

Quote of the Week:

"Come into the life."

- Lisa Schuler at my weigh-in.



ISSUE 26

Fat to Fab



JUNE 7, 2008

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Food For Thought

What's new? I have so much to tell everyone.

First of all, I have started the 16 Week Body Makeover through my gym 123 Fit. I'm competing with other members across the country for national spokesperson. Once we finish the 16 Body Makeover program, they will compare the results and choose the national spokesperson. Let me tell you...I thought I was doing pretty well with my fitness level. This proved me **WRONG**. My personal training sessions kick my butt. It also has a great meal planning software I get to use that goes perfectly with my WW meal plan. It tells me if I'm too high in stuff like sodium and cholesterol and then tells me what in my meal plan is messing me up. I can then find suggestions to help me get it in range. It's the **PERFECT** companion to my WW Flex program...it takes it to the next level. Second, we have just under two weeks before the new coaster, Evel Knievel, opens at Six Flags St. Louis. While I'm still trying to work my way onto the first ride, I am already planning on going. It took me 13 years to ride Batman. I'm going to ride this the **FIRST** day it's open. Well, I was contacted by Weight Watchers and they are going to pick us up in a limo so we can arrive in style! Now, this does add a little bit of a snafu into our normal Six Flags routine. We normally pack a cooler with healthy foods and then go to the van and enjoy our fresh fruit, veggies and sandwiches. But this time, we won't have a car to go back to, so we'll have to plan our meals there at the park. We already know of a restaurant that has salads. And there is a Panda Express there and I found some things on their nutritional guide online that I can get. Kinda sad I'm already planning what I'm going to eat 2 weeks ahead of time, but I didn't get to this point by winging it. Remember...fail to plan, plan to fail. Third? Well, I'm packing my bags and moving. I'm moving to a whole new land. A new **ONEDERLAND**! Yes! I made it! I'm there! I haven't been here since I was in middle school.



My 123 Fit before photo.

Let's Relay For Life

I finally set up the team! If you would like to donate to my fundraising goals or join my team, please click on the link below. Please do it quickly as I waited a bit too long to register and only have a couple weeks before the relay! **THANK YOU!**

[DONATE TO MY FUNDRAISING GOAL OR JOIN MY TEAM](#)

WWW.SPONSORMYWEIGHTLOSS.COM

Weekly Weigh In

Previous Weight: 201.2 lbs

Current Weight: 199.0 lbs

Weekly loss/gain: - 2.2 lbs

73 Week Total Loss: 171.2 lbs

Pounds left to ONEDERLAND: I'M HERE!!

Pounds left to WW goal: 44 lbs

Pounds left to personal goal: 49 lbs

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

Woo Hoo! I'm here!

I'm in Onederland!

Recipe of The Week:

Clip & add to your recipe box!

Squash Apple Bake (from Diet.com)

Ingredients

POINTS® Value: 1

Serving Size: 4

- 2 1/2 cup butternut squash, diced (or Acorn or Hubbard Squash)
- 1 1/2 cup apple(s), diced (Granny Smith, Macintosh or Rome work great)
- 1/2 tsp freshly grated nutmeg
- 1 tsp ground cinnamon
- 1 tbs sugar free maple syrup

Instructions

1. Alternate layers of squash and apples in 8x8 inch pan; end with apples.
2. Sprinkle spices & drizzle syrup over top layer. Cover with aluminum foil.
3. Bake at 350 degrees for 45-60 minutes, until squash is tender

Chewin' the Fat

I was looking through your website and noticed you have stopped updating your measurement. I know you have lost a lot more inches since your last posting. Why did you stop?

Laziness? Forgetfulness? Whatever the REAL reason is...I have

updated them! I've been meaning to do it for quite some time. But I will definitely post them every 4 weeks because I'll have them from my monthly personal training weigh-ins. Thanks for keeping me honest!

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

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See you lighter!