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Relatively Speaking - Continuing Yesterday's Deep Thoughts

Saturday, January 23, 2016

Yesterday I pondered what was considered a "significant" amount of weight loss and the attitudes of and toward those who have lost (or want to lose) different amounts of weight.

Of course magazines want to make sales and spotlight the extreme cases either in total weight (a lot) or a short amount of time - sometimes unrealistically BOTH. The only time they consider percentage of body weight lost is in the "half my size" articles.

Even I once succumbed to the hype. The magazine cover with the hot babe said "Get a Bikini Body in 6 Weeks." While I definitely won't wear a bikini as I look at age 70 on the horizon, I wouldn't mind having the body for it. I bought the magazine.

Thinking back 50 years or so, my best friend joined the NEW organization Weight Watchers. She wore a size 18 which back then, according to the sizing of the time, meant that her measurements were 40-32-42

(See the Simplicity chart at the end. They never changed to the vanity sizing creep of today).

She wanted to lose 50 pounds which at the time was considered a huge amount of extra weight. She told me that WW didn't accept anyone with only 5 pounds to lose since that would be discouraging to the others.

Does anyone have any WW experience from back then?
Did they once turn away people who didn't fit the goals of the program?

Anyway, that's the mindset that leads to Spark People teams. We all have the same goal - to live a healthy lifestyle which generally involves shedding pounds.

However, we all start at a different place, various starting weight, different frame sizes, and come with unique experiences and life challenges, likes and dislikes. We're also all over the map age-wise.

So we seek out those with similar characteristics/interests as ourselves. We look for like minded friends with whom to take the journey to goal or maintain once the goal is reached.

As a longtime spark person, who still logs in every single day for my daily dose of motivation, occasionally I will browse the teams. There truly is something out there for everyone.

Oh, by the way, that bikini article in the magazine I bought?
If I could have done the workout that they described, I would have had the bikini body already.

Here's the graphic of the Simplicity sizing chart from their website.
Most of you are probably too young to remember the 1960s

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MISSES' SEVEN SIZES IN ONE									
Sizes	10	12	14	16	18	20	22		
European Size	36	38	40	42	44	46	48		
Bust	32½	34	36	38	40	42	44	in	
Waist	25	26½	28	30	32	34	37	"	
Hips	34½	36	38	40	42	44	46	"	
Back-neck to waist	16	16½	16¾	16¾	17	17½	17¾	"	

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SEAJESS



Ah, fantasy!

We all indulge in it. And it can be put to good use! As a sticker I bought at a half marathon expo says, "In my mind, I'm a Kenyan." Some days being a Kenyan is all that keeps me going.



1956 days ago



MISCHAKEO



That was interesting how measurements have changed, We all come from different weights and ages, but still have a strong community.

1964 days ago



PGBACK

That is wild about the patterns.



1964 days ago



CIZRATH



That's what I like here on SP. There is actually a group for Over 50 and 10 to 25 pounds to loose! I am 5 3" over 50, and have a good 20 pounds to loose. The same 20 pounds I've been carrying maybe 15 years. It's the weight loss that will improve my health and knock me out of being "overweight". Did WW on and off for over 25 years. Enjoyed your blog.

1964 days ago



KRISSY82

How interesting that graphic is!



I've never tried WW, but I don't like that they once turned people away. What a shame.

I have been reading those types of magazines since I was a teenGer.(I'm 33 now). I know now that they are not realistic, but I still find myself reading them, enjoying some of it, taking some advice, and also feeling badly because I'll never look like those women(even without photoshop). When I see a younger girl with one of these magazines, I want to tell her to throw it away!

1964 days ago



HOLLYM48



That is interesting about weight watcher's back in the day. I wonder if they have any rules around that now. After watching the dvd from Beach body, I know I could have the abs the gals in the workouts have if only I could do all those moves. Maybe if I quit my job and became a fulltime Piyo coach. LOL, that's not going to happen so I will just try to do my best doing those moves!

Have a great weekend!

1964 days ago



A_NEW_JAN



I remember my oldest sister joining Weight Watchers in the 60's. She loved it because she could have a hamburger patty with cheese every morning for breakfast! I also remember her eating 3 or 4 hotdogs at a time. It must have been based on lower carbs, back then.

The first time I joined WW, I had quit smoking & gained 30 pounds. It was a very simple program - 2 milk servings, 3 starch servings, 6 protein servings (I think) 2-3 fruits & unlimited vegetables. I lost my 30 pounds, kept them off for more than 2 years & am a key chain carrying "life time member" - all 185 pounds of me! LOL

Anyway, I've come to SP [almost] every day since mid 2011, though I originally joined in 2008.

Obviously, I'm not adhering to the food & exercise very well, but I love my SP friends. They're always here for me & I try to be supportive of them.
1964 days ago



STRIVERONE

I was kicked out of Weight Watchers in the early 1990's because I was losing weight too rapidly and would not get a doctor's note. I recall it was because they had lost a lawsuit and were forced to implement some "good" practices.
1964 days ago



PHOENIX1949

Well Said!

1964 days ago



SUBMOM2

In 1991, I tried to join WW. Because of my height, my weight fell within their "target" range, so I was told I could come to meetings but not join. Okaaaay.

Fast forward to 2012 when I decided to give WW another try, especially since there is a location nearby. The "greeter" was anything but friendly, looked me up and down and reluctantly handed me a flyer for the online program.

Perplexed, I went online and found Spark People instead!! While it hasn't been a direct journey, it's been a positive one. Reading your post today and yesterday, as well as those who replied to your posts, has been reaffirming. No one cares what my "number" is. This is a place to get and give support for a healthier lifestyle!

1964 days ago



MILLEDGE2

Ah, yes! The first time I heard about WW, back in the 70's, I used a friend's instructions because the 7-8 extra pounds I was carrying weren't "enough" to allow me to join. But I'm small-framed and only 5'1", so those extra pounds were significant for me and for my health.

SP is the smartest, healthiest, most sustainable way to keep healthy I've ever found. Even when life has taken me to a much heavier place than I ever wanted to be (or ever want to be again), there are tools and supportive people and role models here who make daily check-ins worthwhile.

And you're one of them, BROOKLYN_BORN! Thanks for leading the way!

1964 days ago



ALICIA363

All hail Simplicity patterns!!! Wish women's pants could go to waist-inseam inches (or centimeter) pairs. Maybe a type of cut could account for our variations in curvature?

The criteria didn't work for me because of age, and that "significant" bit is a stumbling block, too. I seem to lose in stair steps, 15 pounds (then several years pass), then another 20 pounds (again more years pass), then another 20 ...

Not as much of a compelling story when it takes a lifetime to achieve it. Or when there's no BIG aha moment. I do remember making more of an effort when my daughter was small and I felt like a failure because it was difficult to pick her up. Again, very pedestrian, and it seems more like drama is what is being sought.

That's what I find great about Sparkpeople. Yes, it's diet and exercise. But you find YOUR diet and YOUR exercise that can work for a lifetime, or for some of us, for this part of your lifetime.



1965 days ago



WATERMELLEN

I remember the 60s and even the 50s and how proud my mum was (a volunteer fitness instructor at the YWCA) that she shared the same size as Marilyn Monroe: a 16!! Notice that the smallest Simplicity size was a 10 -- and that would probably be a 2 or a 0 now, right?

My goodness, why don't we just pretend that we can vanish ourselves completely???

1965 days ago



NUMD97

Yes, I remember the '60's!

= waving from the Peanut Gallery =

I clearly remember WW from the late '60's and am amazed at how much the program has changed since then. I was 18 when I joined (sadly, the first time), and I needed special permission from a doctor to do so. That was my dad, and he did it very reluctantly as he did not feel it was necessary. I had to be around 123 pounds at the time on a 5'4" frame. I clearly remember major parts of the program: Absolutely no mayo (I remember how dry my tuna was on the one slice of whole wheat that I was allowed for lunch). Mustard was OK, ketchup was not. The program was very austere and, in my opinion, not sustainable. The first time, years later, I heard from one of their meetings, about a "lifestyle change", that gave me considerable pause. You mean it's NOT a diet? Go know.



What I have learned since then is there is no "miracle diet" and when I did a side-by-side comparison, the wholesome ones are virtually the same. The difference here in SPWorld (besides it still being free. How long can THAT last?), is decidedly the community. The incredible support one receives from cyberstrangers when people reach out is amazing.

So, I'll stick around here for a while. And be thankful that these "diets" are far more forgiving now, and aim for the long haul, not the upcoming event.
1965 days ago

Comment edited on: 1/23/2016 9:57:54 AM



NELLJONES

I lost my weight on WW back in 1970, and you had to be 10 pounds from goal in order to join. I don't know why, I had over 30 pounds to lose so didn't think about it. I did hear of men who gained weight so they could join with their wives, make it an adventure.
1965 days ago



BONBIT57

Yes I was to young. But I do see all those Magazines I weight 248 and I am 57 and on top of that I had knee surgery nov 12 on left leg and will have right leg done Feb 23 so exercise is almost impossible other than the pool and setting exercise.
1965 days ago



CD8113065

Fortunately, men's sizes, as far as I know, have always used actual measurements in inches. So, pants with a 32 inch waist, will, of course, always be a 32 inch waist. It certainly makes it easier to keep track and compare over the years. When I was seriously approaching a 38 inch waist size, the light bulb went off. I've now been at 30 inches for 5 years. Granted, some days that 30 inches feels snugger than others, but I can always get them buttoned and zipped.
1965 days ago



ALICIAFCX

I do believe I had that same experience once. Which I don't understand because you become a lifetime member once you hit your goal.
1965 days ago



ELP14586

Thanks. Very true to what you say. I've noticed I've lost a lil weight now and some friends and family seem to be jealous and seem made at me . But I share what I've done and try to help them. I don't get it :)
1965 days ago



LIVEDAILY

Relativity is always an interesting thing. It's good to keep in mind.



1965 days ago



TERRILUCKS

Very insightful post.
1965 days ago



SLIMMERJESSE

Interesting!
1965 days ago



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