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My frame size went from small to medium to large... yeah, sure.

Monday, October 01, 2012

I defy the norm. It was my positive body image that caused me to ignore the added pounds.

Before BMI we had height & weight charts on the doctor's wall. At 5'6" the range was 117-154. In high school I was at the lower end and always assumed I had a "small frame." Gradually I decided that was wrong and by retirement I was content with my "large frame."

During each of 3 pregnancies in my 20s, I gained exactly 25 lbs. Back in the day that was the upper limit. If you were on a pace to gain more than that, the doctors and nurses would actually yell at you. Of course we also drank coffee, ate chocolate, alcohol was OK in moderation and so was smoking, although my book did advise women to cut down. Fortunately, I never smoked and when I realized the amount of calories in alcohol, I quit that too. I didn't want to push that weight limit. I lost all my baby weight within 6-8 weeks of giving birth.

Then life happened and the pounds gradually piled on. In my 30s I decided I had a medium frame. The only negative comment I remember was at a family gathering when my aunt remarked to my mother, "ooh, Eileen got FAT!" Looking around the room, I responded, "Compared to WHOM?" See, no body image problem here.

Fast forward 2 more decades and my now LARGE frame was edging into the officially overweight category. Finally, I was beginning to express concern. However, American society had been gaining weight at a faster pace than I was and I was told not to worry because I could "carry it."

Finally I decided I didn't want to carry it anymore. While skipping dessert made sense, most of the popular diets sounded wrong to me. I didn't have any dieting history, but I sure knew that I couldn't stick to any of them.

I had always been active so my only option was to analyze and change my eating habits. Fortunately, my running forum had a "healthy eating" group and although it took nearly one year to lose 20+ lbs, here I am approaching my 3 year anniversary of maintenance (132-135). No, I'm not trying to get back into the 120s. Maybe it's that lifetime habit of being content with not being perfect, but I'm OK right where I am. However, I intend to keep tracking and paying attention. I don't want those extra pounds to sneak up on me again.

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SAMMILESSACH

I am 5.3 always been busty& what the South calls chi ld birthing hips, small wrist& makes & shoulders. So my frame is whatever my weight is at the time. It has been almost a decade since I weighed in at 120's, and two years since 130's , I too will be determined like you ☺
137 days ago



MISCHAKEO

That is wonderful that you are approaching your third year of maintenance!!!! I went through that whole large frame issue. My husband told me I need more meat on me as I had a large frame. I choose to remain at my healthy weight.

You have done a great job of keeping those twenty pounds off for 3 years. That is very inspirational.

Keep tracking..keep paying attention. Great advice.



3177 days ago



MAHGRET

Thank you for sharing. I think it is good that you kept a positive self image, I don't feel like we should have to hate ourselves to wake up and decide to get healthier.
3178 days ago



SUZYMOBILE

Yeah, I've noticed the frame size calculations changing over the years, or maybe it's me! I used to think I had a small frame, even given my height of 5'7 1/2". But now they tell you to measure it according to whether your thumb and pointer finger can touch when encircling the bony part of your dominant wrist. Mine can't, so I think that makes me large. I don't much care. I'd rather be 120 or lower, but can't seem to get there lately.
3178 days ago



SHADOWROSE45

I'm okay with not perfect, too. I'm only 5'2", but when I get to 135, I will be content.

I am small framed, but I dispute weight everywhere, so never look quite as heavymasmIam.

Good for you for the three years staying where you want. Isn't it within healthy range at your height?

3178 days ago



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