

Well...when I left work on Friday, I was really scared that I was going to have a bad day at the scales on Saturday. I didn't think I was even going to lose a pound...

Well, I'm happy to say...

I lost 3 pounds last week.

Do you know what that means? It means I HIT 30 POUNDS! 31 pounds to be exact!

I promised myself that I would start exercising when I hit 30 pounds. I walked at lunch a few days last week. As the weather gets warmer, I hope to walk more. That wind is a bit biting.

Once we "spring ahead" next weekend, I will be able to take Alex for walks when we get home.

There is a new workout place by my house I would like to join...we'll see if we can work it into our budget...but for now, walking is free.

"Nothing tastes as good as thin feels!"

I am The Incredible Shrinking...
Tracie Sanderlin - The Happy Loser

<http://www.sponsormyweightloss.com>
<http://www.sponsormyweightloss.com/blog>