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The Verdict – Did I Out-Run, Out-Walk, Out-Tour My Fork?

Monday, July 10, 2017



Thanks to Spark People I know how to maintain my weight at home (over 7 years now). I login every morning for my daily dose of motivation and follow the plan.

On a 16 day cruise through 5 countries on the rivers of Europe it's more difficult I don't have my scale to weigh myself every morning. I don't have my food scale that I use if and when my daily weight trend is only up and never down. I can't track calories when every meal is a culinary surprise.

In my last blog I described with photos my favorite food – that which is prepared by someone else and put in front of me. Delicious to boot! I had 16 days of that.

Fortunately, most mornings I woke up to discover we were docked and I got dressed like this. I did come prepared.



For the first 10 days I was known as "that woman who runs" and I became friends with the night desk clerk. They want to know who leaves the ship for safety/security reasons. I always returned before 7. I didn't want to miss breakfast.

The last week I was joined by a running buddy. This is Bob waiting for me one morning.

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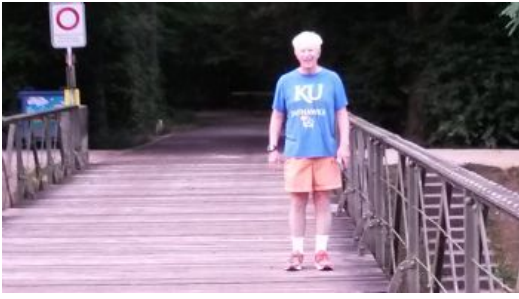
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My previous 3 blogs have pictures of the beautiful environment we enjoyed and other activities on the tour so I won't repeat them here. Except for one other new man in my life.



This is Sheldon. He's 84 and was traveling with his daughter. He was my DANCE partner! I want to be him in 14 years.

Joe wasn't neglected.

This photo shows us standing in front of a monument (looks like a rocket ship) marking the intersection of 3 countries – Switzerland, France and Germany. No wonder people here are fluent in so many languages.



Oh yes, the Verdict. I returned home 1.2 pounds more than the day I left. Not bad at all and I credit it to keeping connected to Spark, even if minimally. Logging in motivated me to stick to the plan.

I didn't skip any courses, but portions were of reasonable size. The exercise helped, of course, but mainly it was my resolve not to "graze" during the day unless something was really, really interesting.

I thoroughly enjoyed the experience and the homecoming as well since I don't have major pounds to lose.

The plan worked!

Note: I didn't count the time/steps in museums or on the tours where the routine was to walk a little/stop and listen to the guide and repeat. I did record the mileage of my runs and extended walks. The total was 85 miles over 14 days. That includes 9 days of running (25 miles), nothing too long. As I said, I never wanted to miss breakfast.

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BOREDA

You look fantastic in the photos!
1298 days ago



AMBER461

Thanks for sharing.
1369 days ago



SIZE8NOTSOMUCH

You are FRIGGING awesome! Way to go!!
1378 days ago



CHERYLHURT

Wonderful!
1396 days ago



IMAWRKNPROGRESS

Congrats! With not being able to track, only gaining a pound is amazing! I Have weeks where I gain a pound and I'm doing "everything right"! Kudos to you!
1415 days ago



GRAMPIAN

Well done.
1415 days ago



GWINNER1

VERY VERY
1415 days ago



GWINNER1

1415 days ago



Comment edited on: 7/24/2017 11:13:34 PM



BEESHELL8

You are awesome look how great you look in those running tights. Are they compression/CWX? Looks like you have a blast.
1418 days ago



WHYTEBROWN

1419 days ago



FITNHAPPY4LIFE

Fun fitness and a great trip! Love it!
1420 days ago



LARKDC

What an adventure! Thanks for sharing
1420 days ago





CD15520036

Amazing to keep exercise and eating in order like that. And what fun encounters!
1423 days ago



DJ4HEALTH

Well Done! GREAT JOB!

1423 days ago



HEALTHYME98

You are inspiring!
1425 days ago



TOMATOCAFEGAL

TOTALLY AWESOME. LOVED IT.
1426 days ago



MJZHERE

Your commitment is an inspiration. Made me think that determination is shown by a plan.
1426 days ago



CARRILU

Fantastic!! Now that's how to have a good time
1426 days ago



UNIQUE55

You did awesome!!!!!!!!!!!!!!!!!!!!
1426 days ago



LOSEDAPOUNDS

Very inspiring and great job staying on target! As someone mentioned I wouldn't be surprised if you gained muscle.
1426 days ago



MIRAGE727

It's great having the mindset of a Healthy Lifestyler, isn't it, Elaine?

Well Said!

#staystrong #neverquit #4life
1426 days ago



JERICHO1991

This came to me again. Enjoyed reading of your fun and healthy vacation a second time.
1427 days ago



CHICKEE7

I live in Switzerland and have done 3 cruises - all of which have helped me to gain plenty of weight. But we were never allowed to leave the boat to run. Did you do a river cruise ? In any case, congratulations on the very small weight gain. I envy you.
1427 days ago



JERICHO1991

Great job enjoying your trip and keeping up healthy living!
1427 days ago



SHARON10002

Wow! What an amazing trip, and an amazing outcome at the end for you! Thank you so much for sharing your photos, and I love your workout outfit! So very glad you returned safely each night!

You had to be hungry for a good fortifying breakfast after those runs!

1427 days ago



PGBACK

WELL DONE! GREAT JOB!





1427 days ago



MRSTABER

Love this blog! It is just proof that you can "live" and stay healthy! Keep up the good work!

1427 days ago



CHERYLHURT

Fabulous!

1427 days ago



NANCYPAT1

Looks like you have been having fun

1427 days ago



SWEDE_SU

well done!!!

1427 days ago



MMEQUEEN

Way to go!! Sounds like it was a wonderful trip!

1427 days ago



MARGIEB221



1427 days ago



COUNTRYCAROL1

Sounds like an awesome trip. Glad to see a person from Sparks who has kept up with it in so many years.

1427 days ago



MERIBONAPARTE

Way to go! that's great!

1427 days ago



CD16560690



1427 days ago



CARTOON3

You are an amazing woman and you look awesome.

1427 days ago



ARTJAC



1427 days ago



MARIAJESTRADA

Yikes! That is true commitment. You know, I only use the cup measure and table & teaspoons. I think it is amazing that after 7 years you are using a scale to weigh food. (I had one before I had the baby and forgot all about it.). Great job, you!

1427 days ago



LOSINGFORME16

Could that 1.2 lbs be muscle? It could very well be since you DID confuse your muscles. I'm glad you enjoyed your cruise. To bad you didn't count steps. That would have counted towards your mileage.

1427 days ago





GONNADOIT17



Truly inspiring!
1427 days ago



CD11517602

that's awesome!!! I'll be going on a 15 day cruise and am a lil worried but I know if I keep Sparking I'll be fine.
1428 days ago



MOMMYFITNESS

Awesome!! 😊
1428 days ago



DONNALEE-53



1428 days ago



AQUAGIRL08

Impressive!
1428 days ago



MAMODIO

Awesome!
1428 days ago



BLUEJEAN99

woohoo!
1428 days ago



BEVIEBEVIE

I applaud u... u did a wonderful job of keeping things in perspective
1428 days ago



JVANAM

Know that the darkest night is often the bridge to the brightest tomorrow.
- Jonathan Lockwood Huie
1428 days ago



IDICEM



1428 days ago



ROCKYCPA

Awesome!
1428 days ago



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