



BROOKLYN_BORN

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I'm number 11! - I'm number 11! - and it only took 8 years!

Saturday, December 31, 2016

Tomorrow, January 1, 2017 is my Spark Anniversary. It was 8 years ago, New Year's Day 2009, that I joined Spark. I made up some meaningless username to get started. I only intended to use the trackers not get involved in anything else.

By summer I was halfway to my goal and I was getting daily email with links to resources and blogs. I began to read them, learn and secretly connect with others. I was aware of them. They did not know that I, a "stealth sparker" was following their journey. I became familiar with their unique user names and decided to reinvent myself. I became "Brooklyn_Born." So my "official" Spark date is listed as August 2009. I don't even remember my old name.

I joined a few teams so I could silently follow those sparkers who inspired me.

I reached my goal weight on Thanksgiving Day 2009. How ironic is that? I reached goal on a day when all of the USA celebrates by eating lots of food.

I had already learned that no one is immune to regain and reaching goal was not the end of the journey.

So I followed another sparker to a new team - At Goal & Maintaining + Transition to Maintenance.

Now 7 years of maintenance later, I am sure of one thing. I may have lost the weight as a spark hermit, but I never could have maintained the loss without Spark, the maintenance team and the support of friends

Now as for the title of this blog. No, it's not a typo. I'm not number 1 as the football fans regularly chant and actually I'm tied for #11 with 6 others.

I'm talking about Spark Trivia leader board for December. Trivia is the first thing I do after spinning the login wheel to document that I've been here, ready to start my day of making healthy choices and seeking the motivation to do exactly that. Somehow I always find it, in an article, a blog or even just a status post.

I began my spark life carrying extra weight for 25 years.

I began my trivia life way down the list, pages and pages down the list. 60% correct was a GOOD score for me.

I've learned a lot along the way.

Happy New Year to all my fellow Sparkers.
May 2017 be a successful year for all of us.

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GINIEMIE



Happy Sparkversary on your way to ANNIVERSARY ! I applaud you and envy you. I lost weight but didn't find the maintenance group and have regained all but 2017 is a new beginning. I will track, eat wisely and lose weight-my doctor says 20 pounds I pray and will work for 30. And WHEN I reach my goal I will look to you and a few others to maintain said loss and keep making healthy choices. I do trivia after logging in too but I still have bumper days. I haven't even checked my

number for 2016. Keep on going, I'm looking at your trail.



1620 days ago



LIVEDAILY



Congratulations!!
Great blog, too!!
Happy New Year!!
1621 days ago



DOVESEYES



What a wonderful blog I started out incognito as well, learning so much and then little by little got more involved.
Have a wonderful year dear friend :)
1621 days ago



SPEDED2



Happy New Year!
1621 days ago



SUNNYCALIGIRL



Well Done!
1621 days ago



NUMD97



Congrats, B_B on being Number 11. That's no small feat, as I am also "pages and pages and pages" down the pathway. I also agree with DebVNE (my partner in crime) as to some of the phrasing of the questions. I was not going to mention it, as it sounds like sour grapes, but I, too, wonder how some are getting the most obtuse questions right and wonder if they are "back-buttoning" it.

Congrats, too, for being on maintenance for SEVEN (count 'em SEVEN!) years. Good for you!

I also saw your feed about your grandkids recreating their photo, and wondered if you posted it in your feed. If so, just know that your feed is not accessible. I'm sure we all would love to see it and share your joy.

And, finally, let me take the opportunity to thank you for all the time you invest to write your blogs. They are oftentimes poignant, meaningful, and humorous, and I think it is safe to say that I can speak for the community that your writing strikes a chord with many of us.



Happy new year, B_B! May all that you hope for the new year come to fruition.
1621 days ago

MORTICIAADDAMS



Happy sparkversary!!!
1621 days ago



PHEBESS

Congratulations on your trivia score, and for being here for so long!
1621 days ago



PEGGYO

**KEEP
SPARK
ING!**

1621 days ago



KNH771

Happy Sparkversary!
1621 days ago



PRNCSCUP1-2FULL

Congratulations!! I know how you enjoy the trivia! #11 is impressive! I am a Sparker who is happy that you are now an active and well known Sparker instead of your former stealth Sparker! Happy New Year!
1621 days ago



SUNNYBEACHGIRL

Happy #11!!!!

I recognized your sideways dance into being an active Sparker. I liked the online tracking and planned to just use that function. Then I was seduced by the articles, the exercise videos and then the common sentiments expressed by others. Now I check in everyday and value the support for helping me to commit to maintaining
1621 days ago



WATERMELLEN

I am SO impressed!!!! My Trivia scores are . . . keeping me humble!! Glad to know they may improve with time!!
1621 days ago



MARYJEANSL

Oh, and I forgot to add - congratulations on the trivia score!
1621 days ago



MARYJEANSL

Happy New Year to you as well! Here's to a year of healthy choices for us all!
1621 days ago



PHOENIX1949

WOO!

Here's to a happy and healthy 2017 for you and yours!
1621 days ago



KRISZTA11

**CON
GRATS!**

to your 8th Spark Anniversary,
and to being 11th on the Leader Board for Trivia!

HUGS

1621 days ago



SMILINGEYES2

**Well
Done!** **CON
GRATS!**

1621 days ago



ANAKIE

I used to do the trivia until I found too many of their "correct" answers contradicted in their own articles or on medical websites. Now I just read everything and skip the quiz.
1621 days ago





HELEN_BRU

Always enjoy your blogs. Wishing you and your dh all the best in the New Year and hope he continues to recuperate.



1621 days ago



DR1939



1621 days ago



ECOAGE



I'm also on the Trivia Board!

1621 days ago



CD15520036

Happy New Year you too!

1621 days ago



ONEKIDSMOM

I honor your #11... since I rarely play Spark trivia, it's one of the things I look at with somewhat detached interest, as several of my Spark friends and folks whose blogs I regularly read (yours, among others) are avid trivia players. I learn something every time you blog about it, without putting in the effort of playing myself... kind of makes me a stealth Trivia observer!



Happy New Year and congrats on being on the leader board!

1621 days ago



ELAINEB1972



1621 days ago



HOLLYM48

So glad you have been part of my journey. Congrats on your trivia score. All the best as we ring in the New year!!!

1621 days ago



CD4114015

Much of my journey is just like yours except I don't have your trivia or number brain, and in March I celebrate TWO full years of maintaining and still have a hard time wrapping my head around that!



And I agree, may 2017 be our BEST and HEALTHIEST year of all!



1621 days ago



DEBVNE

Congrats, such a powerful message in your blog. I too begin my day with trivia, the fact that I am up to 71% overall accuracy is saying something. The educator in me wants to rip my hair out at the poor quality of questions, the fact they still use true/false, a no no! Sigh, it does frustrate and exasperate. I always wonder who is doing so well...makes me happy it is you! #11? Rock star! Like you, I also learn every day when I do play...true nuggets of wisdom embedded in the explanations.



All the best in the year ahead, Happy New Year!

1621 days ago



SYLPHINPROGRESS

Beware.....Mathematician at Work



1621 days ago

Comment edited on: 12/31/2016 9:04:37 AM



GEMLADYONE

Thanks for sharing! I think there are many like you were that are stealthily following and getting closer to their goals and it's good for all to hear that approach can also work....and also how much harder maintenance can be!

1621 days ago



FUNLOVEN

That is very cool! I did the Spark Trivia for a shot time but gave it up because I didn't think of it as anything more than collecting points. Know I see how it can be used as a learning tool.

HAPPY NEW YEAR!

1621 days ago



RO2BENT

You can search for the answers online before you answer them

1621 days ago



SLIMMERJESSE

I joined 20 days after you. 8 years for me as well. Happy Sparkversary to us both.

1621 days ago



SWEDE_SU

i'm number one! or at least tied for it:)) i also spin the wheel and go straight for the trivia questions, then the blogs. habits! healthy ones...

1621 days ago



JEANKNEE

I used to do Trivia regularly and got away from it this summer. Love the irony of reaching goal on Thanksgiving Day. Thanks for sticking around and inspiring others to find their way.

1622 days ago



FITWITHIN

CONGRATS! Well Done!

1622 days ago



SHELTER-PETS

YOU CAN DO THIS GREAT!

1622 days ago



BBEAGAN

Congratulations on being #11! What a great blog. And now you have become one of those Sparkers who inspires so many others!

1622 days ago



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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.