

#### Quote of the Week

“The time for action is now! It’s never too late do something.”

- Carl Sandburg



# Fat to Fab



ISSUE 10

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## Food For Thought

**Training for the journey to the top....**We started true training for the Master The Met Stair Climb event on Saturday, March 1st. Tuesday, my friend/teammate Lisa and I climbed 25 floors...up and down. Then, on Thursday, she and I did 35 floors, we went up 25, walked down about 4 to the elevator, road down to the bottom and climbed back up 10 more floors. This morning the entire team, Lisa, Phyllis, Missy and myself, climbed approximately 35 floors, but the flights were a little longer than normal since it was at a different location. We’re doing pretty good and I know we’ll be ready for the climb!

On a personal note...I never would have DREAMED of being able to climb 5 stories, let alone 35 and eventually 42. Just a little over a year ago, I couldn’t even do my laundry as I couldn’t make it up and down my basement steps without my knees feeling like they were going to give out.

**There is still time to donate to our climb & support the American Lung Association!** I hope you find it in your heart to help our team surpass our fundraising goal! You can donate at the link below:

<http://tinyurl.com/2uvcrn>

## Upcoming Interview

I have yet another interview on KPLR-TV CW11 here in St. Louis on Monday, February 18th at 9pm. I will post a link on my website as soon as it’s available. Also, if you missed the interview on KSDK-TV Channel 5 last week, you can see it on my website at the link below:

<http://www.sponsormyweightloss.com/inthenews.html>

## On Their Radar

Well, it looks like I’m on Weight Watchers’ radar! Friday, I came home from work and found a big package on my front porch. It turns out to be a box full of goodies from Weight Watchers and a personal note congratulating me on my weight loss and giving me kudos for sharing my story with the world and inspiring others to possibly start their own journey to better health...who knows...maybe someday I’ll be the “Jared” of the Weight Watchers world.

[WWW.SPONSORMYWEIGHTLOSS.COM](http://WWW.SPONSORMYWEIGHTLOSS.COM)

## Weekly Weigh In

**Previous Weight: 225.2 lbs**

**Current Weight: 224.8 lbs**

**Weekly loss/gain: - .4 lbs**

**57 Week Total Loss: 147.6 lbs**

If history truly does repeat itself, I need to prepare myself for either a low loss or gain. But that's ok, I'm used to it after a year of doing this!

## Sponsorship Central

### Current Sponsors:

Pounds 146 - 150: Ben Turec  
Robyn Curtis

### Upcoming Sponsors:

Pounds 151 - 155: Kevin Washington  
Dawn Mays

Pounds 156 - 160: Andrea Lawson  
Tony DiGuida

If you want to sponsor me, there is still room.

Email: [tracie@sponsormyweightloss.com](mailto:tracie@sponsormyweightloss.com)

## Recipe of The Week:

Clip & add to your recipe box!

### Pineapple Chicken

#### Ingredients

8 oz Canned Pineapple Chunks in natural juice, drain - save juice  
1 tsp garlic powder  
1 tsp ground ginger  
1/4 cup teriyaki sauce  
1 Tbsp low-sodium soy sauce

Servings:4 **POINTS® Value: 4**

8 oz Chicken breast, cut into bite size cubes  
1 bag Success Boil-in-Bag Brown Rice  
2 tsp olive oil  
1 cup sugar snap peas  
1 cup water chestnuts, sliced & diced

#### Instructions

Cube chicken and place in zip-top bag. Add garlic powder, ginger, teriyaki sauce, soy sauce and olive oil. Close bag and squish to combine. Let sit in refrigerator for 1 hour to overnight. You can even freeze until ready to prepare. Microwave brown rice in bag according to directions. Meanwhile, heat a large skillet and add entire contents of zip-top bag containing chicken to skillet. Cook until chicken is cooked through. Add pineapple to skillet. Cook a few minutes then add juice to pan and reduce heat. Cook until sauce starts to thicken. Add water chestnuts and sugar snap peas. When rice is finished, remove from microwave, open bag and add directly to skillet. Stir to combine and coat rice with sauce. Serve immediately.

## Chewin' the Fat

**Why haven't you posted more videos? I find them so inspirational!**

Unfortunately, my camcorder shot craps. It's 4 years old, so I guess I got a good run out of it. But my darling hubby surprised me with a

new mini video camera. I hope to start making new videos sometime soon. I have to get used to it though, this thing is so tiny, it fits in my pocket!

Please E-Mail me your questions and I'll answer them here.  
[tracie@sponsormyweightloss.com](mailto:tracie@sponsormyweightloss.com)

*Here's to everyone taking their first step of their own journey. **Congrats!***