

Hello all...

Happy Easter or Happy Passover...or even just Happy Spring...whatever the case may be.

Weigh in went well again today! I'm down another 3.4 pounds. That makes a total of 46 pounds! So that means I get my BILLY JOEL tickets...YIPPEE!!

I have also lost a total of 14.5 inches since I started!

Alex was sick this week, so we did a lot of unplanned eating. Taking care of him leaves little time for much else. He's feeling MUCH better now so I've had time to actually cook good meals again. My workouts were out of sorts this week too between Alex waking up tossing his cookies at 5:45am on Tuesday & Wednesday, the downpours all day on Tuesday & the Sub-par temperatures I either didn't get my walking in, or had to wait until the evening to work out instead of the AM.

This morning I went to the gym before WI (weigh in) and the owners were there. I don't think I told you last weekend, but they asked me to be involved in a study that a Dr is doing about the effectiveness of the 30 minute circuit work out. It starts on 5/1. They also asked me if they could use my name in some of their live endorsement commercials. Telling people about my wanting to lose 200 pounds, having lost 46 already with diet & exercise...etc etc... Well, today Mike asked me if I could just "happen" to show up at 2pm next Saturday to do my workout because they are having a group of 30 listeners in from KMOX-AM along with Monica Adams (she does a weekend fitness/exercise show on KMOX) to have them try out the equipment and such from 2-4 pm. I ain't doin 2 hours of exercising, but I may just try and squeak in 45 minutes or an hour instead of my typical 30 minutes.

I know this may sound weird coming from someone that weighs over 300 pounds, but I have become addicted to my work outs. It gives me such a rush!

Well, I am off to finish making my Recipe of the Week for dessert today. My in-laws are coming over to celebrate Easter today. Everyone enjoy your holiday.

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

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