



BROOKLYN_BORN

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My daughter is a Sparker too! What can we teach the next generation?

Saturday, November 03, 2012

How about preventing weight gain in the first place?

Now I don't expect SP to be inundated with new members in their appropriate BMI range, but I'm glad to see a team of those with "Less Than 10 Pounds to Lose." My daughter is in that group. I understand that such a group can be diverse, including those who have managed a significant weight loss and now are working on the last difficult 10 pounds. It also includes those who have seen the first stage in the weight gain that affects so many of us.

10 pounds may not be concerning to a 200 pound man, but to a petite 120 pound woman, that's about 10% of her body weight. That may not yet be cause for alarm, but it's certainly worth considering the reason that it occurred. Without an honest assessment of lifestyle, that 10 pounds can turn into 20, 50 or more quite easily. For many of us that's exactly what happened.

The National Institute of Health maintains that "your weight may be affecting you more than you think... that even a few extra pounds each year can affect your quality of life"

www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/onepound.htm

Weight plays a role in blood sugar levels, knee, hip and back pain, sleep apnea etc. as well as the risk of serious disease. Losing even a small amount reduces those risks.

I definitely AM NOT referring to the few extra pounds we all seem to gain over a lifetime. I'm perfectly happy 13 pounds more than that sweet young mother I used to be.

(pictures here:

www.sparkpeople.com/mypage_public_journal_individual.asp?blog_id=5117642

I mean the few extra pounds that are added year after year until we reach that moment – Yikes! Who is that in the mirror? Or worse - whew, that was a steep flight of stairs!

I also DO NOT advocate badgering our children (usually daughters) into being obsessive about their weight and appearance. Well meaning efforts in that direction can be counterproductive at best and positively dangerous at worst.

That's why I love SP. The message here is a healthy lifestyle, not some quick fix diet or pill. It's like taking the wrong turn on a road trip. I would much rather discover my mistake 10 miles down the highway rather than 50.

I've written about my Dad's struggle to quit smoking. He told me that the easiest way was never to start.

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Similarly, obesity happens one pound at a time. So does preventing it.

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CD11824494

Again, Awesome blog! Love reading this and I have 2 very young daughters and 1 of whom seems to be very superficial and always worried about how she looks. this scares me as she is too young to even be thinking like this. At least with my lifestyle changes and her seeing my healthier choices, maybe she can overcome what 'might' happen as she gets older whether it's obesity or being too skinny. Thanks for writing!
3145 days ago



DEBBY4576

How bout that, my oldest is 43 also. Except she is obese. I wish I could get her to think she has enough time to check this site out. So many of us are in the 10 pounds or less group. I find that I'm probably always going to be there. I gain and lose 5 pounds all the time. It's a type of maintenance haha. My BMI is in the middle, and I don't know if I'm complacent because I look okay, or just not that dedicated. I do know that Sparks keeps me from getting above the 10 pounds and that is a good thing. Love your blogging....really really do.
3145 days ago



MJZHERE

Look at you go! Exceptional blogging (you were hiding all that time) and now you have your daughter on board. I'm starting to feel like somewhere I got off track - you are a runner, your daughter is a runner, my daughter is a runner and me - I'm a sitter!
3145 days ago



MISCHAKEO

You are right..prevention is the key..don't let those pounds creep up year after year. I am glad your daughter is working on her ten pounds.



3145 days ago



CD8113065

Another thoughtful, informative, well written blog. You're good at this. Great job.
3145 days ago



TREYONE

As someone who battled an eating disorder during my teen years and early 20's, I think your message is very powerful. Eating right and losing weight for health reasons is necessary, but the tendency to equate thin with beauty is dangerous. Glad to hear you are on the right track with your

daughter.

3145 days ago



HAYBURNER1969

Here I am, proud to be Brooklyn Born's daughter! Age 43, mother of 3 kids, ages 10-16. That's a picture of me in her "Back to the Future" blog post.

I am in the Under 100 group for the very reason that my weight started to creep up this past year. I stopped paying good attention to how much I was eating vs. how much I was burning through exercise. Yet to look at me, you'd say, "Oh, you don't have to lose anything" and you'd be absolutely right. I am still toward the lower end of recommended BMI. I have a very petite frame.

Mom knows that through ages 15-26, I did not move my body at all, ate whatever I wanted (a lot of junk - I am half my father, you know), as much as I wanted, and never got above 110 pounds at 5'4". Please don't hate me for that because having a fast metabolism doesn't do anyone any favors in the long run. It's too easy for people like me to ignore the fact that what we're eating does real damage INSIDE our bodies that we can't see... damage we don't realize is there until we get some abnormal numbers on a blood test.

Like most people here, I've had to learn to eat healthfully and discover an exercise I enjoy (running). I don't think I'll ever be 110 pounds again but that's okay. I don't feel like I need to be that. However, I do know that I felt and ran my best at roughly 114, when I qualified for the Boston Marathon. I'd like to get back there... back to 114, back to Boston, and back to where ALL the pants in my closet fit me again.



I'm glad Mom has always told me not to let the weight gain get away from me like it did for her. Not just because it's a little easier to lose 6 pounds rather than 20, but also because I'm too cheap to buy new pants.
3145 days ago

Comment edited on: 11/3/2012 8:04:21 AM



CD13210788
This is so true .
3145 days ago



COCK-ROBIN
Very good!
3145 days ago



COCK-ROBIN
Very good!
3145 days ago



CD1479887
AWESOME
3145 days ago



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