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PHEBESS Interesting. I know plateaus are frustrating, I plateau constantly. But being at the same weight, even if it isn't the goal weight, is SO much better than gaining! 1843 days ago	
WATERMELLEN Yup yup (and I confirmed with google isn't the internet amazing, I call 'em "literary illusions" now because I can create the illusion of actually remembering!!!)	
So interesting that "famous last word" was so often "plateau": a plateau in the past which caused much grief can often look pretty appealing from the perspective of a gain.	
And for sure Spark support helps a whole lot keeping me from gaining.	
1843 days ago	
JEANKNEE I was one of those folks that initially came to Spark and took quick leave. What's interesting is that I did not close my account. I returned a little over 3 years later and have been actively using Spark for close to 2.5 years now. Glad I returned! 1843 days ago	
LIVEDAILY   v     Losing weight and becoming a healthier you is a Full. Time. Job. A lot of people are looking for that quick fix. You didn't put on 100 pounds overnight. It isn't going to disappear overnight, either. It can be very discouraging, unless you create a support team for yourself.     Image: Specific constraints   Image: Specific constraints     1843 days ago   1843 days ago	
HOLLYM48 As you said, sp is not a magic pill. It does take work and dedication. i am sure it doesn't appeal to everyone as I have seen many people come and go in the 4 years that I have been here. 1843 days ago	
DOVESEYES	
AWESOME	
1843 days ago	
2BDYNAMIC v	
Okay back now to finishReally don't know why they leave 1843 days ago	
LIFENPROGRESS Here for the entire journey!	
"Who do you spend time with? Criticizers or encouragers? Surround yourself with those who believe in you. Your life is too important for anything less." ~ Steve Goodier ~ 1843 days ago	
PHOENIX1949 v   Well v   1843 days ago 1843 days ago	
CD4114015 Another GREAT blog! 1844 days ago	
v	

## **50YEARSAWIFE**

SP Staying with Spark is a choice we all must make. I for one am with it for the long hall. I need it, it's members and the inspiration of all. Spark On.

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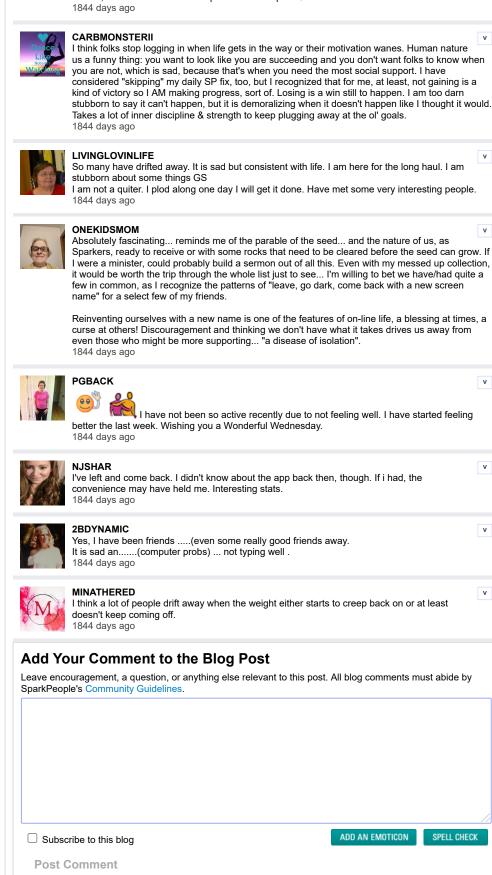
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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.