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"Off to See the Wizard" - Following the Spark Road

Sunday, January 08, 2017



It may not be made of yellow bricks and it doesn't end at the Land of Oz, but it is a path well worth following.

There are general directions posted. There are guidelines for nutrition and calorie ranges, tracking tools, and articles to read. Then there are teams and challenges to join. These are like the side roads or "paths to overlooks" that I travel in reality on the Blue Ridge Parkway here in Virginia. They lead me to a view of the entire countryside. I can see where I've been and where I'm going. I even meet travelers with the same destination as I have.

At first it can be rather overwhelming. There are millions of us here and as of Dec 20th we have together accumulated 5 billion spark points and the counter continues to increase rapidly.

How to manage such a huge area of Cyberspace?
How do we each find a way to carve out our own little corner of the Spark World and reach our goals?

In the end we are all an "experiment of one" finding the lane of the Spark Road that works best for us. Just like driving on a multi-lane highway - you stay in the lane that suits your speed. Of course, that can change as we progress in our journey.

How can we be sure not to miss something valuable along the way?

What do we do when we get off the road, run out of gas, take a detour or get lost?
Over 8 years my solution has been what I once called "following the breadcrumbs."

You read a blog that "speaks" to you and you make a friend. You follow the friend to a team of like-minded Sparkers. They motivate you. They give you new ideas. You learn that you are not the only person who has ever stumbled into a pothole.

The cycle continues. Your circle expands.

You see your friends' status and feeds and contribute to the conversation.
You learn from them and they learn from you as well.

However, this road doesn't ever really end. There is no Oz. The Wizard is not what Dorothy expected either. When we reach our goal - our weight or health or fitness level, the journey continues.

This is the Maintenance Road and I've been on it for 7 years now. It's not a straight line and it's not always smooth, but we can traverse it successfully with the support of our teams and friends.

No one is immune to the dreaded regain, but you don't have to be one of those statistics.
There's a whole team of Sparkers who are successfully proving that maintenance is possible.

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Check us out: At Goal and Maintaining + Transition to Maintenance

www.sparkpeople.com/mysparks/group_individual.asp?gid=1111

Follow the spark road until it leads to the land of goal and eventually maintenance (the ultimate plateau). The view is great from this overlook.

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CD11519434



1445 days ago



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1445 days ago



BOREDA

Very good analogy!
1511 days ago



LVMS61516



1557 days ago



BETTERME54



1570 days ago



QUAIL75



1576 days ago



NASFKAB

well put thanks for sharing your trip
1580 days ago





STEVIEBEE569



1590 days ago



MCJULIEO



I salute you!
1591 days ago



NHEMBERGER



Great blog! Happy for your success!
KEEP SPARKING!

1592 days ago



NECDOO



Very motivating. thanks.
1592 days ago



HOLLYM48



I couldn't have said it better myself! This is exactly how I feel. It is not about Oz, it is about getting to Oz. We have to enjoy the journey, get through the hard times, enjoy the good times and keep on going. Spark on and thanks for always being part of my journey!
1593 days ago



MISSCRIT



Congratulations
1593 days ago



LILLYROSEGRAM



Great blog! Thank you!
1593 days ago



SPARKFRAN514



Thanks for the great tips so i can have a safe and fun journey to good health



1593 days ago



HARRIETT14



I am Bronx Born, however, we share the same state. Your writing is very stimulating for both mind and body. I haven't really decided to go on maintenance or lose three more pounds to act like a cushion. I will know when I'm sure as to what to do.
1593 days ago



RUNNER11G



Very well put. Our lives are a journey, ever changing. Always keep your mind on your goals. Make today the best it can be.
1593 days ago



NEWTINK



1594 days ago



ELIZACG9



I do like the wizard of oz too..
1594 days ago



CHANGINGHORSES



1594 days ago





GABIBEAR

WOO! GREAT JOB! Well Said!

1594 days ago



WHITEANGEL4

Outstanding blog. Thanks

1594 days ago



MAREE1953

Thank you for your great blog and your willingness to share your path with all!!

1594 days ago



CD10676776

The never ending journey, but what wonderful rewards along the way!

AWESOME THANK YOU!

Well Done! Well Said! sharing! 1594 days ago

blog, for



EHAROTH

I love this blog! I reached maintenance many years ago via Weight Watchers. I was able to maintain for a while but I didn't have the ongoing support and motivation that I find here and gained everything back and then some (a lot)! I know that I will get to my goal and I plan to stick with my Sparkfriends even in maintenance! You have done great to stay in maintenance this long.

This journey will never end and I finally get that!

I LOVE IT! I LIKE IT!

1594 days ago



KOHINOOR2

I Agree Well Said! GREAT JOB! HUGS

Thank you for sharing.

1594 days ago



WENDIQ

I've been on maintenance for about 10 years now and it never ends...the temptations, that is. But this site is phenomenal because of eloquent ladies like you! Thank you for your blog!!!!

1594 days ago



CAROLJ35

GREAT BLOG!!!

1594 days ago



BLPRETTYGIRL1

I Agree KEEP SPARKING!

1594 days ago



LORNE67

What a great blog! Thank you for sharing it!!

I Agree

1594 days ago



SUSIEMT

What a wonderful blog! Thank you Thank you Thank you!! I wish I was as eloquent as you in describing this journey of ours! Woo Hoo you!



1595 days ago




CD17245369

AWESOME What a great way to say we are on this journey together but with different destinations. Wonderful. 1595 days ago





PATRICIAANN46
 I LIKE I LIKE I LIKE
 IT! IT! IT!

You have done an  job!!!
 1595 days ago



CHAYOR73

Very well said!
 1595 days ago



KHALIA2

When you make a mistake, don't panic. Get up, dust yourself off, and get back on track.
 1595 days ago



KEEPITUP4LIFE

What an awesome BLOG. For me, it is going on 3 years of maintaining and I fully agree with your analogy. Continue your journey and enjoy every step of the infinity and beyond of it.

Hugs Susan
 1595 days ago



DIANNEMT

Well said!!
 1595 days ago



1CRAZYDOG

Awesome! AWESOME!!!!
 1595 days ago



BEESHELL8

Congratulations and agree with Montrose28 -- an introduction to new sparkers. Like others, I toyed around with this place and wasn't consistent for years. Getting more involved helps a LOT. And I'm always learning something from other bloggers. Just the other day, I learned about the goals board from DAWNSUCCESS. I had no idea that was there!!! Thank you and other maintainers for showing us the way and staying here to share your success.
 1595 days ago



BONIFIANT

What a wonderful analogy of the journey are on. Thank you.
 1595 days ago



KACEYSW

Thank you so much for sharing this. I needed it today!
 1595 days ago



CD13397226

Your analogy was very touching and inspirational. Life is an adventure, enjoy the pathway with friends and supporter.
 1595 days ago



SHOAPIE

Well Said!

1595 days ago



CATLADY1955

I loved the analogy of a trip on a highway. It was so fitting for the travel to become healthy. I don't get upset when I get lost on a road, it just becomes part of the scenic route to get to where I was going. I guess the same thing applies to any slips that I have in my health goals, too.
 1595 days ago



MRDAUGH

Congratulations on being a featured blog. Well worth the distinction. I know when I first joined



in May 2015, I was overwhelmed by how much was available on this site. I didn't have the patience or enough knowledge to uncover the depths. I also did not get personally invested in a team and meet such wonderfully supportive people and I didn't get inspired by the stories of so many successful and struggling members. Thanks for your great blog that will help people



understand what they have at their disposal.
1595 days ago



REALLYRETIRED

I think that I saw you on the brick road the other day! I had been sitting on a bluff overlooking a pretty valley. I sat there for quite a while and then realized that I needed to get going again. I was walking toward the road and that was when I saw you walking ahead. "Hi there" lady! What a wonderful day 😊

1595 days ago



TRIMNUP

Well said! Thank you for sharing very encouraging and truthful words.
1595 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.