



Comment edited on: 5/28/2021 1:19:35 AM



### **GETULLY**

We usually have water (except coffee and hot teas). Once in a great while we will buy a small bottle of soda because we have a new drink recipe we want to try. Now that we have a sodastream no more drinking any soda - just fizzy water! 9 davs ado

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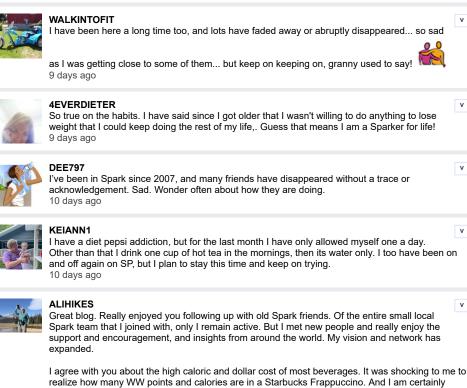
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## SYNCHRODAD

v Excellent blog. I too wonder what happened to 2-3 Sparkers I followed. One went through a big weight drop and she traveled a lot with her husband. Then she got divorced. I've commented to her, but no response. Her page is still there, but she isn't. I've been here since 2005. You got me thinking about that glass of wine I have with dinner most evenings. Maybe a bit less, or less often. Hmmm. Calorie-free food for thought. Thanks. 9 days ago



saving money by not drinking them! I enjoy wine occasionally, but my old favorites (mixed drinks like lemon drops or margaritas) are history, and my health is better for the change. 10 days ago



# THINCPL2004

Another great blog! It is interesting on who stays on Spark and who leaves, I am glad you stayed. I enjoy reading 🔁 your blogs! 10 days ago



#### CRADLEY

Thanks for sharing a great blog!! I've been on and off Spark for years and always try to check in on those who have been here and inspired me over that time.

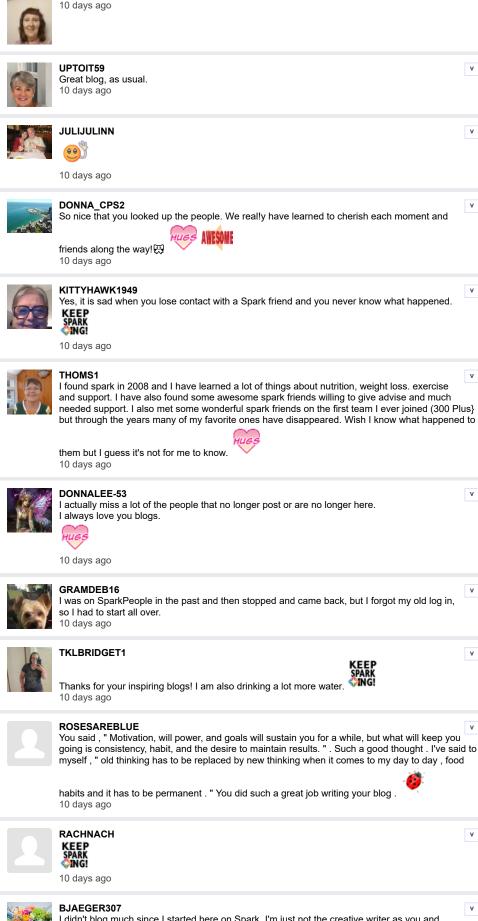
We're in the middle of a water drinking challenge for work and I'm happy to say I've made it every day this month. This week I've started adding activity - need to get those habits in place to make positive changes!! 10 days ago



#### SUNNYBEACHGIRL Interesting to see if people stay. 10 days ago

## RETIREDSUE

I got "hooked on" water when I went to WW after my son was born, I was in my early30s. That is not to say that I haven't had the occasional soda or iced over the years but I find that sweetened drinks just make m thirsty so I avoid them - and the calories. About the only calories I drink come from a very occasional glass of wine.



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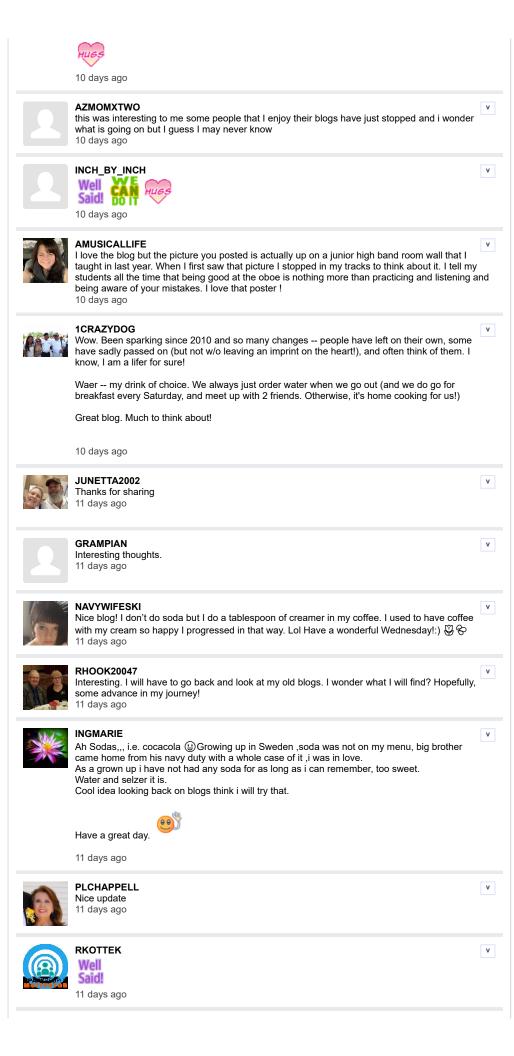
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I didn't blog much since I started here on Spark. I'm just not the creative writer as you and others on here. I truly like reading the blogs though. Let's me feel a part of your life.



	DSJB9999 So pleased you are here too and posted this here. You have made me consider getting water next week when I go out for a meal with a good friend as diet coke was always my 'go to' and I know its SO BAD for my gut! I so much agree that but I am still SO PLEASED that I did as you are one of the wonderful people I have 'met' here! Thanks for this wonderful blog	
	LIS193 Times have changed since my first blog in 2009 Moved a few times, daughter graduated and us now married and my weight is down ☺ Most of all I met so many great people here on SparkPeople LICE LIC	
- STA	ETHELMERZ V I switched to black coffee years ago, when eating out. And we never went out often any way. But formally drank coffee with creamer. Never drank soda. I guess I was lucky not to get hooked on that. Had enough other things, Iol. 11 days ago	
	JCMSMILE v Thanks for sharing your journey!! 11 days ago	
	SPEDED2 v   Like you, I stopped ordering soda when eating out because of the ridiculous price. After reading several articles on Spark about the detrimental effects of soda on the body, I gave it up altogether. 2 cups of coffee in the morning and then water the rest of the day.   It's so sad, at least for me, when a connection is made with another Sparker and they just disappear. No warning. No goodbye. Just disappeared. I always wonder what could have caused them to just quit and not return.   Thanks for another thought provoking post. Happy you are still here. Thank you for being you.   It's sage	
Ø	CHERIRIDDELL I drink sparkling water. I have sadly had a few Spark friends who have passed on too but you set me thinking I have been on here 15 years now ! 11 days ago	
	NANANANA I certainly know what you mean about soft drinks being a lot of ice. My mother didn't buy regular sodas. When I was a teenager, diet sodas became available. She bought those. I find regular drinks sticky sweet. If nothing is caffeine free in the evening, I opt for water or club soda with lemon and lime. Once I asked for ice water and added my own flavor packet. Our server smiled. Personally, I prefer a bubbly beverage because it doesn't 'bounce' my stomach. 11 days ago	
6	RAZZOOZLE v Interesting how a small thing from the past can release so many memories. We have a small thing from the past can release so many memories.	
CHALLENGE	PATRICIA-CR Beautiful tribute. I still miss two awesome friends I had through Spark and they suddenly disappear 11 days ago	
Yé	JAMER123 That's a very good idea. I do follow up with a lot of my friends but not all. I will have to check into them.   Image: Comparison of the state of the st	

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