

Quote of the Week.

“Do or do not. There is no try.”

Yoda



Fat to Fab



ISSUE 12

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Food For Thought

WE MASTERED THE MET! Saturday was a day full of milestones for me and my other “Step Sisters”. We got there around 10am and enjoyed the power of the energy of all the other racers. They had a delay midway through the race. The caterer in the banquet room at The Top Of The Met reception room had a cow because of all the people that were up there, so they wouldn't let everyone anyone else come in there, so they ended up cutting the climb to 40 floors instead of the original 42 floors. We did all 40 floors in less than 20 minutes, which was our goal! We talked to some very fit looking participants that had already finished and they said it was really tough, but none of them had done actual training on stairs, it was all on treadmills and elliptical machines. Well, we did our



Metropolitan Square Building, St. Louis, MO

training on good old-fashioned stairs and let me tell you, I am so glad we did! It was, at least for me, a piece of cake! All of us ladies even looked good on the way back down! Our make-up and hair looked great! We went out for lunch afterwards and listened to a great band, Soul Reunion, at 1860s in Soulard and enjoyed the rest of our afternoon together celebrating! I'm ready for the next challenge! I just want to give one more THANK YOU to my Step Sisters, Lisa Schuler, Missy Weber and Phyllis Gonzalez for stepping outside their boxes with me and challenging themselves. You are not only my Step Sisters, you are my sisters! Thanks ladies! And thank you to all of our sponsors! Your donations have gone to a great cause!



From Left: Lisa Schuler, Tracie Sanderlin, Missy Weber & Phyllis Gonzalez



From Left: Pamela Peterson, Rachael Ray, Tracie Sanderlin & Bob Greene

What's Next?

Our next goal is to do the Relay For Life, June 27 & 28 in Webster Groves, Missouri for the American Cancer Society. I will be creating a team soon and will send out information on how you can join or support our team. Watch for more details.

Weekly Weigh In

Previous Weight: 225.8 lbs

Current Weight: 222.0 lbs

Weekly loss/gain: -3.8 lbs

59 Week Total Loss: 150.4 lbs

I DID IT!!! I hit my 150 pound mark! I was so touched by my friends at my Weight Watchers group; I was given a beautiful silver ring with "150 lbs" engraved on it. I love it! It's the perfect thing to remind me where I came from. I am so blessed to have such a great support system! Thank you!

Sponsorship Central

Current Sponsors:

Pounds 151 - 155: Kevin Washington
Dawn Mays
Denise Cobbs

Upcoming Sponsors:

Pounds 156 - 160: Andrea Lawson
Tony DiGuida
161 - 165: Mike & Linda Dunn
Sherri Sadon

**THANK YOU TO
ALL MY SPONSORS.**

Recipe of The Week:

Clip & add to your recipe box!

Individual Meatloaves

Ingredients

Servings: 6 **POINTS®** Value: 4

- 2 egg whites
- 1 cup water
- 1 pound lean ground turkey
- 1 box unprepared Stove Top Chicken with Whole Wheat

Instructions

- Preheat oven to 350.
- Combine all ingredients.
- Spray muffin pan with cooking spray.
- Divide mixture evenly into 6 muffin cups (pan not paper liners please).
- Bake approximately 30-45 minutes.

Chewin' the Fat

What did you find harder, changing your eating habits or changing you exercise habits?

Exercise! Definitely exercise. I STILL have a hard time getting off my lazy butt and getting out there to exercise. But I found that I need

a goal to keep me going. That's why I decided to do these charity events. It gives me a reason to keep to keep training and keeps me motivated.

Please E-Mail me your questions and I'll answer them here.
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My challenge to you this week - take a step outside your box!