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The middle of the road is a lonely place and dangerous too

Friday, November 09, 2012

This is absolutely not political, but with a hard fought election just 3 days behind us, I'm struck by the similarities between our weight loss journey and our political landscape.

I don't have to describe the political situation. We've just endured enough of that to understand what I mean.

As for a parallel in weight loss:

Take this pill, no that other one and all will be fine

Buy this gadget and you'll look great

Sprinkle this on your food. No other effort needed at all

You need lots of cardio. No, you need lots of strength training

Go low fat!

Go low carb!

Weigh yourself often. No, that's bad!

Eat high carb and lose weight (Dr Oz, just a few days ago)

Promises, promises, promises!

Here I am in the middle of the road trying to walk that line painted down the center. Calories in/calories out - moderation in all things, balancing my nutrients and a reasonable amount/variety of exercise.

Occasionally I wonder about those on either side going in opposite directions. I hope they successfully get to their destination too. It may depend on their vehicle (body) type.

Now why is it dangerous to be in the middle of the road?

Sometimes you get run over by both sides.

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TINAJANE76

Once again, I agree with you 100%! I don't think there's any magic bullet in this process—it's really a combination of being moderate in all things, like you said, and finding the little things that help you stay focused and motivated along the way.

3138 days ago





CD12758218

We all need to figure out what works for our own situation and be confident in that, regardless of what works for others. It is ok that what works for one, doesn't work for another. It even makes life kinda interesting. :-)

3138 days ago



MISCHAKEO

I am with you on that road of maintenance. We have to find our own way to maintain..as we are flooded with information on either side.

Great blog.

3138 days ago



WATERMELLEN

Moderation in all things (even, occasionally, moderation!!)

3139 days ago



CD11824494

Great post! I am just glad that I found SP and have some guidance as to what we should be doing!

3139 days ago



ROOSTER72

If we stand side by side in the middle of the road, they will have to go around us!

3139 days ago



SOUTH_FORK

Wishing you the very best in navigating the road.. That painted line seems mighty thin sometimes, especially when there are so many of us trying to walk it!

3139 days ago



WILSONWR

Great blog!

3139 days ago



CATMAGNET

The diet industry is definitely a minefield, which is why I thank my lucky stars every day that I found Sparkpeople.

As always, an awesome post! :)

3139 days ago



MJZHERE

Lol! I keep thinking of the turtles that use to get run over on the street where I grew up in the country. I know that doesn't fit but it is just how my mind works sometime. Have you thought about a column for the newspaper - you could bring in extra money on the side.

3139 days ago



COCK-ROBIN

You're doing great!

3139 days ago



SUZYMOBILE

Pay no attention to those on the sides of the road!

3139 days ago



62NVON

Awesome blog, as usual. =)

3139 days ago



CD3468195

Love your blog, thank you.

3139 days ago





DAISYBELL6
Great Blog! So true!
3139 days ago



BOILHAM
Excellent analogy. You have a wonderful mind.
3139 days ago



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