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The Evolution of a Stealth Sparker

Friday, February 19, 2016

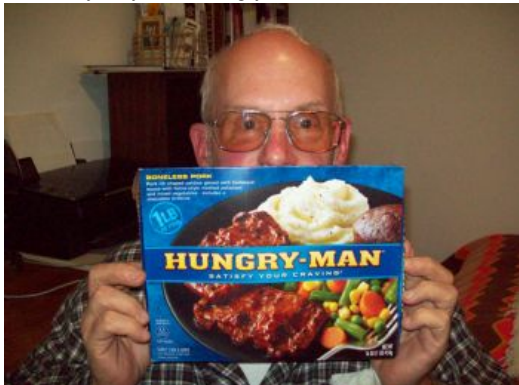
My last blog hinted at DH's alternatives when faced with being housebound by bad weather.

A bit of history:

This was my table in 2010 when I blogged that I lived with the "Junk Food King of the World." I had reached my goal weight by then, but this environment kept me clinging to SP for maintenance motivation. I used to say that my husband had a mistress who lived in our house. Her name was "Little Debbie" - (the snack cake lady)



Here's my very own "Hungry Man" and what he once considered a nutritious meal.



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Then he began to read labels



Even he didn't want to eat a chemistry experiment.
He began to garden.



And he even read the Spark Solution.
It came free with my Spark T-Shirt (my profile picture)

So how did he spend his snowbound day?
He baked bread. Real ingredients, no mixes!



As for Little Debbie? She's not around very much anymore.
I found these ancient remains amoulerin' in the fridge.



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JEANNESPARK

Great story, Thanks for sharing!
1933 days ago




MARYJEANSL

Reading this made me smile! I only wish my (admittedly imperfect) example could work on Henry, who lives on bread, pasta, and cheese pretty much, with some cake and candy thrown in. At least it's not Little Debbie.
1935 days ago



MISCHAKEO

 It is exciting to see such healthy changes!
1936 days ago



SWEETNEEY

wonderful transformation. It's so much easier when every body in the household is on th same page.
1936 days ago



OSONIYE

What a fun post! You're both doing great!
1936 days ago



POLSKARENIA

Glad you got rid of 'the other woman'
Lucky husband, having you!!
1936 days ago




CD14476702

Little Debbie has been the down fall of most all of us when it comes to junk foods..... I am happy to hear you n your hubby are on a forward move to health n fitness..... keep us posted, as your progress can also help ours!
1936 days ago



IAMSUNNYHOWARD


1937 days ago



2BDYNAMIC

This is no doubt a story with a fairy tale ending where they lived happily ever after!.....LOVE...LOVE. This blog and with all your wonderful pictures really makes it!..... you deserve a gold crown for reaching maintenance in the midst of all this temptation shall we say!..... I





am also happy that your spark influence affected your husband and now you both can be healthy!..



1937 days ago



MTN_KITTEN



1937 days ago



DS9KIE



1937 days ago



GINIEMIE

What a great tale of success. I remember that picture, it's good to hear of his new habits. I love

the smell of baking bread, especially on a cold winters day.



1937 days ago



1CRAZYDOG

Awesome!

1937 days ago



ANGIEN9

What an inspiration you were to your husband! That is awesome.

1937 days ago



ONEKIDSMOM

Best leadership: by example!



1937 days ago



AALLEY2



wonderful!

1937 days ago



MILLEGE2

How wonderful! He is a smart man!

1937 days ago



CD4114015

My DH also caught my healthy eating too! He was always a "normal" eater and didn't eat

JUNK but for sure he reads labels etc. I KNOW how satisfying that is!



1937 days ago



DOVESEYES

Fantastic

1937 days ago



PHEBESS

Way to go, BBDH!!!!!!

(My husband's mistress is Sara Lee.)

1937 days ago



SWEDE_SU

way to go! i remember that blog. isn't it great the way we can spread the spark? and with rational husbands like ours, they actually get it. love the fresh baked bread story!

1937 days ago



TERI-RIFIC
He's a cutie!!
1937 days ago




HOLLYM48
How awesome it's that!! Way to go on slowly but surely through example and knowledge convert your hubby!
1937 days ago



CD12068097
Let's give credit where credit is DUE..... YOU... Dear Lady... he caught YOUR SPARK. So BRAVO to you both !!!
1937 days ago




PGBACK
 For the Former Junk Food King of the World!!!

Have a great weekend.
1937 days ago




LIVEDAILY
Mmm...home made bread!! So much better for you than stuff filled with chemicals!! Good for him, and for you for sharing and encouraging him!
1937 days ago



KRISZTA11

to the progress your husband made in these years.
Gardening and baking real bread - that is a long way from eating junk :)
1937 days ago




CHAYOR73
 it's wonderful that you guys made such a change!!
1937 days ago



LEXIPEDIA79
Its great that both you and your husband are focused on healthy eating. I know he came to it later but i bet it's great to have a household that is on the same page.
1937 days ago



PHOENIX1949

1937 days ago



CD15641307
You lucky woman-home baked bread sounds amazing! So great that you two came on this journey together, x
1937 days ago



TMULLINS23
Fantastic, good for both of you=) I keep trying to get my junk food junkie to eat better. One day I will get through but I really applaud you both and yay to your husband to kicking litter Debbie to the curb :)
1938 days ago



FRANRN76
Little Debbie is a bad bad girl. Lol. I am a sweet eats and could devour an entire box. So i can understand her draw. I eventually gave it up. Unfortunately i have replaced it with fruit. Slowly trying to add more veggies in my diet, but right now i need the sweetness of the fruit.



Kudos to DH for making the change. It had got to feel good to you, to know that because of your healthy choices you had a positive influences. I have one of those junk eating guys. It's is my wish that as I move along this journey then he will be willing to change as well. I can only work on myself at the moment.

P.S. That bread looks delicious!!!!

~☆~Frances~☆~
1938 days ago



KELLIEBEAN

Whoohooo!! Anyone can change. Great for him. Way to lead by example!



1938 days ago



SUBMOM2

Awesome!

1938 days ago



TCANNO

Good for you both and well done.



Trev

1938 days ago



GLORYB83

That is awesome! Now you have a healthier husband and not the temptation on the counter top! Way to go, both of you!



1938 days ago



WUMPASTAR

WOW! Proof that leading by example always works, no matter how long it takes :) this is awesome! And gives me hope lol



1938 days ago



DSJB9999

Thanks for sharing x

1938 days ago



KARMANPOWELL

What a great story! The family that Sparks together. ...



1938 days ago



CD13558753

I love this story. I will show it to my husband for encouragement. Thanks for sharing.



1938 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.