

Quote of the Week:

“Just keep swimming.”

- Dory  
(Finding Nemo)



# Fat to Fab



ISSUE 20

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## Food For Thought

**“Laughter is the best medicine”**... It’s not just an old saying, it’s true! Laughter releases endorphins, reduces stress levels, gives your lungs deep cleansings full of oxygen, and has even been proven to help in fighting many diseases. It’s also a great low-impact cardio workout. It’s a great abs workout. Haven’t you laughed so hard your sides hurt? That’s because your haven’t worked those muscles properly. Get out there and laugh more! I don’t have to worry about getting in my 20 minutes of laughter a day...if you have ever been in a Turec lunch, you know what I mean. But, I have also been attending a Laughter Yoga class on Sunday evenings in Kirkwood. It’s through the Laughter Club of St. Louis. It took some getting used to...I mean, normally you laugh because someone told a joke. But this is just laughing for no reason at all. Sunday, May 4th is World Laughter Day. If you are in the St. Louis area, please join me next Sunday, we’re not only having our normal class, we’re having a pot luck picnic afterwards to celebrate World Laughter Day. If you aren’t from St. Louis, check out the link below and find a Laughter Club in your neck of the woods: <http://laughteryoga.org/> If you are interested in joining for a session, email me and I can give you all the details. [tracie@sponsormyweightloss.com](mailto:tracie@sponsormyweightloss.com)



Look how big my size 28 wedding dress is on me! I’m swimming in it!

## Change Is In The Air

Well, summer is coming and I’m ready for a change. I decided I’m ready for another “do”. It’s been quite some time since my makeover with Custom Cuts when I hit 100 pounds...so I’m off to go get a new sassy do tomorrow. Keep an eye out for the new Tracie (will you be able to recognize me?) My monthly photos are due this week, so you’ll be able to get a gander very soon!

## Weekly Weigh In

**Previous Weight:** 212.8 lbs  
**Current Weight:** 210.2 lbs  
**Weekly loss/gain:** - 2.6 lbs  
**67 Week Total Loss:** 162.2 lbs  
**Pounds left to WW goal:** 55.2 lbs  
**Pounds left to personal goal:** 60.2 lbs

**Another great week. I gave up my scale for a week, so I didn't know how I did! SCARY!**

## Sponsorship Central

### Current Sponsors:

Pounds 161 - 165: Mike & Linda Dunn  
 Sherri Sadon  
 Lisa Mailman

### Upcoming Sponsors:

Pounds 166 - 170: Glenna Evans  
 Tammy Newell  
 Julie B  
 Lisa Mailman

171-175: Gay Will  
 Jennifer Luongo  
 Trikisha Harris

**On your mark - get set - GO!**

## Recipe of The Week:

Clip & add to your recipe box!

### Cherry Angel Food Cupcakes

#### Ingredients

1 box Betty Crocker 1-Step  
 Angel Food Cake Mix  
 1 20-oz can Comstock No Sugar Added  
 Cherry Pie Filling

**POINTS®** Value: 2 for 1 cupcake  
 3 for 2 cupcakes  
 5 for 3 cupcakes

Servings: 24

#### Instructions

Heat oven to 350 degrees. Prepare 24 standard muffin cups with no-stick spray. Combine cake mix and pie filling until well combined. Spoon approximately 1/4 cup of mixture into each muffin tin. They will be almost completely full. Bake approximately 15-20 minutes or until golden brown and a toothpick comes out clean. Cool slightly and then a knife along the sides to loosen it.

These freeze great!

## Chewin' the Fat

**I'm getting so frustrated. I have been on Weight Watchers for a few months now and I'm not seeing decent results.**

Wait...what do you call "decent results?" Have you lost at all? If so, maybe you need to take a step back and look at what your really

doing. Are you eating your healthy guidelines? That's VERY important! WW has spent MILLIONS on researching their program. If you eat your daily points in Big Macs...yah you're eating your points, but you aren't eating your healthy guidelines. Remember...if you work the (properly), it will work for you. Also, are you doing Flex (most people do)? Try switching to Core! I'm really thinking about doing that soon, just to shake it up a bit. Summer is coming and with all the fresh fruits and veggies...I think it's a perfect time!

Please E-Mail me your questions and I'll answer them here.

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*Don't forget to have a good belly laugh every day!*