




BROOKLYN_BORN

 Change Banner Image

154,986
SparkPoints



-  Info
-  Photos
-  Feed
-  Blogs
-  Awards
- More 

Did you have work done?

Sunday, November 04, 2012

It took me a minute to understand what that old acquaintance was actually asking. I hadn't seen her since my retirement and when we reconnected, I was two years into maintenance.

I lost my weight very slowly so I really didn't get much recognition for my efforts one way or the other while I was on my journey. However, when meeting someone whom I hadn't seen in a very long time, the change was obvious to her.

Isn't it interesting that her first thought was that I had surgical help to achieve the new me? Breast implants, tummy tucks, butt lifts, face lifts, all kinds of nips and tucks as well as serious gastric intervention are so common now that that scenario seemed more likely than the possibility that I might have managed it naturally.

Whenever I see a movie star who looks great at 50, 60, 70 or more, I have to wonder how much artificial help was sought to keep up with their contemporaries or younger competitors. Fortunately, I've never had a job or lived in an atmosphere where I depended on my looks for success or validation. I can understand how someone who has a camera thrust in their face with great regularity might consider it a necessity.

I would never criticize anyone for what is really a personal choice. My fear of medical procedures far outweighs my need for bodily perfection or improvement. I even close my eyes when having blood drawn or getting a flu shot. Yeah, I'm a wimp.

So the answer to my incredulous friend was YES, I had work done and I DID IT!

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Report Inappropriate Blog](#)

 [Add a Blog Entry](#)

See Today's Featured Member Blog Posts

More Blogs by BROOKLYN_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)

Member Comments About This Blog Post



TRAVELGRRL

I love that answer and am going to steal it too! I'm still doing my "work" but one day it will be done and then I'll be doing the "work" of maintaining it!
3143 days ago



DEBBY4576

You are an inspiration. I too lost very slowly. And, also, I go up and down in the same weight range. No one that sees me regularly ever notices. How can they not see those bulges in the midriff area, or the hunks of skin (fat?) bulging in the mid back? They don't seem 'em come or go. I agree with you, wouldn't it be awful to have all those things noticed because we are constantly in the spotlight. So I guess I'll be happy to only have my pounds noticed by people I haven't seen in a



long time.
3144 days ago



COCK-ROBIN

You have much to be proud of, and I'm proud of you. Keep it up!
3144 days ago




BLUE48DOWN

  answer!
3144 days ago




SANDYBREIT

 **AWESOME**

What a great response! I'm going to remember that and steal it should I ever get to the point where someone asks me that question -- although most of my friends know that I, like you, would do almost anything other than undergo surgery...



 **YA!**

3144 days ago



CD12758218

Fabulous response!
3144 days ago



GODDESSOFHOME

Fabulous response, way to be assertive!
3144 days ago



ALLENJOSEPH

I sure like what you told your Friend about your weight loss. It was the most perfect answer.



3144 days ago



CD11824494

Awesome reply! Another well written and thought out blog post!
3144 days ago



HAYBURNER1969

Great response!!!!
3144 days ago



MJZHERE

Love it! What a great answer! I am so glad you found your voice - really enjoy your blogs.





3144 days ago



SLENDERELLA61

Love that answer!! You did the work. Me, too!
3144 days ago






LADYPIXEL



3144 days ago



TREYONE

3144 days ago





CD11026554

The best way (IMHO) to lose weight for good!



3144 days ago



CD2244567



3144 days ago



Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

Post Comment

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.