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Can I do it again?

Sunday, July 23, 2017



I may only blog about once a week, but staying connected with Spark for the inspiration and motivation I get from others is very important to me. I credit it with staying in maintenance range all these 7 years.

Last month during our cruise the connection helped me keep my eye on those small goals. It was enough to keep me on track while still enjoying the entire cultural experience of 5 countries of Europe.

Now I'm headed to our neighbor to the north.



My chorale is singing in Canada (Montreal and Quebec). Joe and I are looking forward to it, both the sites and the cooler weather. We haven't been there since Montreal's Expo back in the 60s. Joe doesn't sing but records us from the audience.

I have my running clothes packed and plan to get a run in before breakfast. I never want to miss breakfast. One long term goal of mine has been to run a few miles in each country we visit.

However, exercise has never been my problem, FOOD is. I have an enormous capacity to consume food. I can even overdo healthy food. So keeping my Spark focus is important. I want to enjoy my travels, but don't want the downer of having to lose mega-pounds on my return.

I know it's possible to be successful at this. Wish me luck!

And a virtual wave to my friends in Spark Canada.

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LINDA!

I love visiting Montreal. Have a great trip!!

1399 days ago



MONTROSE28

Have a wonderful time! I've lost count of the endless times I've reached my goal weight, been convinced I could keep at it, but within a few weeks, my weight showing on my scales were increasing each time I stepped on them! That was when I realised that only by staying consistent in logging every tiny morsel that passed my lips would I be able to remain at, or close to, my goal weight.

You've travelled before with your Chorale, and you've managed to cope, so whenever you're tempted to have 'just a little' of something, maybe take yourself for a short walk and remind yourself that the singing is the reason you're all there, rather than the foods you usually wouldn't even think of eating if you were at home...

Enjoy every moment. You know you CAN do this.
Chris,.

1407 days ago



LOVEDABUNCH2

Waving back from Canada! Enjoy running in all your countries.

1408 days ago



KELLIEBEAN

I hope you are having a spectacular vacation!

1411 days ago



MARTHA324

If anyone can do it, it is YOU. What a wonderful opportunity to sing in Canada and have the added benefit of running through their beautiful country.
Enjoying some extra food once in a while won't derail you.



1412 days ago



CD5900706

Have fun!!!

1414 days ago



KSNANA2

Can't wait to hear about your trip to Canada! You will do great and I think the Canadians will be very accommodating to your needs.

1415 days ago





GINIEMIE

Have fun in Canada. You can do it, you've done it before and I trust that you are persistent enough

to do it again.   



1415 days ago



QUARTERMASTER3

Enjoy yourself and good luck

1415 days ago



BLUEJAY1969

Have a wonderful trip and I am sure you will be just as successful at being true to your healthy lifestyle as you were the previous time!

1416 days ago



CHAYOR73

Wish you all the luck in you travel and in keeping your healthy goals!!1

1416 days ago



AZMOMXTWO

way to go on being on track enjoy the travels

1416 days ago



WILSONWR

Good luck on your trip. Enjoy the cooler weather!

1416 days ago



JENARUL

I admire your commitment and you're a true inspiration to me! Have a lovely time!

CACACA

1416 days ago



JSTETSER

WOW! Enjoy the trip to Canada!
Thank you for your very nice blog!



1416 days ago



NILLAPEPSI

Have fun!!!

1416 days ago



CTYONIT

Enjoy!



1416 days ago



DEE107

safe trip and you can do this with out a problem YOU can

1416 days ago



SPEDED2

Safe travels. Enjoy the food, continue the exercise, and have a wonderful time!

1416 days ago



HOLLYM48

I know that spark keeps me grounded as well. Vacations are especially hard but you keep an eye on your weight and keep those pounds at bay. Have fun and enjoy!

1416 days ago





FRAN0426

You will get your exercise in and never miss breakfast, you already had a trail run on the cruise, every day. Wishing you and the rest of your chorale a wonderful time.
1416 days ago



GREYDOLPHIN

Your solution to eating out might help me. I need to step up the exercise.
1416 days ago



SUEARNOLD1



Good luck for a great tour.

Have a great trip!




1416 days ago



BJAEGE307

How terrific! You can do it, I know with all you have learned and lived you can keep yourself on

your path of a healthy lifestyle, even while traveling. Have a super great time, in  Hubby and I are going in September to Toronto. Looking forward to that.

Have fun on your travels.



1416 days ago



HARRIETT14

Seven years keeping your goal weight. I can't image that you would throw that accomplishment out. I know in my heart that you will keep on Sparking. It's a part of you that you can't give up. Have a wonderful time, Songbird.
1416 days ago



CD17245369



1416 days ago



MARYJEANSL

Best wishes for your singing! I love Canada - lived in TO for a year and a half. I hope you have a fabulous time!
1416 days ago



PATRICIAANN46

I wish you a wonderful trip to our neighbor to the North. I have not been to Montreal, but would love to go. How cool to be able to run in every country you have visited. Talk about getting the "Lay of the Land."

Enjoy and travel safe.....



1416 days ago



MBPP50



Enjoy your trip!

1416 days ago



LIVEDAILY



I know you can!!

You'll have to let me know how Montreal has changed from when you were there in Expo '67. I was there too! Then I visited Montreal in '77 or '78, and then Toronto in the '90's. Enjoy your visit there!!

1416 days ago





DAWNDMOORE40



way to go on getting in your exercise and keeping a check on your food intake! Have fun

and a virtual wave back to you from Illinois!
1416 days ago



SPARKFRAN514



1416 days ago



SUNNYBEACHGIRL

You do know how to do this. Don't let yourself get hungry, a important part to making good decisions. Have fun.

1416 days ago



BLESSEDMIRANDA



1416 days ago



HAYBURNER1969

You can do it! Love Montreal. Still have yet to make it to Quebec. We'll get there someday. Safe travels!

1416 days ago



PHEBESS

Have a fabulous time! And be sure to take the funicular down to the part of Quebec that's right on the river - the entire city is just wonderful for walking and exploring! (And of course eating French food and then walking off the calories!)

1417 days ago



SHAWFAN

You KNOW you can do it since you were able to do it in Europe! I have faith that you'll do it this trip as well! Take care and Have Fun!

1417 days ago



MORTICIAADDAMS

Have a good time. I know you will come back in good shape.

1417 days ago



PACEKA1

Enjoy your trip. I admire your dedication to keeping up the exercise. I am going to try to do the same while in Norway. And it sounds like while you enjoy food, you do know how to stay within your boundaries. Have Fun!

1417 days ago



NANASUEH

Enjoy your trip! I'm sure you'll be successful in maintaining the momentum you accomplished.



1417 days ago



WATERMELLEN

Love that you're coming to Canada and singing for us!! Hope you really enjoy Montreal AND Quebec. They are marvellous and magical cities: quite different although both French Canadian.

And I have absolute confidence you'll eat nutritiously and exercise judiciously and MAINTain. No doubt at all!!
1417 days ago



VISUALLYRICS

My dear Spark friend! ...Just look at you RUN!.....I mean fly...? or would it be more accurate to

say that you fly off to wonderful places and then I am so excited YOU are....because I

KNOW you will inspire us through your living out this healthy lifestyle....and motive ME!





1417 days ago



ONEKIDSMOM

"Sparks across the border, border..." yep, you can guess the tune it goes to. Enjoy your chorale trip and the sights to be seen while up North!

1417 days ago



ELAINEB1972



1417 days ago



LOSEDAPOUNDS

You have a wonderful trip coming up! Can't wait to read about it. I really enjoyed Canada when I visited a number of years ago (Toronto, Quebec City).

I am the same way. I can totally overdo it with healthy food too. It is wonderful you run so much. Works so many muscles. I do better with walking, but I add little spurts of jogging or running in there sometimes. Running bothers my knees and/or back.

I would wish you continued success, but I don't need to because I know you will be fine!

1417 days ago



RAZZOOZLE

Enjoy Montreal. Hopefully it will be cooler, but probably not much. Canada is having a brutally

hot summer. I am glad I own a pool.

1417 days ago



SUSIEMT

Say, are we sisters from a different mother? I have that same problem with food. I seem to have a large capacity for any kind! Good or not so good! Good luck and have fun singing!



1417 days ago



CD15520036

Have a great trip"

1417 days ago



MTN_KITTEN

If your travels are only about ... eating food ... you could just stay home.

Have fun. Enjoy the place at what it has to offer.

Stay connected to us ... AND your goals.



1417 days ago



KENDRACARROLL

Of course you can do it again!

I, too, credit SP for helping me stay successful in maintenance.

Enjoy your trip!

1417 days ago



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