



# BROOKLYN\_BORN

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## Off to Europe

Saturday, December 08, 2012

Today we leave for our cruise - Christmas Markets on the Rhine.

I'm at the bottom of my goal weight range.  
I won't overstuff myself and I won't drink any alcoholic mixed drinks.

However, I will  
Enjoy the local culture – sights, food, wine and beer  
Run a few miles in each country (Switzerland, France, Germany, The Netherlands)  
It may be a VERY few since it's really really cold over there right now.  
Visit the boat's fitness room daily for some treadmill walking.  
(small room, too hot to run)  
Too cold, too hot – I sound hard to please, don't I?

I'm taking my tablet so if there's connectivity, I'll even try to post.  
SP keeps me accountable.

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**LOLATURTLE**

OH, I missed this so you may not see until you get back, but have a WONDERFUL trip!!! It sounds lovely. I hope you do get to run a few miles in different countries, how exciting!!



Have a lovely time and a safe trip back.  
3108 days ago



**CD13136117**

Bon Voyage - and have a fabulous river cruise!! Safe journeys!!  
3108 days ago



**WILSONWR**

Have great vacation! It sounds fantastic!  
3109 days ago





**DAISYBELL6**

Fantastic! I hope you have a great time.  
3110 days ago



**DEBBY4576**

Okay, I'll admit it, I'm jealous. Be sure to take a picture in each place, and post when you return. What a trip of a lifetime.  
3110 days ago



**BOILHAM**

Have a great time. I love my Nook Tablet and iPhone for when I am on the go.  
3110 days ago



**STRIVER57**

enjoy! it's not quite that cold. not for a New Yorker.  
3110 days ago



**SMILES4383**

Have FUN

3110 days ago



**ONEKIDSMOM**

Enjoy! See you on the flip side!  
3110 days ago



**CD8113065**

Have a safe and enjoyable trip. What a neat thing, to run in all of those countries.

Good travels.  
3110 days ago



**MISCHAKEO**

Have a wonderful trip. I am excited for you. I take my IPAD when I travel to keep accountable also. Good for you being at the bottom of your weight range.

3110 days ago



**FITFOODIE806**

Enjoy! Europe at Christmas time is beautiful. Europe at any time is beautiful! I love the buildings and streets and colors. Have a fabulous trip.

3110 days ago



**SWEDE\_SU**

have a wonderful trip! enjoy!  
3110 days ago



**TINAJANE76**

Hope you have a fantastic time. Schöne Reise!  
3110 days ago



**SUZYMOBILE**

Have a great time! Bon voyage!  
3110 days ago



**COCK-ROBIN**

Have a great cruise!  
3110 days ago



**NWLIFESRC**

3110 days ago



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