



BROOKLYN_BORN

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Things Change – Attitudes Change – I CHANGED!

Wednesday, June 14, 2017

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Do you know what these are?

An ice cream dish and juice glass from 1960

Each was designed to hold a "portion" (1/2 cup of ice cream and 4 oz of orange juice)



Somehow over time MY portions filled these



I ate my ice cream in a cereal bowl and drank my orange juice from a 12 ounce water glass

Over time I gained weight but I was athletic, active and fit.

I didn't worry because I still wore a size 10 so I didn't care what the scale said.

In the picture below you see 35 years of size 10s.

As my waist and hips expanded so did the inches allowed in a size 10.

The top pair I wore in 1973 after having 2 children

The middle pair I wore during my kids' high school years (1987 – 1993)

The bottom pair is circa 2008

Why worry, I'm still a size 10

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Note: This is not the vanity sizing where sizes vary by manufacturer.

This is SIZING CREEP, a concerted effort by all manufacturers to change the measurement charts to allow more inches in each size.

They have been very successful expanding their profits at the expense of our expanding waistlines and hips.



My tag line includes the following data so I will not forget and make the same mistake again.

Size 10 Measurement Charts

1960 - 32.5, 25, 34.5

Today - 38, 30, 40.5

In 2008 I may still have worn a SIZE 10, but I weighed the same as I did when 9 months pregnant.

How could that be? Denial! Put the scale away - the tape measure too as soon as I saw my 40" hips.

Focus on the fact I was STILL a size 10 – just like in high school. Yea me!

This is December 2008 and my grimace reflects my AHA moment when I couldn't deny reality any longer



I just won my age group with my slowest 5k time ever. I realized that my constantly increasing weight was literally slowing and dragging me down.

My DD (Hayburner1969) is holding the turkey I was awarded as the oldest woman running.

Hayburner did something else for me that day. She introduced me to Sparkpeople.

Then she bought me a food scale while pointing out the benefits of weighing and measuring.



One year later, at my goal weight I ran the same course 4 minutes faster

Over the next 7 years I maintained my weight and my 5k speed.



By logging into Spark every day I know I can beat the regain odds, especially with the support of the team "At Goal & Maintaining + Transition to Maintenance"

My running speed may decline with age but now in my new age group 70-74, I intend to give it my best shot

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BOREDA

Jeeps, I had no idea about how manufacturers have "massaged" the sizes. Thank you so much for the wake-up call!
1326 days ago



MARYM1962

wow
1420 days ago



OHMEMEME

YES! YES! and YES! So enjoyed this blog and a few more of yours while catching up...!

I eat real delicious ice cream almost daily as an evening dessert when cal limits allow and I now use an appropriately sized cute little dish with portion weighed on a food scale. Portion control of an indulgence...a hard lesson finally learned...and still needing some self control some days...

Neat job on visuals! I do try to fool myself sometimes.

Thanks for the information and inspiration! So cool are you!

Keep on keepin on!
1436 days ago



MJZHERE

I added your last picture to my vision board which is of women my age or older who are strong and healthy. Thank you for the added spark!
1438 days ago



ANGIEN9

1440 days ago





QUAIL75

1441 days ago



MCJULIEO

Oh My Goodness! They gave you a TURKEY for being the oldest female runner?!?!?!?! I'm not sure I like the insinuation!!! A game hen would've been way more appropriate!

What did they give the oldest man??? A hot tamale?
1444 days ago



CHAR46SUE

1447 days ago



CD11519434

1447 days ago



CD11519434

1447 days ago



CD11519434

1447 days ago



MADIPA

Your story is quite motivating. Thank you for sharing.
1450 days ago



TOMATOCAFEGAL

What an awesome blog. So true too. Thanks for the reality check.
1450 days ago



FITNIK2020

...to handle the realities of age. I rarely jog anymore, but walk at a good clip, and have made many little adjustments as the years go by.
1450 days ago



FITNIK2020

So true about the sizes. When I finally perled off 18 pounds, I got rid of all my big clothes. I never stopped working out (except when I cracked a vertebra) but my weight was always an issue... always above ideal. I'm better equipped now to handle
1450 days ago



JAMER123

Great blog! Thank you for sharing!!
1451 days ago



ROSELCVDOW

Thank you for the inspiration!



1451 days ago



SILVAS7

Thank you so much for the trip down the River De-nial . there is so much reality to this post . I am aware of the same things in my own life I went back to the scale a month ago and the measuring cups ! They work and keep us eating mindfully . I am trying to get back to mindset of



food should fuel !



1452 days ago





JANROLG

GREAT JOB!



1452 days ago



CATS_MEOW_0911

Awesome blog and cool pictures! You're such a positive inspiration.



1452 days ago



WHYTEBROWN



1453 days ago



HEALTHYHEARTZ

You look great!!! And you are so right about those creeping sizes. I have a friend who loves telling me she is a size 12. I look at her and I think to myself, "that sure isn't the size twelve I remember... Looks more like an 18 to me." Bit then again, who am I to judge another woman size? I just keep my mouth shut and call it a day.

1453 days ago



KITTYHAWK1949

i knew sizes were getting bigger but wow that is a lot more than I thought. thanks for sharing and continued success in running.

1453 days ago



IAMSUNNYHOWARD

GREAT JOB!



1453 days ago



ARTJAC



1453 days ago



LSIG14



1453 days ago



SUEARNOLD1

Wow - what a great blog ...



1453 days ago



SPARKFRAN514



what a great blog and thanks for me going and remembering weigh measure and tack

not just say it do it .

1453 days ago



KATELYNNANN



1454 days ago



STEVIEBEE569



1454 days ago



CD2475290



Actually you have always looked AWESOME!
1454 days ago



CD17713391



I had noticed the same things! What a great message!
1454 days ago



LUVS2BIKE101




1454 days ago



SIMPLY_JAE




great information and such a well thought out blog.
1454 days ago



HOLLYM48




on being featured blog!
1454 days ago



14JESUSGIRL



You are SO inspiring! Your visuals in your blog are an eye opener. Thanks for sharing.
You look great, by the way.

1454 days ago



GODSBEST



Great insight and blog on sizing - those sneaky manufacturers!! Congrats on keeping up your
pace and you look great!! Hope to look as good when I get in my 70's!
1454 days ago



3SISTERS




I really enjoyed this...thank you
1454 days ago



KIPPER15




Great info!
1454 days ago



PGBACK






1454 days ago



BOWDIDDLE






You're an inspiration to me!
1454 days ago



NUMD97



Happy Birthday on your milestone celebration! You have much to reflect on, reaching your new
"age bracket" and so much lighter!

What an inspiration you are!

Keep up the good work, and the good example. Keep leading the way for the rest of us.

Thanks, B_B,

Nu
1454 days ago



WBERRY57



Thanks, you are such an inspiration.
1454 days ago



BLUEJEAN99



1454 days ago



IDICEM



1454 days ago



RAMONA

This is a brilliant blog! Thank you!
1454 days ago



QUARTERMASTER3



1454 days ago



BOBGE057

Thanks for sharing. Great job and great read!
1454 days ago



ROCKYCPA



1454 days ago



GARDENCHRIS



1454 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.