

Quote of the Week:

"The person who really wants to do something finds a way; the other person finds an excuse."

- Unknown



Fat to Fab



ISSUE 21

MAY 4, 2008

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Food For Thought

Go take a hike! I wanted to tell you about a great program that the St. Louis County Parks Department has started. It's called 30-30 Hikes. They are 30 trails spaced out through many of the St. Louis County parks that take approximately 30 minutes to hike.

You can go to their website for more details:

<http://www.co.st-louis.mo.us/parks/30-30/30-30.htm>

You can do it just for fun, but you can also pay \$10 for a punch card. Each time you finish a hike, you can punch your card and then, when you're all done, you can turn it in for a patch. Wouldn't this be great to do with your family? What great way to get in exercise for everyone!

If you are interested in doing this with me, shoot me an email!

tracie@sponsormyweightloss.com

If you aren't in the St. Louis area...why not check out the website for your counties parks department and see if they have any programs like this.

Help Me Help Others

Please feel free to tell anyone you know about my website and journey. I want to get the word out to as many people as I can. I have received quite a few emails from "my friend told me about your site." Some of them have really needed some extra encouragement on their own journey and I'm here to help!

WWW.SPONSORMYWEIGHTLOSS.COM

Weekly Weigh In

Previous Weight: 210.2 lbs
Current Weight: 206.8 lbs
Weekly loss/gain: - 3.4 lbs
68 Week Total Loss: 165.6 lbs
Pounds left to WW goal: 51.8 lbs
Pounds left to personal goal: 56.8 lbs

Woo Hoo! I love these big losses!

Sponsorship Central

Current Sponsors:

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

Upcoming Sponsors:

Pounds 171-175: Gay Will
 Jennifer Luongo
 Trikisha Harris
 176-180: Terrie Riley
 Lori Boone

I'm ready!

Recipe of The Week:

Clip & add to your recipe box!

Baked Cinnamon Apple Chips

Ingredients

POINTS® Value: 1
 Servings: 4

- 2 small apples, red delicious or gala (sliced paper thin)
- 1 Tbls sugar
- 1/2 tsp cinnamon (or more to taste)

Instructions

- Preheat oven to 200 degrees. Core apples leaving peel on.
- Slice whole apples into paper thin rings (I use a mandoline).
- Line two baking sheets with parchment paper (not wax paper).
- Place apple slices in a single layer on paper; sprinkle with cinnamon sugar mixture. Bake until lightly browned, about 2 hours.
- Cool on wire rack and serve. Store in a zip top bag.

Chewin' the Fat

I have lost a bit of weight, and still need to lose about 90 more pounds, but I was wondering about loose skin. Will this go away eventually or am I stuck with it?

loose skin than I thought I would. A LITTLE of it has gone back, but not much. Think of it like when you take a balloon out of the bag for the first time. It's super tight. Then, you fill it with air and it's loosens up a bit, but basically goes back if you let the air out right away. Well, keep that balloon filled for a long time, and when you let the air out, the balloon is MUCH bigger than when you took it out of the bag. That's like our skin. When you're pregnant, your body can go back to relatively normal because it's only been 9 months, but if it's been years (20+ in my case) your skin just won't go back. I get this question so often, I'm going to make a video about it. It won't be pretty, but it will be honest and hopefully answer some questions.

I get this question more times than I can remember. I have more

Please E-Mail me your questions and I'll answer them here.
tracie@sponsormyweightloss.com

Happy Cinco De Mayo! Celebrate with the 1 pt & 2 pt Margaritas on my site!