

Quote of the Week:

"Fitness is not a destination, rather a journey you take for the rest of your life."

- Off the back of a Baked Doritos bag



ISSUE 22

Fat to Fab



MAY 10, 2008

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Food For Thought

Wii want you to get FIT! As you all probably know, the Nintendo Wii is still a hot commodity. They still fly off the shelves as soon as they arrive. But, for those lucky few that have one (like us), they are coming out with Wii Fit on Tuesday, May 20th. What is Wii Fit? Well, it's an interactive fitness "game" that works your core muscle groups with activities such as yoga, step aerobics and even hula-hooping! Get your kids (and yourself) off the couch and exercising without even knowing it. You can see it in action here:

http://e3nin.nintendo.com/wii_fit.html

We're going to use part of our tax stimulus check to help stimulate our exercise. It'll even be good for Alex! His 4th birthday is May 19th. That's a good "excuse" to get one...right?

Zumba Your Stress Away

Well, I had my first Zumba class on Tuesday. Let me just say, it kicked my hiney! But man was it fun! It was 60 minutes of high impact shimmy-shaking. For those of you that follow Weight Watchers...it earned me 10 activity points! I need to get some dance sneakers so I don't hurt my knees and hips. I'm going back this Tuesday. My night is full, but Riverchase in Fenton still has openings in their Wednesday night class. I worked muscle groups I didn't know existed. I'm really getting into trying new things! Here is a link to the Today Show segment that ran back in October. At the end of the segment is a demonstration. We do all the moves they show and those are the mild ones!

http://www.youtube.com/watch?v=l5Hxw_Jf2B4

Weekly Weigh In

Previous Weight: 206.8 lbs

Current Weight: 205.2 lbs

Weekly loss/gain: - 1.6 lbs

68 Week Total Loss: 167.2 lbs

Pounds left to ONEDERLAND: 5.4 lbs

Pounds left to WW goal: 50.2 lbs

Pounds left to personal goal: 55.2 lbs

I'm getting so close to being under 200 pounds I can't TAKE IT! :)

Sponsorship Central

Current Sponsors:

Pounds 166 - 170: Glenna Evans
Tammy Newell
Lisa Mailman

Upcoming Sponsors:

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

Let's keep up the momentum!

Recipe of The Week:

Clip & add to your recipe box!

Caramel Apple Salad

Ingredients

- 2 small apples, cored & diced
- 20-oz can crushed pineapple in it's own juice
- 2 small boxes sugar free/fat free butterscotch pudding
- 1 8-Oz tub of fat free whipped topping

POINTS® Value: 2

Servings: 10 (1/2 cup servings)

Instructions

Core, slice and dice apples (leave peel on - that's where the fiber is.) Add un-drained pineapple, apples & pudding mixes into large mixing bowl. Mix well - make sure all dry pudding mix is gone. Add whipped topping and mix well.

Chewin' the Fat

What are your favorite gadgets or things you keep handy to make your new lifestyle work so well?

Hmmm... I have a few. First would have to be my zip-top bags. I keep all the sizes, from the mini snack size (perfect for pretzels and

grapes) to the mungo 2+ gallon ones (I can slide a plate of fat free brownies inside them.) These are so important for portion control. I always have my WW Points Calculator. I have recently been referred to as the "Points Nazi"...I have to admit, I'm a bit of a freak when it comes to my points. I have 4 or 5 sets of measuring spoons and cups so I always have some clean. I also love the WW 1/2 and 1 cup scoops. They don't look like measuring cups, so you can set them out for serving utensils without people knowing your measuring your food! Cool huh? But I think the one thing I couldn't live without is my digital food scale. I weigh just about everything! Will I continue doing this forever? Yup! Sorry Craig. HA!

Please E-Mail me your questions and I'll answer them here.
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Have a great week!