise. Plus, privacy from visiting family, if it's the only room upstairs that is.



Have a great weekend. Stay safe. Watch where you step.

16 days ago



BONIFIANT

The way of nature and very little waste. Only we humans tend to waste food.

Who ever thought that stairs would be a blessing? I enjoyed your blog.

16 days ago



PAMBACH

Great blog as usual. However the snake undid me a little bit. Been awhile since we have seen one around here. Don't want to star.

16 days ago



EABL81

Great blog! My house is too small to make use of your distance to the fridge trick though! Too bad, it sounds like a good one.

16 days ago



NANCYPAULINE

The food chain is natural, but nature is far from benign. I have gained a greater understanding of the role of beloved pets in the eyes of their humans since my farm childhood. But I still have trouble with people who anthropomorphize wild animals - predators do not kill with mercy, nor are all prey animals gentle. Personally, I prefer snakes to chipmunks.

16 days ago



DONNA_CPS2

WTG. **AWESOME** always interesting.

16 days ago





COUNTRYGALINNY

Good advice to stay away from the kitchen. I just realized that yesterday and this morning I have been eating/snacking constantly. I have to go back to focusing on 3 meal and be done.
16 days ago



GRAMPIAN

KEEP SPARKING! Four floors for us - I know how you feel.
16 days ago



GOOZLEBEAR

Great blog! Thanks for sharing. We don't have any steps in our house and at our age I am thankful for that
16 days ago



FUNSPIRIT11

GOOD ADVICE TO MOVE AWAY FROM THE KITCHEN!! MY PROBLEM IS SNACKING HARD TO BREAK HABIT BUT DISTRACTING YOURSELF WITH OTHER THINGS AND STAYING AWAY FROM TRIGGERS HELPS! I CAN EASILY SAVE 500 CALORIES A DAY BY GIVING UP SNACKING!! DISCOVERING IT ALMOST FEELS GOOD TO BE HUNGRY!!
16 days ago



ROSESAREBLUE

You had me laughing all the way through your blog . I can see that the apartment would be your best bet , for no evening snacks . As long as the two of you have fairly good knees . That

dear old snake , out smarted himself .



16 days ago



SLENDERELLA61

Yes. Wear a bra. I like that. I am much more productive if I wear a bra and shoes. Keep those tied shoes on all day -- just wipe them use the welcome mat.

I don't have an upstairs, so that hint doesn't work for me, but I see how it would work.

Appreciate peace when we can, recognizing that much of nature is peace and majesty, but there are those who must hunt to exist. I feel sorry for them and their prey, but understand it is all a part of it. Yep, vegetarianism appeals to me, and I tried it. But as long as I'm cooking meat for hubby, I don't think so. Two of my oldest running friends, 85 and 80, are vegan. It can be good, but neither of them ever had a weight problem, and I find weight maintenance with lower protein even more difficult.

Thanks for another great blog!
16 days ago



SUMMER33

i have as many floors in my house...i think it keeps me fit...always running up and down..two flights down to do laundry store things.. glad you're moving back upstairs for the warmer months..

with all the exercise the "body" does somehow morph...ways i don't wish either..
17 days ago



CHERYLHURT

Wow!
17 days ago



MLR_00

Interesting
17 days ago



KNEESOCKS1945

Thanks for sharing this.
17 days ago



NANHBH

I know what you mean about being too close to the kitchen! We downsized to a one-story house, and the kitchen is too close now!



Ugh about the snake! And gross, too!



17 days ago





WHILLSW

Only a few steps in this house but hopefully none if I have to move....I think I would be the lazy one not to want to go after a bed time treat.

Well Said!

17 days ago



SAMMILESSACH

Ah.what a great blog! We too over a year had lived downstairs..several reasons..his illness& I had weird sleep patterns when pandemic happened. And we had a.c issues...

I have cleaned the master today next month I'll move back up there.

I have to wear a bra I am busty been since 3rd 4th grade!

Granted 33inches is the smallest i have been currently I think 37..need to measure soon.

Nature is awesome we have seen things in our yard too. We also get copperheads..scary.

Lately been seeing skinks. My one day plays with them. Yuck!!!

Hectic here lately but good..home improvement s and next month I'll be....employed! I signed written consent today have more stuff to sign and do before I start..!I have to share that journey with you!!!!

God bless you!!! Have a great week!!!! 😊

17 days ago



INFLATED

I enjoyed your blog. When we sold our house, we moved into our son's townhouse, it has three floors. There was a half bath on the floor where we slept, but his two cats used the litter box in there and it smelled terrible.

I haven't seen a chipmunk in years. I never thought about them being prey for snakes.

I wear nightshirts to bed and when I have one on, I am bra-less.

17 days ago



DEE107

THANKS FOR SHARING

17 days ago



WANT2BTRIM

Thanks for sharing

17 days ago



BKNOCK

I LIKE IT!

17 days ago



JUNETTA2002

Thanks for sharing.

17 days ago



HOLLYM48

I hope you had a great visit with family and be careful of snakes and stairs! LOL! Have a great evening.

17 days ago



THINCPL2004

Loved the blog!! Some truths in there!! Have a wonderful day!!

17 days ago



YOUcandoITNANA

Loved your blog today. The ice cream resistance, the snake, the bra. Made me smile. Thanks.

17 days ago



SUNNYCALIGIRL

Gosh, I feel sorry for the snake. I am not sure why it died--maybe it got too cold. On a different note, yes the stress in my life and not taking charge of what I am eating and how much I am eating, even if it's healthy, has contributed to the fact that I need to lose 40-45 lbs. I



sympathize!
17 days ago



AZMOMXTWO

this is interesting the Bra thing got me but the food chain was awesome nothing went to waste
17 days ago



NETTY129

Loved the blog!! Some truths and funnies in there!! Have a wonderful day!!
17 days ago



SPARKLINGME176

Fun blog! Sorry I have been missing. I can't seem to catch up with SP land since my trip to see my Mom. Working on it! DH bought this house, 2 story. As it turns out he needed a chair lift or we would have had to move! I still use the stairs, helps me feel stronger! I'm off to PILATES DVD....



talk about stronger!
17 days ago



WEDDWT

S-s-s-snake? 'Scuse me while I take a few steps back to create some distance...
2 wear a bra or not 2 wear a bra: I prefer the latter. It's the first thing I remove when I get home, I hate the constriction. Can't go without when in public, tho.
Okay, I'm going to try and get that image of the blueberry bush out of my mind now.



17 days ago



KITTYHAWK1949

I think I'll continue to skip the bra. The snacking is harder some days than others but I only have a one level house. Snakes don't bother me too much but don't spend a lot of time outside. Still good to consider these things.



17 days ago



RACHNACH



17 days ago



4EVERDIETER

Sounds like you get a workout just getting around the house. I often forget things in my bedroom and often have to go back several times. I would get alot of stairs in!
17 days ago



SHAWFAN



LOL Can "sort of" picture the "bra" spectacle, although I'm a triple D. Going without a bra is NOT something I can do. Finding one that fits properly is something I'm ALWAYS fighting with. Probably a good thing to move back up to the "apartment." True. Call it laziness if you want, but really it's healthier for you. Except for not wanting to take the stairs, I guess. (Two sides to



everything.)

As for the snake.....I'm in Kentucky living with my son and his family right now. He has a probably 8-foot boa constrictor in his living room! He hasn't fed it since he came to get me in Missouri last Thursday, so he's joking with me about letting him have a bit of me for his dinner tonight if he can't find a mouse. I DON'T THINK SO!!!! He's always bringing it close to me to scare me too. "Shiver!!"

Can't WAIT for him to let me settle in already and LEAVE ME ALONE!!

On the plus side, I am eating better. Although not exercising as much, YET.... I'll get there. We're walking at least once daily.

17 days ago



SHAKERATTLEROLL

Good thing you don't put a mini fridge up in your room. Just walking in your house should be enough exercises and if you add going out to the dock that is a work out.



17 days ago

GREENGENES

Very good points. Since the pandemic started, my work space has been the dining room table.





We don't really use it for meals since DD moved out and it is a good spot to work at and spread out. But, obviously, it is right next to the kitchen. When I get up for breaks, I often grab a handful of something to snack on. I hadn't really thought about it because I have been doing well with tracking and activity which has led to good progress on my weight loss goals BUT I have started catching myself grabbing an extra small cookie or serving of trail mix now and then. Time to think about relocating my home work space. My variation on the clothing front is tucking in my shirt.
17 days ago



IRISHEI

Great idea to sleep on main floor during the pandemic.....However, glad you are going back upstairs now since the refrigerator and ice cream was TOO CLOSE....LOL.....I am Very Scared of Snakes and Mice.....
I think I would have passed out or screamed.....
I also take off the bra about 7 pm and put on my jammies when I am not going out or anyone coming over....especailly in the winter months.....It does give you good support with it on though--and makes us look nicer and glad you are back to the routine....
Thanks for sharing!

hugs, Ei
17 days ago



Comment edited on: 5/19/2021 10:07:18 AM



NANANANA

We'll have 55 years married next month. At first I objected to the 2-story house. Now I like the 'extra movement' and he doesn't. With bathrooms upstairs and down. He uses the close one and I use the far. Telling him no food upstairs isn't enough to break a 70 year habit his mother allowed.
Oh, well.
17 days ago



SUSANYOUNGER



17 days ago



INCH_BY_INCH



18 days ago



UPTOIT59

I get it - particularly the evening snacking. My husband was away for a few days and I gained 3 lbs just from after dinner snacking!
18 days ago



PHATPAT18

good idea.
18 days ago



RHOOK20047

Good idea moving. I have developed a bad habit. We have been getting mini-ice cream sandwiches, and I indulge in one usually every 2-3 days, but if I don't buy them I won't miss them. And I notice now that since one knee is better, I don't mind running to the kitchen to get one. Before my replacement, if I wasn't in the kitchen I wouldn't get one, and if I was already in the back end of the house, I would think forget it, my knees hurt too much. I don't have the bra issue, but I guess I could adjust my attire with wearing really pants instead of my comic leisure pants - Grumpy from Seven Dwarfs, Mr. Grinch, Star Wars, and my variety of Christmas themed pants.
18 days ago

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