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A Most Important Message for the Young and Future Generations

Wednesday, March 08, 2017

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If you are overweight, do not fall for the hype to lose the weight quickly! There is a dark side to following that path.

Through the weight loss/regain chronicles of celebrities, reality TV shows, statistics of the general population or personal stories of friends and acquaintances, the term "yo-yoing" has become part of our vocabulary. It's an unfortunate choice of word since like a yo-yo, it implies that the journey will be the same each go round. Yet we know that each trip the yo-yo makes results in less distance traversed unless you keep applying additional force.

I knew a woman at our gym who always won the monthly award for most exercise minutes. She told me that she had lost and gained hundreds of pounds in her lifetime and that in order to maintain her current weight now she had to restrict her calories to 1000 or less per day in addition to her hours at the gym. If she increased her daily calories or cut back on exercise, she started gaining the weight back.

She said that each round of yo-yo became progressively more difficult and she never quite got back to the level she was seeking. She had to keep working harder.

It turns out that there's a reason for what she had experienced.
"rapid weight loss causes the metabolism to semi-permanently drop to unsustainable levels"
(The Benefits of Being a Slow Loser)
www.sparkpeople.com/resources/motivation_articles.asp?ID=2229

At Spark we know enough not to focus totally on the scale. Those NSVs are important. I cherish several of them myself. Still, carrying around extra weight is hard and given a choice, or perhaps a wand to wave, we would wish it gone.

I am honored to be quoted in the article. I have often described myself as the "Queen of the Turtles" for my baby steps approach to both my diet and exercise.

One word from the above quote is encouraging to me "semi-permanently." Perhaps it is possible that if we slow down one yo-yo journey, we can avoid becoming a regain statistic?

Can we at least try to get the word out to young women (and women are the majority of dieters) that slow loss is most sustainable?

That being drawn in by the hype or the need to lose quickly for a special event like a wedding or a reunion or even bikini season is not worth the risk?

That following Spark principles is the key to a sustainable, healthy weight?

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That's the message I want my grandchildren to hear.

When future generations hear the word yo-yo the only image in their minds should be this.



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KHALIA2

Well Said! I Agree CONGRATS!

1099 days ago

v



52BINCE

Outstanding blog
1432 days ago

v



BOREDA

Gosh: great insight, great lesson! Thank you.
1434 days ago

v



RASPBERRY56

Unfortunately, our current crop of youth are especially vulnerable to the TV pressures and the "cult of personality" - that didn't seem to be as much of a problem when I was growing up, thankfully.....

1528 days ago

v



WOOFERCOALBOY

Ooooooh, yessss.
1538 days ago

v



QUAIL75

Well Said!

1540 days ago

v



EMBRACEWELLNESS

Well said (from a 29 year old)
1543 days ago

v



JUNEAU2010

Thanks for the reminder. Looking at how much I need to lose, it's tempting to believe in something I know is not true. Turtle time! Slow and steady!
1543 days ago

v



KACEYSW

Yessssss!
1548 days ago

v



LAURANCE

I have a history of yo-yo weight loss and regain...
1548 days ago



CD11519434



1548 days ago



CD11519434



1548 days ago



CD11519434



1548 days ago



CD11519434



1548 days ago



KHALIA2



1549 days ago



ANNIEONLI

Well said! Playing catchup on my blog reads :) :) Slow and steady wins the race!!!
1550 days ago



MICHELORRAINE



1550 days ago



LSIG14

Definitely agree - so well said!



1550 days ago



CHAR46SUE



1550 days ago



ARTJAC



1550 days ago



1STBUCKETITEM



1550 days ago



CD4114015



1551 days ago





RHVICK

Well Said!

1551 days ago



MCJULIEO

Sustainable is the key!

1551 days ago



FREEMANSFOX

I have posted everywhere

SLOW PROGRESS IS STILL PROGRESS..... almost four years to lose 36 pounds and still have 20 to go

1551 days ago



SUTHRNWMN

Wish I had been told or actually took this into my conscious when I was younger. Maybe I wouldn't have such a difficult time losing the weight now. Thanks for sharing about this problem. Hopefully some younger folks will hear this and take heed.

1551 days ago



PLCHAPPELL

Excellent advice

1551 days ago



REDROBIN47

Very nicely stated.

Well Said! **KEEP SPARKING!**

1551 days ago



KILTORE

I'd much rather be a slow loser than yo-yo forever or have to restrict myself so much.

1551 days ago



AKROXIE

I am so with you on the steady, slow loss. My medication makes weight loss difficult, so would be really discouraged if I felt that I was supposed to have lost certain number of pounds by this

time. **Well Done!**

1551 days ago



LOSEDAPOUNDS

Well Said!

Very interesting post. Thanks!

1551 days ago



MJREIMERS

Well Said! **I LIKE IT!**

1551 days ago



SHINY5711

Excellent points! Thanks for the spark!

1551 days ago



JONEL57

I LIKE IT!

1551 days ago



DIANNEMT

I certainly wished I'd started doing this all earlier!

1551 days ago





ANGIEISORGANIC



Such a good post! Thankyou!
1551 days ago



CATLADY1955

My goal is to be one of your turtles. I spent my whole life being a yo-yo a message learned at home. I hope that by doing the small steps, I will be able to reverse some of the medical damage that I have done to my body. There is too much of life left to enjoy even as I am rapidly approaching retirement.
1552 days ago



NICKLESPICKLES

It is difficult to resist the hype...I was one of those young girls drawn in by doing damage to myself to stay thin. It didn't work...I am 44 and I have been unkind to my body for 30 years now. I

am into slow but steady these days. Thanks for your blog.
1552 days ago



DONNALEE-53



1552 days ago



ROCKYCPA



1552 days ago



LBBUTKO2017



1552 days ago



ISAGIRL2017

Beautifully said!!! Thank you!!! I'm a slow loser - always have been - and it can get so discouraging. I needed this today!
1552 days ago



PHHHISC



1552 days ago



KITTYHAWK1949

wish every young person could read this. great blog. thanks.
1552 days ago



SUSANYOUNGER

Helpful information. Thanks
1552 days ago



CD4114015

I love seeing your blogs featured!!!!
1552 days ago



KRISUA

wow!
1552 days ago





CHERYLHURT

Well Said!

1552 days ago



CRAFTEDINDIA

great message <https://www.craftedindia.com>

1552 days ago



BLUEJEAN99

Well Said!

1552 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.