



# BROOKLYN\_BORN

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## 3 Years on SP - My First Blog

Monday, September 17, 2012

I feel like such an oddball. I didn't have dramatic amounts of weight to lose. I never yo-yo dieted. I was always rather content with my pear shaped body and I was always active and fit.

However, by age 61 I was carrying 30 lbs more than in college (20 lbs more than after 3 pregnancies) and I just didn't want to show up for my retirement physical and have to move that big 150 lb weight on the doctor's scale. Plus, my 5K times had been getting gradually slower and I decided that I would be better off if my heart and lungs didn't have to drag that extra weight up those hills.

So what to do? I was already running 20 miles per week and drinking only water (after my morning coffee & OJ). So much for "easy" stuff – move more and cut out soda. Fortunately I love numbers and data, so I began tracking my food on a different website, less comprehensive than SP, and using SP for the articles and information.

I was amazed and impressed by all the stories of great success, but didn't feel comfortable joining in. I reached my goal weight (22 lbs lost), but compared to everyone else, it seemed like so what... big deal. So I kept quiet. I didn't even use a "ticker."

But I discovered that I love eating healthy and knowing what's in my food. I love planning the day using the tracker and playing "what if I eat this and not that?" I love my food scale and improving my ability to estimate weight and portions, and I still love to read about everyone else's successes.

So as I approach 3 years of maintenance at goal weight (132-135), I joined the Maintenance Team. Maintenance difficulties are universal, no matter how much we weigh. Now I hope to find my voice. Maybe there's someone else out there like me?

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**SAMMILESSACH**

Great! You have come a long way ☺  
140 days ago



**NASFKAB**

what a great first blog loved it  
1437 days ago





**SUZYSMOBILE**



Yup.



Maintenance is more involving than weight loss ever was, and calls on all the self-awareness and analytical skill you can muster.  
3186 days ago



**KANSASROSE67**



I "only" lost 25 pounds on Spark and I don't think my story is very interesting or exciting either...but just because we don't have dramatic stories doesn't mean we didn't achieve something great! We just didn't have as far to come as some people.

Glad you're moving forward into the spotlight a bit!  
3191 days ago



**MJZHERE**




I am glad you have "joined" in and I think you have found your voice! I felt like you with the 30 lbs to lose, but the more I was on here, the more I discovered that the weight people are trying/have lost is from every range. I also discovered it is good to be "with" a group of people who also want to be healthy, fit, and eat well. And I agree - love reading the success stories.  
3192 days ago



**JANEMARIE77**



 you are awesome  
3192 days ago

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