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The ultimate test of maintenance? How about a CRUISE?

Monday, November 26, 2012

For those who have read my history of unfortunate wedding anniversaries, we're doing it again – for my maintenance anniversary. DH got this great last minute deal that he couldn't refuse. So on Dec 7th off we go for 2 weeks on the Rhine.

It will be a lovely trip – the Christmas Markets, beginning in Basel and ending in Amsterdam. There will be lots of walking tours in cold weather which burn extra calories, but there will also be lots of FOOD, all paid for in advance. First order of business will be to restrain my thrifty "get my money's worth" gene. Wine is also included, so I'll have to keep that in mind too.

I once wrote that I don't deprive myself when on vacation, but neither do I plan to overdo it. River cruises aren't as food laden 24/7 as ocean cruising, but still it will be a lot more than if I were cooking for myself. My favorite food has always been something someone else made and put in front of me.

We will see. Maybe I'll pack all my smallest clothes.

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MISCHAKEO

Have a great time. That sounds like a wonderful cruise.
3120 days ago





WILSONWR

Good luck - it really sounds like fun! We're going on our first ocean cruise in January. That will definitely be a test for me as food is my weakness...

3121 days ago



BOILHAM

Spur of the moment cruise deals. Perfect for us retired folks. Gotta love 'em. Have fun!

3121 days ago



TINAJANE76

Have a wonderful trip and enjoy yourself! I'm sure you'll work out the best compromise between taking advantage of everything the cruise has to offer and not getting totally derailed. The Christmas markets around Europe are gorgeous so you'll be sure to have a blast.

3122 days ago



ROOSTER72

It might be good to remind yourself that each meal is not the last meal. It might all look good, but there will be another good meal in just a few hours - so no need to go over board. Enjoy but not to excess.

Have a terrific time - what a lovely trip. I hope you get lots of chances to explore on foot - great exercise, but also the best way to really see new places!

3122 days ago



MJZHERE

Wow! I'm envious. Have a wonderful time!

3122 days ago



CD12911945

Good blog. I agree about the clothes. It's bad enough to be stressed about eating without adding the unnecessary anxiety over small clothes. You are supposed to be having fun. The purpose of being healthy and fit is so you can have fun and enjoy all life has to offer. So do that.

HAPPY VACATION!

3122 days ago



CELIAMINER

Have a wonderful time, and, as Lattelee said, don't pack your smallest clothes. If you had more notice, you could have gone down a few pounds to give yourself a pad, but with less than 2 weeks' notice.... Anyway, please don't be so severe with yourself that you end up resentful. The way you run, a few pounds will disappear in no time when you get home.

3122 days ago



COCK-ROBIN

I know you'll succeed!

3122 days ago



SUZYMOBILE

Oh, how wonderful!! You might end up being surprised. I lost a little weight while we were on a cruise a little over a year ago, because I was so conscious of not eating all the junk that was available 24-7. Just because there's a serving area of pizza all day long doesn't mean I'm going to gorge on pizza. Just because there's dessert doesn't mean I have to have it. Free wine would be a

challenge, but that's self-limiting!



And I'm sure the same sort of thing will be true for you. Have a wonderful trip!! We'll miss you!

3122 days ago



CD11026554

That should be a wonderful holiday - the markets and ice rinks are just being set up now! Pack your thermals though, it's pretty chilly. I hope you have a brilliant time.



3122 days ago



AZMOMXTWO

enjoy the cruise

3122 days ago



CD10386126

You'll do great with all your walking enjoy yourself and burn off those calories!

3122 days ago





LATTELEE

Don't pack smallest clothes
3122 days ago



DMEYER4

have a great time on your cruise.
3122 days ago



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