



BROOKLYN_BORN

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The Medical Benefits of Sparking by Association

Thursday, June 16, 2016

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I've written about DH a lot in the past 7 years.
I've called him the "junk food king of the world"

For those who have only known me only a short time, this was my kitchen table in 2010. It was not a staged photo. It really looked like that. At that time I wanted to document that I reached MY goal while living in this environment.

(Confession, the Pringles were mine!)



Even though I reached goal, I kept sparking day after day, year after year.

Little by little HIS attitude changed.

One day he kept offering me a donut and I finally took it and threw it right in the garbage. That made an impression.

Whenever he offered me some junk, I offered him some of my delicious Greek yogurt and blueberries or some other alternative that I liked.

One day I found him reading "The Spark Solution" that came free with my Spark T-shirt.
One day he bought "Eat This Not That"

He began gardening (more or less successfully)

He began chopping vegetables with me for the healthy recipes that HE found.

He began reading labels.

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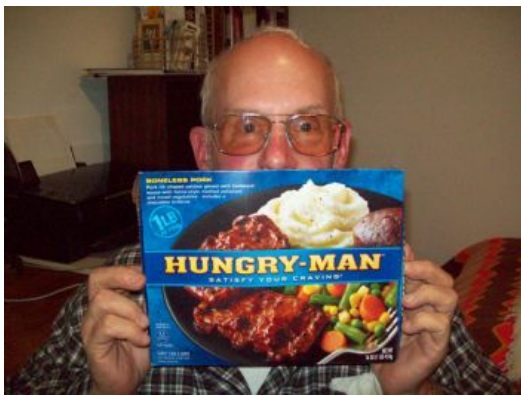
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We joke now that they can't call this product "Smart Man"

Obviously, I write about DH with his permission. He's my "Stealth Sparker."
A week ago we had our annual physicals.

Fortunately, the reports were good, especially since we are now 69 and 71.
Along with the complete result of his blood work, there was a letter from his doctor complimenting him on his gradual year to year improvement. His numbers are the best they have been in decades.

His weight loss was only 5% over these 6 years, nothing to make headlines, but at first he just stopped gaining and little by little he got under 200 pounds.

We talk about "baby steps" here on spark. He took "micro steps" but even those, going in the right direction, produced positive results.

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INCH_BY_INCH



1686 days ago



BOREDA

A great example of the powers of example!
1748 days ago





ANNIEONLI



That's awesome!!! Stealth Sparker!!
1800 days ago



NUMD97



It's quiet here at work, and I thought to catch up with a blog or two of yours, B_B. I love how you put your foot down no matter how much your DH wanted you to have that donut. A line was drawn in the sand, and shocked though he may have been, you stood your ground. Good for you!

I am sure that the downward trend in weight and a healthier lifestyle for the hubby was great, but hearing from the MD as another scientist, if you will, showing the concrete evidence of the changes he made, I have a feeling that clinched the deal.

Great for you setting such a stellar example: In here and at home.

Love it!

Thanks for posting, as always,

Nu
1800 days ago



QUAIL75



1804 days ago



-POOKIE-



This made me smile.
1805 days ago



AMBER461



This is awesome, thanks for sharing.
1807 days ago



1DAY-ATA-TIME



Congratulations, and Keep Sparking!!
1809 days ago



MSBEKANATOR



This is awesome!!
1812 days ago



DIANNEMT



Fantastic!!
1812 days ago



CAROLJ35



Such Everyone involved should be very proud of the accomplishments!!!
1813 days ago



DEKATE99



Love you message. I am still trying to get full support from my family,
1813 days ago



TERRIJ7



That is so cool!
1814 days ago



BARCELONAME



1814 days ago



CD13939073



1814 days ago



CGMLH01



1814 days ago



CD4114015



This is all good. I'm glad my dh "caught the bug" with me. He was always a "normal eating and sized person" but now even MORE so.

1815 days ago



MARYJEANSL

Wonderful! You are both great role models. :-)

1815 days ago



CD6939912

That's just awesome!! It's people like you and your husband that inspire me that healthy living has no age limit and fitness can extend well into our senior years if we just get and remain active! Thank you for this encouraging blog!!

1815 days ago



RUFFIT



1815 days ago



CD14310259

Thank you very much for sharing! I really loved this.

1815 days ago



CHAYOR73

TOTALLY AWESOME!!

1815 days ago



DOVESEYES



1816 days ago



WHITEANGEL4



1816 days ago



BUSYGRANNYS

Awesome!!!!

1816 days ago



CD15665102

I love the lack of nagging, and the good example. Way to go!

1816 days ago



AMAOLIVIA

That is a great story! It gives me hope for my family and my other-half!

1816 days ago





DAWNDMOORE40

THANK YOU!

for sharing your stories! You are an inspiration to all of us! You can do this and you have

shown us that DH can too!
1816 days ago



MOM4HOCKEY

Awesome blog! Thanks for sharing!!
1816 days ago



LAW06211



1816 days ago



JOANNS4



1817 days ago



CD13026971

You're amazing
1817 days ago



ARTJAC



1817 days ago



MODIASE-U



AWESOME

1817 days ago



TREKPURRSON



1817 days ago

CON GRATS!



DEEGIRL50



Cheers to your health. You've added years to your life and life to your years!

1817 days ago



LOSING4LIVING

I am hugely impressed with you, and happy for the both of you. I don't know how you managed control in that environment. If I smell pizza, I have to get away. If I have junk in front of me, I have to put it out of my sight.
1817 days ago



LILLYROSEGRAM

Please let your DH know that many of your Spark friends are impressed with his progress.

CON GRATS!
to both of you!!



1817 days ago



MISTYULLEN13

Thank you. I will be doing this as well, and hoping that GC will see what I'm doing exercise



wise and want to do it hisself. Maybe if he sees me eating better, and wanting to, he will as well.
1817 days ago



AURA18

1817 days ago



DORHYGT

Well Done! to you hubby and to you for setting a good example. My hubby really started since I began Sparking and is a stealth sparker also.
1817 days ago



ALICIA363

1817 days ago



LPATRICK0

1817 days ago



MAGGIEROSEBOWL

Those 'micro-step' changes are typically the ones that stick. Six years of new habits makes for permanent change. I honestly don't know how you lost weight with all that temptation. My Du has been incredibly supportive and insists he doesn't need the sweet, high-caloried stuff either. I hate to keep him from having the food he loves, since his cancer diagnosis, you would not believe the guilt I feel! Of course he'd like to lose a few pounds, and during my latest period of re-losing yet another re-gain, he has been eating the same stuff that I have and as a result, has lost 20 lbs. His doctor was impressed, and I'm noticing a difference in his appearance, even though he denies it. So proud of you guys and of me and my DH too!!! (I'm down almost 40 lbs. of my 53 lb. regain as of this morning!)
1817 days ago



CD13396003

Happy for you and your husband! We have a similar situation here haha. There's nothing like having someone to share the journey with, even if hesitantly at first.
1817 days ago



APPLEGREENGIRL

How great for you both. Thank you for sharing.
1817 days ago



NAVYMOM133

Love this story!! Congrats to your Dh and way to go, modeling the healthy lifestyle!
1817 days ago



SUEARNOLD1

What a wonderful example of how Spark works.

Thank you for sharing with us!

What a beautiful couple!



1817 days ago



2BDYNAMIC

and congratulations on posting for SO many people to benefit by!! ...

1818 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.