Change Banner Image

BROOKLYN_BORN

154,974
SparkPoints

LEVEL 21

| | Info | | Photos | | Feed | | Blogs | | Awards | | More ⌄ |

I just tripled my yearly fitness minutes goal.

Sunday, March 02, 2014

No, I haven't just decided to become an "Iron Woman" but sometimes it helps to step back and look at your own spark page. Somehow long ago I entered 4550 as my YEARLY goal for fitness minutes.

Anyone familiar with my situation knows that exercise, especially cardio, was never my problem. I always loved being active.

Math isn't my problem either. I taught math and computer science for 30 years.

Where did that number come from? I think I just typed in any old thing.

When I joined SP, it was because eating too much food was my problem. HUGE amounts of food! Even healthy food! Way too much food to be burned off by running or sessions at the gym.

So when I filled out my goals, fitness wasn't a priority. I was already fit. I was just carrying extra weight I didn't need.

Tracking food was my priority and I did it. Conscientiously! Most of the time I didn't even bother tracking fitness.

I wasn't even concerned with spark points. My only friend was the guy whose job it was to be my friend. I was a hermit. It took years to even get to level 2.

Somewhere along with maintenance, I realized I liked being here. I liked the support and friends and just participating. I like seeing the spark points pile up. I like getting virtual trophies.

I think that's MY particular key to maintenance (4 years and counting).

I still don't intend to count steps or daily activity, only workouts. Let's see if I can live up to my new fitness goal. Now it's 14,000 fitness minutes.

And yes, continuing to track my food and weigh myself every morning will always be a priority. Avoiding those two things is how I gained the weight in the first place. I'm not abandoning them.

Edit:
After reading comments from 2 friends, I want to clarify that in no way do I consider counting steps or daily activity as "devalued" points, only that I have no way of tracking those things. So my goal only reflects workouts that I'm able to measure either in time or distance.

Edit Blog Entry | **Delete Blog Entry**

Share This Post With Others

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

ONEKIDSMOM

Celiaminer's comment spurred this one:

My kid sister shared something with me this weekend. She works as a Physical Therapy assistant, and when she did her presentation for the class it was related to NEAT, Non-exercise activity thermo-something-technical). In short they did a study where they took a group of people, some obese, some normal weight, and had them wear sensor filled undies to measure how much they moved during the course of the study.

Then they overfed the entire group, about 1000 calories a day. Some of the people gained weight, some did not. Those who did NOT gain weight, had increased their activity, apparently in response to the excess calories.

So, while we might THINK those minutes automatically generated by our fitbits or step counters are "devalued" they really do count, in our bodies' internal calculations. Standing, pacing, walking slowly, fidgeting... all add to what our bodies burn.

Good luck with your new fitness minute goal... seeing how much you run? Doable for you.
2659 days ago

CELIAMINER

Hmmmm. Thirty minutes three times a week comes out close to your original goal. Here's to your new goal! I have to admit linking my Fitbit to SP devalues the fitness minutes on my page, because Fitbit counts every step. I have to make the effort to use as many of those steps as possible for real exercise.
2659 days ago

CD9543726

My fitness minutes yearly goal is set really low, something like just under 4000 a year. I know I didn't set that - I think the program did that automatically when I signed up. I told it that I planned to exercise for an hour per day six days a week! Far more minutes than that. I didn't know it could be changed, though! How do you do that??

ETA: Ha! Never mind, I figured it out as soon as I asked. I just never thought to try before!
2659 days ago

Comment edited on: 3/2/2014 11:03:15 PM

DOVESEYES

It's great how SP creeps up on you, I was the same a spark hermit but then I dicovered all the things SP offers and I was hooked.
So glad you are doing well.
2659 days ago

EGRAMMY

You are to be admired
2659 days ago

CD13758606

Well Done!

A healthy lifestyle includes all components of tracking! It is a great way to hold yourself accountable.

WAY TO GO

2659 days ago

BOILHAM

Great job on tripling your goal for last year, and good luck on exceeding your goal this year!
2660 days ago

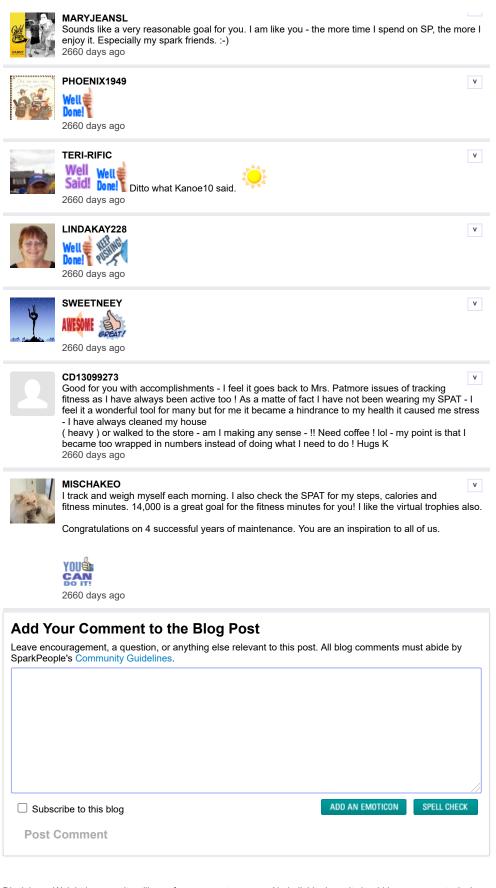**WATERMELLEN**

Good plan!!
2660 days ago

MARYJEANSL

Sounds like a very reasonable goal for you. I am like you - the more time I spend on SP, the more I enjoy it. Especially my spark friends. :-)

2660 days ago

PHOENIX1949

Well Done!

2660 days ago

TERI-RIFIC

Well Said! Well Done! Ditto what Kanoe10 said. ☀️

2660 days ago

LINDAKAY228

Well Done! KEEP PUSHING!

2660 days ago

SWEETNEEY

AWESOME GREAT!

2660 days ago

CD13099273

Good for you with accomplishments - I feel it goes back to Mrs. Patmore issues of tracking fitness as I have always been active too ! As a matte of fact I have not been wearing my SPAT - I feel it a wonderful tool for many but for me it became a hindrance to my health it caused me stress - I have always cleaned my house
(heavy) or walked to the store - am I making any sense - !! Need coffee ! lol - my point is that I became too wrapped in numbers instead of doing what I need to do ! Hugs K

2660 days ago

MISCHAKEO

I track and weigh myself each morning. I also check the SPAT for my steps, calories and fitness minutes. 14,000 is a great goal for the fitness minutes for you! I like the virtual trophies also.

Congratulations on 4 successful years of maintenance. You are an inspiration to all of us.

YOU CAN DO IT!

2660 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