

Quote of the Week:

Gluttony is an emotional escape, a sign something is eating us.

- Peter De Vries



Fat to Fab



ISSUE 18

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Food For Thought

Taking my life back - literally! When I started this journey, I was dealing with many new health issues. I was pre-diabetic, I had high cholesterol, my triglycerides were crazy high, my blood pressure was borderline high, and worst of all, I was diagnosed with early stage of fatty liver disease. Since losing the 157.8 pounds, I am no longer pre-diabetic. My blood pressure is great. My triglycerides have gone from 296 to 150. My total cholesterol is still high, so I'm continuing to work on that. And best of all, I just had my liver checked and I no longer have signs of fatty liver. I have been able to reverse the affects and now have a healthy liver! You can see what you're doing to yourself on the outside, but you never truly know what you are doing to yourself on the inside. Now, time to focus on getting my HDL up and my LDL down! Let's do it! (Omega 3s...here I come!)

New Videos!!

I have updated both my video diary as well as posted a new episode of Tracie's Kitchen to both Youtube.com and my website. Please take some time to view them!

Video Diary: http://www.sponsormyweightloss.com/video_diary.html

Tracie Kitchen: <http://www.sponsormyweightloss.com/tracieskitchen.html>

Do You ZUMBA?

What is ZUMBA? It's a new dance craze that is sweeping the nation. It's form of line dancing that is a mix of hip-hop and salsa...and a few others for good measure. It's a great way to have fun and get a good cardio workout in at the same time. I'm going to join a new class starting up at Riverchase in Fenton on Tuesday, May 6, 2008. It's from 7:30p - 8:30p. It's an 8 week class, so you should burn some good calories in that time! The cost is \$42 for non-residents & \$39 for Fenton residents. If you just want to check it out, you can pay a \$5 drop-in rate for a single visit. If you live in the area...check it out with me! Wanna sneak peak? Go to Youtube.com and search Zumba.

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Weekly Weigh In

Previous Weight: 215.4 lbs

Current Weight: 214.6 lbs

Weekly loss/gain: - .8 lbs

65 Week Total Loss: 157.8 lbs

WARNING! BEWARE THE MONTHLY MUNCHIE MONSTER!

Tracie - step away from the cookies!

Sponsorship Central

Current Sponsors:

Pounds 156 - 160: Andrea Lawson
Tony DiGuida

Upcoming Sponsors:

Pounds 161 - 165: Mike & Linda Dunn
Sherri Sadon

166 - 170: Glenna Evans
Tammy Newell
Julie B

Hang in there guys...probably 2 more weeks to go!

Recipe of The Week:

Clip & add to your recipe box!

Tracie's Ranch Chicken Salad

Ingredients

POINTS® Value: 2 Servings: 4

- 13-ounce can canned 98% fat free chicken breast
- 2 tsp Hidden Valley Ranch Dry Mix
- 1/3 cup Kraft Fat-Free Mayonnaise Dressing
- salt & pepper to taste

Instructions

- Drain canned chicken breast. Place in large bowl and shred with two forks.
- In a separate bowl, mix mayonnaise, powdered dressing and salt & pepper.
- Mix until combined. Add to chicken. Makes 4 ½-cup servings

Mix and serve on crackers or toasted English muffin.*

* **POINTS®** do not include crackers or muffin.

Variations: Replace ranch dressing with same amount of taco seasoning.
You can also add onions or celery.

Chewin' the Fat

Tracie - you always seem to have such neat stuff happening, but it's been quiet for a while...any word from Oprah yet? Ha-ha!

No, no calls from Oprah. And after that pregnant man episode...I think I'll wait a while before trying to get

on her show! But it's funny you asked. I do have some meetings going on next week that have some potential to be pretty big for my journey. I promise as soon as anything is final, I will let you all know. Just say some prayers for me.

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

Don't forget - Tuesday's April 15th - TAX DAY! Try not to stress eat!