

Happy Memorial Day everyone. I hope you all have a great holiday.

I had a very stressful week this week. I won't go into all the details, but my mind was definitely not on weight loss. Even though I didn't stay on plan very well, I must have done something right because I'm down another 2.8 this week. That makes 66.8 pounds in 19 weeks. I can see a difference in myself now. I'm starting to look more like I see myself in my mind. It will only get better.

EXERCISE STUDY

I went to the gym today and it turns out the fitness trial my personal trainer signed me up for started, so they had to weight & measure me. I also had to walk on the stair stepper for 3 minutes to a metronome (did I spell that right?) and then he took my pulse. I then had to do...get this...PUSH UPS! I could only do 2 before I fell on my face. Next I had to do crunches. I had to do as many as I could in 1 minute to the beat of the metronome. I lost count because I got so light headed. I then had to do a test to see how limber I was. I was sitting on the floor and I lifted my leg up towards my head and said "Like this?" He laughed and said, "No, no, no. Not like that!" LOL I have to do this every 3 months for the next year. We'll see how far I get in a year.

RECIPE OF THE WEEK

I have a yummy recipe this week. It's very refreshing for summer. It's called Pineapple Dream. Try it out!

<http://www.sponsormyweightloss.com/recipeoftheweek.html>

I will have new pictures later this week (can you believe it's been 4 weeks already). I'll send you an email when they are posted.

Have a great week everyone.

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

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

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