

Quote of the Week:

"What would life be if we had no courage to attempt anything?"

Vincent Van Gogh



ISSUE 28

Fat to Fab



JUNE 22, 2008

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**NEW PHOTOS
COMING SOON!**
Watch your mailbox
for update progress
photos.

Food For Thought

Let me tell you a story. There once was an obese woman, let's call her Tracie. She decided enough was enough and went on a journey to lose weight. She joined Weight Watchers, started her own website and began working out at 123 Fit. Time passed and she started getting TV coverage, both local and national. She has a follow-up story air and finally, her husband, we'll call him Craig, gets a little recognition with a quick photo flashed on the screen and his name mentioned. They go to Six Flags and guess who gets recognized. CRAIG! Yes, after 15 seconds on screen HE got recognized. HAHA. Had to share that with you guys!

Let's Relay For Life

Last chance to donate! There is still time for you to donate to my Relay For Life team. If you can find it in your heart (and your wallet) to donate, I would really appreciate it. Please click the link below to find out more information.

[DONATE TO MY TEAM](#)

On TV Again

If you missed my KTVI Fox2 segment, you can watch it on my website here: <http://sponsormyweightloss.com/inthenews.html>

Reminder that my Rachael Ray episode will re-air on Wednesday, June 25th. Check local listings for details.

Update on Alex

Monday is Alex's sleep deprived EEG (brain scan) & MRI for the seizures he has had. Please say a prayer for us. He will have to be sedated. Putting him under is always a risk. But he's shown that he's a trouper. (He also has a sinus infection.) I'll keep you posted on the test results.

WWW.SPONSORMYWEIGHTLOSS.COM

Weekly Weigh In

Previous Weight: 195.8 lbs

Current Weight: 197.2 lbs

Weekly loss/gain: + 1.4 lbs

75 Week Total Loss: 175.2 lbs

Pounds left until I am no

longer "Obese" (BMI under 30) : 3.2 lbs

Pounds left until I have lost

1/2 my original body weight: 11 lbs

Pounds left to WW goal: 42.2 lbs

Pounds left to personal goal: 47.2 lbs

TOO MUCH SUN & SODIUM ON FRIDAY!

Sponsorship Central

Current Sponsors:

Pounds 171-175: Terrie Riley

Lori Boone

Upcoming Sponsors:

Pounds 181-185: Terrie Riley

Sheila Rosen

Brenda Baird

186-190: Terrie Riley

Laurel Hayden

Jim Krupke

Sponsors!

I need your help!

Recipe of The Week:

Clip & add to your recipe box!

Sweet Sausage Pasta Bake

Ingredients

- 3 links Perdue Sweet Italian Turkey Sausage
- 13.25 oz box Ronzoni Healthy Harvest Rotini
- 26 oz can Hunts Spaghetti Sauce No Sugar Added
- 1 Tbsp garlic powder
- 1 cup onion(s), diced
- 1 Tbsp Italian Seasoning
- 3-6 packets No Calorie Sweetener (to taste)
- 6 slices Sargento Reduced Fat Provolone

POINTS® Value: 5

Serving Size: 8

(Serve with a green salad)

Instructions

- Preheat oven to 400 degrees. Cook pasta according to package. In the meantime, remove casing from 3 sweet Italian turkey sausage links. Spray a non-stick skillet with non-stick spray. Crumble sausage with wooden spoon and brown with 1 cup of diced onions. Brown sausage completely. Add pasta sauce, Italian seasoning, garlic powder, and sweetener to the sausage and onion mixture. When pasta is finished, drain and return to pot. Add sausage & sauce mixture and combine. Spray a 9x13 baking dish with non-stick spray. Add pasta to the baking dish and top with provolone cheese. Bake until cheese is melted.

Chewin' the Fat

I'm wanting to do something new. You said you are taking Zumba. I have heard a lot of people talking about it, but don't know exactly what it is. Can you tell me something about it?

I can do better than tell you. I can show you! I recorded my class last

week and made a video. Check out the link below to take a peek. My laptop kept bombing out on me, so the video isn't exactly what I wanted it to be, but you can get the idea. This is 9 minutes of my hour long class.

<http://www.youtube.com/watch?v=BILiNvLA-lo>

Please E-Mail me your questions and I'll answer them here.
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Have a flab-u-loss week!