

Quote of the Week:

"The future belongs to those who believe in the beauty of their dreams."

- Eleanor Roosevelt



ISSUE 25

Fat to Fab



MAY 31, 2008

Food For Thought

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I was out of control last week. It all started with a piece of lemonade cake on Thursday. Then gooey butter cake that a station rep brought in on Friday. Onto Alex's birthday party on Saturday...yeah, that would be 2 pieces of Sam's birthday cake. Then to the carnival ... corndog and ice cream cone. Oh, let's not forget the cheese roll-up and caramel apple empanada from Taco Bell on the way home from the carnival. Then Monday...more of that darn gooey butter cake. Tuesday I hit up the jelly beans, pixie stix and sweet tarts in the front office. I couldn't stop! But what saved me? I wrote it all down. I accounted for every last bite of food. You can see each one in my food journals on my website. I felt awful. Physically ill. So, before I let it go any further, I stopped, reassessed the situation and changed my behavior. I publically told my friends what I had done because if I hide it, who am I hurting? No one but myself. I made a written decision to change and go back to what I need to do. Starting this past Wednesday, I was back on track 100%. I made sure to get in the Weight Watchers Healthy Guidelines. Exercise was not easy because I was sick on Thursday and Friday. But I did go to the gym Wednesday morning. At one point, I was up 8 pounds from last weeks weigh in. But, because I stopped myself and got back in control, I was rewarded at the scale this week. My head is in a much better place and I feel great. I am not mad at myself for what happened. It's life. It's in the past. Why am I telling you this? Well, it seems like a lot of people think I am so strict and that it's impossible to do what I've done. I want you all to know, I'm human. I make mistakes, I fall off track. It's not about being in control 100% of the time. What it is about, is knowing that it's OK. Don't "wait until Monday". It's never too late to get back into control...the next day...heck...the next meal! Don't fret over your past decisions. You can't change where you have been, but you can change where you are going.

Weekly Weigh In

Previous Weight: 203.2 lbs

Current Weight: 201.2 lbs

Weekly loss/gain: - 2 lbs

72 Week Total Loss: 171.2 lbs

Pounds left to ONEDERLAND: 1.4 lbs

Pounds left to WW goal: 46.2 lbs

Pounds left to personal goal: 51.2 lbs

I'm inching closer and closer...

Sponsorship Central

Current Sponsors:

Pounds 171-175: Gay Will
Jennifer Luongo
Trikisha Harris

Upcoming Sponsors:

Pounds 176-180: Terrie Riley
Lori Boone
181-185: Terrie Riley
Sheila Rosen
Brenda Baird

**I'm almost there! Help me get to
ONEDERLAND!**

Recipe of The Week:

Clip & add to your recipe box!

"Apple Pie" Ala Mode

Ingredients

POINTS® Value: 2
Serving Size: 1

- 1 small apple (I use Rome or Gala)
- 2 packets of sweetener (like Splenda)
- 1 tsp of cinnamon
- 4 sprays of I Can't Believe It's Not Butter Spray
- ½ cup Breyer's Fat Free Double Churn Ice Cream (or other 1 point ice cream)

Instructions

Core and wedge the apple. Put in a microwave safe bowl and sprinkle with sweetener & cinnamon and spray with butter spray. Microwave on high for about 2 minutes, or until the apple wedges get soft and begin to release their juices. Remove from microwave and top with ice cream.

Variation: For 1 additional point, you can crumble 1 whole reduced fat graham cracker over it to get the taste of a graham cracker crust!

Chewin' the Fat

You mentioned in a newsletter a while back that you were going to form a team for the Relay for Life. Have you done that yet and if so, can you give me more information on how I can join?

Yes! I am still planning on creating a team. I have to get my act to-

gether pretty quick because it's coming up fast! The walk is June 27 & June 28. It starts at 6pm the evening of the 27th and goes until 6am the morning of the 28th. It will be at Moss Field in Webster Groves, MO. If you would like to join me, please email me and I will be sure to get you the team information and fundraising info. If you do not have the time or ability (or you don't live in St. Louis) to walk and would like to donate to the cause, please email me. If you are unfamiliar with "Relay for Life" - it's a fundraiser for the American Cancer Society. I will send out an email as soon as I get the team formed.

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

Here's to seeing less of each other!