

Quote of the Week:

Don't live to eat -
eat to live.



Fat to Fab



ISSUE 2

DECEMBER 22, 2007

Food For Thought

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"It's just one day." You hear this a lot this time of the year. It's a trap that you can fall into so easily. "Christmas only comes once a year." But what comes with that one time? Work parties, mom's club parties, family functions, church functions, the list is endless. You can easily turn your "one day" into a full week (or more) of eating. Now think about all the other "just one days" we have through out the year...Super Bowl parties, birthdays, anniversaries, Valentine's Day, Mardi Gras, Easter, Cinco De Mayo, Memorial Day, 4th of July, Labor Day, Mother's Day, Father's Day, Halloween, Thanksgiving...not to mention all the Tupperware, Candle and other assorted parties we're faced with. It turns into almost an entire MONTH of "just one days." Now, we're all human, we all slip up from time to time. I

made Christmas cookies this year to give as gifts and I ate one too many 'oops it broke' cookies. (Don't the calories fall out when they break?) But I stopped, reassessed what I was doing and kicked it up a little on the exercise...it may not fix the problem immediately, but it got my mind back on track.

When we sit and mindlessly eat, do we even taste the food? Do we take the time to really enjoy every last bite? No, most of the time we're so busy socializing that we aren't even aware that we're even shoveling all that food in our mouths.

What can you do to help yourself? Well, always be sure to drink a big glass of water before eating, then your stomach feels full. Eat a sensible snack before you go to your party, so you aren't over hungry. Ask the

host/hostess if you can bring anything. If they say no, then tell them you are really trying to watch what you eat and ask if they will be having a veggie or fruit tray. If not, offer to bring one! I'll bet you won't be the only one eating it! Keep yourself busy! Pick up the wrapping paper, fill everyone's drinks.

Take pictures...you don't want to get food all over your expensive camera! I'll bet there will be a baby at one of these parties. Put that baby in your arms! It's hard to eat with a squirming bundle of joy in your hands! Just stay away from the kitchen or buffet table.

Remember, the holidays aren't about the food. They are about spending quality time with our loved ones.

You won't remember the food, but you'll remember the time you spent together.

Water Water Everywhere...

Your body needs water to survive, we all know that, right? Well, do you know how much you need? If you said, 8 glasses, you are....wrong! Eight 8oz glasses of water would be enough...if you only weighed 128 pounds...and I bet most of you out there don't. The rule of thumb is half your body weight in

ounces. That means, a 200 pound person needs 100 oz in water. That's 12 1/2 glasses of water a day.

Did you just say you can't stand water? Get over it! Put some flavoring in it. You can put cucumber slices, frozen grapes, lemon, lime or even orange slices in it. If you have to put in

something like Crystal Light (caffeine free only!) water it down and only count it as 1/2 your water intake as your body (kidneys especially) still have to work to remove the additives from the water. Pure water lets your body rest from all the hard work and allows it to flush toxins with minimal effort.

Weekly Weigh In

This was a rough week. We had to put our sweet little Amber to sleep. She was about 15 and had a rough life, but was such a sweetie. We'll sure miss her.

I'm also an idiot and thought that I could make Christmas cookies...and NOT eat a ton of them...WRONG! If I made cookies for you - enjoy them...you won't be getting them from me again!

Previous Weight: 242.6 lbs

Current Weight: 240.6 lbs

Weekly loss/gain: - 2 lbs

49 Week Loss Total: 131.8 lbs

Sponsorship Central

Current Sponsors:

Pounds 131 - 135: Christina Dodson
Mary Rantanen

Upcoming Sponsors:

Pounds 136 - 140: Jan Streib
Lori Dickerson

Pounds 141 - 145: Bev Elifritz
Ruth Bailey

If you haven't signed up to sponsor me yet, there is plenty of room left.

Email: tracie@sponsormyweightloss.com

Recipe of The Week:

Clip & add to your recipe box!

Baked Monte Cristo Sandwiches

POINTS® Value: 4
Servings: 4

Ingredients

8 slice light whole wheat bread
4 serving 2% Kraft Swiss Singles
4 serving Oscar Mayer Deli Style Shaved smoked ham, 24 slices (6 slices ea sandwich)
2 egg white(s)
1/2 cup fat-free skim milk

Instructions

Preheat oven to 450. Top four of the bread slices with the cheese slices, then the ham, then the remaining bread slices. If you'd like, some mustard on the sandwich would be good too. Beat the egg whites and milk in a shallow dish. Dip each sandwich into the egg mixture, turning to coat. Let the bread soak about 5 seconds on each side. Place sandwiches on sprayed baking sheet. Bake 6 minutes. Turn, bake an additional 5 minutes. Cut sandwich in half diagonally.

Chewin' the Fat

**When did you start exercising?
What do you do for exercise and
how often do you do it?**

Great question! I didn't exercise right off the bat. I promised myself that after I lost 30 pounds, I would start. So at 340 pounds, I got off my butt and started to walk. At first it was just 5 minutes each way at

the office during lunch. I then increased by another minute each way. Then I was lucky enough to have a walking buddy join me and that took my mind off how long I was walking. I just kept increasing it until it was a 30 minute walk. After I lost another 10 pounds (40 total) I joined 123 Fit. It's a circuit based workout that combines both cardio and resistance strength training exercises. You work your entire body in each 30 minute work out. You're pooped when it's over, but it doesn't leave you sore. It makes it a lot easier to go back when you don't feel like Attila the Hun just had his way with you! I try and get to the gym 3 times a week. Some weeks it's harder than others, but if I don't, I try and do other types of exercise - dancing and playing with my son is my favorite!

Please E-Mail me your questions and I'll answer them here.
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Merry Christmas & Happy New Year