



BROOKLYN_BORN

[Change Banner Image](#)**154,959**
SparkPoints[Info](#)[Photos](#)[Feed](#)[Blogs](#)[Awards](#)[More](#) 

Following the Yellow Brick Road – Spark Style

Friday, March 19, 2021

Voted Featured Blog Post
[\(View All Featured Posts\)](#)

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.

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 multilane 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?

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 or maybe you recognize a kindred spirit in one of the comments. They motivate you. They give you new ideas. You learn that you are not the only person who has ever faced a particular obstacle or stumbled into a pothole.

You learn from them and they learn from you as well.

The cycle continues. Your circle expands.

[Add a Blog Entry](#)

See Today's Featured Member Blog Posts

More Blogs by BROOKLYN_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)

However, this road doesn't ever really end. There is no Oz. There is no magic pill. The Wizard is not what Dorothy expected either but she did learn a lot from the friends traveling with her.



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 11 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 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.

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.



Check us out: At Goal and Maintaining + Transition to Maintenance
No need to wait to reach some specific number. Prepare for your destination.

www.sparkpeople.com/myspark/groups_individual.asp?gid=1111



Note: There are other teams that focus on maintenance. I've just included the one that worked for me. I liked how the images in the logo were boosting and holding each other up, especially the one about to fall off the mountain. Keep reaching for the sun.

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Member Comments About This Blog Post



TOMATOCAFEGAL
Especially during pollen season
74 days ago



PATRICIAANN46
Thank You for a great Blog. I have learned so much since joining SparkPeople but have found that it is the support of the members who are going through the same challenges that has helped me the most. We may never see each other in person, but I find myself telling my closest friends things that I wouldn't if I felt that they didn't truly want me to succeed.



This was so well written and I congratulate you.
77 days ago



ROBBIEY



79 days ago



SPARKLINGME176
A VERY poignant blog! I did reach my goal, 1 year after I joined SP. (released 50 #) over the past several years I have been yo-yo-ing #15. I have decided to live my life, instead of stressing about it. I am SO much healthier & stronger & happier than that number on the scale. I can walk a 5K in just over an hour, dance, play & eat a healthy life style. It could have been MUCH worse, I could have gained back ALL plus more, but SP helps me keep it 'real'. THX for the invite to read



this great blog!



80 days ago



WANT2BTRIM
Love it
80 days ago



AQUAGIRL08

81 days ago

81 days ago



JULIJULINN

81 days ago

81 days ago



WEDDWT

As "experiment of one"s we are co-creators together
81 days ago



SUNNYBEACHGIRL
I love the way you describe the journey
81 days ago



POLSKARENIA
Yep, life is a journey, NOT a destination!
81 days ago



JAMER123

Great analogy. I am not there yet and won't be for a while but glad so many others have made the successful journey down the road.





81 days ago



MTN_KITTEN



81 days ago



MARTHA324



An experiment of one! That is perfect and as you so wisely note Spark lets us get and give support to refine our own experience using what worked and didn't work for others.

Hope you've had a great weekend and a wonderful week.
81 days ago



QUARTERMASTER3



81 days ago



JUNETTA2002



Thanks for sharing
81 days ago



WHILLSW



82 days ago



GODS-PRINCESS



What a fun blog!
82 days ago



RETIRESUE



GREAT JOB!



I was one of those "statistics" - not gaining back all the weight but approximately one-third and I stopped visiting the maintainers team until recently. I am once again at my "happy place" - for now (a few more pounds going missing would be fine with me) - but won't be abandoning the maintainers should I start to slip badly again. I agree it is a journey that continues even once we reach that "magical" number and we need continuing support to be successful in our



lifetime journey of maintenance.
82 days ago



SPARKUVU



This one is WAY up there in 'the best blogs I've read!'
82 days ago



KEIANN1



Great blog. Great motivator!
82 days ago



GETULLY



Fabulous! Thanks for writing!!
82 days ago



RACHNACH



82 days ago



1CRAZYDOG



Well said, well said! HUGS and thanks for sharing your view on maintenance. Yes, I am here to say maintenance is possible! For sure.
82 days ago



PATSGIRLY
Well said! We are all here for each other. Thank you!
82 days ago



AZMOMXTWO
this post is so amazing it has to do with most of us
82 days ago



JOHOPES
Awesome post! Thank you.
82 days ago



ELSCO55
Great blog
83 days ago



PRIMEOFMYLIFE
Brilliantly said! True, true, true!
KEEP SPARKING!
83 days ago



DAWNDMOORE40
Great blog! Thank you for sharing some very valuable lessons you have learned and ones that we can take with us along this journey!
83 days ago



KITTYHAWK1949
THANK YOU!
83 days ago



THINCP2004
I still got a few more pds to go but I will be joining you on the team, fingers crossed soon.
Great blog!
83 days ago



LYNCHD05
What a great blog and I am so glad to be part of this team.
83 days ago



THOMS1
Eileen, you've said it all. This blog is exactly what spark is. Thank you.
83 days ago



DONNALEE-53
Well Said!
83 days ago



WALKINTOFIT
it is like the yellow brick road, so cool u wrote this blog... glad to b on the team, keep up the writing. Thank You!
83 days ago



THROOPER62
Well Said!
83 days ago



MANGO1960
Well Said! **KEEP SPARKING!**
83 days ago





RHOOK20047



83 days ago



DEE797

Love this blog! Thanks for the reminder we are not alone on this journey and to reach out to others.

83 days ago



SIMPLY_JAE

Great blog!
83 days ago



HOLLYM48

I truly love the support that Spark people provides as well as the teams that give great advice. The friendships are real and certainly keep me on the yellow brick road path! Not always a perfect path, but one day at a time gets us to be the best that we can be!
Have a lovely weekend!
Congrats on your featured blog!

83 days ago



JSTETSER

Well written!
83 days ago



PLCHAPPELL

20 more pounds first
83 days ago



LIS193

Great blog!
Right now SP is my social life..



83 days ago



MARYJEANSL

I like the analogy very much.
83 days ago



GREYDOLPHIN

Love your blog. Thanks for the inspiration.
83 days ago



KALISWALKER

Glad you got your computer going again, it's hard to be without.
83 days ago



CHERIRIDDELL

Awesome blog we always learn from our friends. It is great that Spark gives us the opportunity to meet so many inspiring people!
83 days ago



NEWNANCY2012

I remember how happy I was when I found the "At Goal and Maintaining + Transitioning to Maintenance" team in 2012. I even changed my Spark ID to NewNancy2012. I had finally lost 70 lbs. I've been able to follow my own yellow brick road to accepting my ups and downs so to speak.



everyone for giving me great advice.

83 days ago



SPEDED2

It's the different personalities that keep me coming back. There is such a diverse fellowship here and they offer different perspectives on the issues with which we struggle. As some of the others wrote, it was my understanding that goal must be met first. This certainly causes me to rethink where I am on my journey.



Thanks for such an informative post. I'll be looking for that yellow brick road.
83 days ago



Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

Post Comment

Member Comments Page (103 total):

1 [2](#) [3](#) [Next >](#)

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.