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There's room for all of us at this Thanksgiving table

Thursday, November 22, 2012

I have much for which to be grateful on this Thanksgiving Day. The health of my family and seeing my grandchildren regularly top the list. I should clarify that this year I can see only 5 of the 6 grandkids easily. The oldest is spending a year in China, but still I'm happy that he's fulfilling his dream to experience a new culture even as I await his return.

I'm very thankful to have the opportunity to see the world with my husband. We've been married for 45 years and together for nearly 50.

I'm thankful for the technology that allows me to explore, gather information and "meet" new people. Yes, I'm grateful for the support that I've found on SP.

Where we:

- Become aware of what we're doing to and for our bodies,
- Inform ourselves about the content of our food.
- Find the type of exercise that's enjoyable enough to make a habit
- Discover what works best for us

Whether we choose vegan, vegetarian, gluten free, paleo, primal, low carb, high carb, high protein, low salt, low fat, healthy fat, or are big consumers of meat, there's a place for all of us here at this table.

I'm thankful to belong to a community united in pursuing a healthy lifestyle.

Happy Thanksgiving!

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MJZHERE
Well said!
3126 days ago



DALID414
Well said! Happy Thanksgiving.
3126 days ago





TINAJANE76

Well said! These are some of the greatest things about SparkPeople and I'm happy to be included at your SparkTable. Hope you and your family had a very Happy Thanksgiving!



3126 days ago



MISCHAKEO

Have a great Thanksgiving. I like the way you say there is room for everyone at the Spark Table. Everyone finds their own way to health.

3126 days ago



KARENLYNN

You are very blessed indeed! Have a blessed thanksgiving, Brooklyn! ;)



Karen

3126 days ago



CELIAMINER

Beautiful gritudes!

3126 days ago



FITFOODIE806

Happy thanksgiving to you!!

3126 days ago



BOILHAM

I am thankful for intelligent, articulate blogs.

3126 days ago



COCK-ROBIN

And a blessed Thanksgiving to you. And a healthy one.

3126 days ago



DEBBY4576

You have much to be thankful for. Wishing you a special Thanksgiving.

3126 days ago



SUZYMOBILE

Amen!

3126 days ago



WILSONWR

That was great. Thanks!

3126 days ago



CD1335574



3126 days ago



SWEDE_SU

nice - that really says it all:-)

3126 days ago



CD11948896



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