

Quote of the Week:

"There is no such thing as can't, only won't. If you are qualified, all it takes is a burning desire to accomplish, to make a change."

- Jan Ashford



ISSUE 29

Fat to Fab



JUNE 28, 2008

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Food For Thought

We did it all night. Ok, get your mind out of the gutter! The Relay for Life was this weekend to raise money and awareness for the American Cancer Society. My team consisted of Christina Dodson & Nan Kiene. Small group...BIG HEART! It started at 6pm on Friday night, and we walked, all night, with limited breaks, until 6am. It was a very emotional evening. The amount of cancer survivors was just awesome. They really stood out because of the sea of purple shirts. Yes, Christina is a survivor. They had a

great evening full of fun activities to keep us motivated. I participated in the water balloon dodge ball. I did pretty good until a young kid got me! The event raised more than \$107K. It was just amazing. I didn't know what to expect, but I know for next year. And yes, I WILL do it again. But we need more people. I'll definitely plan it a LOT earlier than I did this year. Now, I'm only functioning on 2 hours sleep in the past 2 days, my feet hurt and the blisters have blisters, I was super bloated, drank water all evening and ate to keep my energy up (I said no thanks to the goodies they graciously provided us - pizza, Krispie Kremes, candy, popcorn...) Thankfully for breakfast, they had fruit, so each lap I grabbed a different piece - banana - apple - orange. They had bagels too, but I didn't even look at them! I went to weigh-in, and thought I would be way over because of my muscles holding onto all the water they needed to heal. But I was actually down a little bit. So we'll see what happens next week.



Nan Kiene, Christina Dodson & Me



I'm not walking 12 hours to blow it on pizza.

123 Fit - Body Makeover Update

Before



I just hit my week 4 on of my 16 week body make-over. Here are my results thus far.

	Beginning	Week 4
Weight:	198.8	194.4
% Body Fat:	38.0%	34.1%
BMI:	31.1	30.4
Chest*:	40"	40.5"
Waist*:	45.25"	40"
Hips*:	46"	47"
Thigh*:	21.75"	24"
Calf*:	16.5"	16.75"
Arm*:	12.75"	12.25"

*Measurements may be off a bit due to different trainers & method of measurement.

Week 4



Evel Knievel

Friday, June 20th was the day Weight Watchers sent a limo to take Craig, Alex and me to Six Flags so I could ride the new Evel Knievel coaster on opening day. It was amazing. I felt like a celebrity. I want to thank Weight Watchers with all my heart. Here are a few pictures and a link to a video celebrating the day. We were there all day, and we were pooped on the way home. By the way...Alex now wants to go everywhere in "The Big Car."

Click on link to view the video: <http://www.youtube.com/v/k18fyZd5a04>



In The News

I had a great interview today with a nice reporter from the South County Times newspaper here in St. Louis. It's scheduled to run this week. I will send you a link to the article as soon as it runs. This will be my first real newspaper article. I'm pretty excited!

Weekly Weigh In

Previous Weight: 196.2 lbs

Current Weight: 195.6 lbs

Weekly loss/gain: - .6 lbs

76 Week Total Loss: 175.8 lbs

Pounds left until I am no

longer "Obese" (BMI under 30) : 2.6 lbs

Pounds left until I have lost

1/2 my original body weight: 10.4 lbs

Pounds left to WW goal: 41.4 lbs

Pounds left to personal goal: 46.6 lbs

I was excited to have ANY loss after all that walking Friday PM / Saturday AM.

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

**This is going to be a hard week for me.
I'm gonna need some encouragement.**

Recipe of The Week:

Clip & add to your recipe box!

Crock Pot Chicken & Dumplings

Ingredients

- 16 oz boneless skinless chicken breast
- 1 cup chopped onion
- 2 10.75-oz cans 98% fat free cream of chicken soup
- 1/2 Tbsp garlic powder
- Salt & pepper to taste
- Water
- 3 cups frozen mixed vegetables
- 1 can (7.5 to 10 oz) lower fat refrigerated biscuit dough

POINTS® Value: 4
Serving Size: 8

Instructions

Spray crock pot with nonstick spray. Add chicken, onion, soup, garlic powder and salt & pepper to crock pot. Add enough water to cover the chicken breasts. Cover and cook on low 6-8 hours (high 3-4 hours). About one hour before serving (if on low, turn to high), remove chicken from pot, shred and return to pot. Stir in mixed vegetables. Cut each biscuit into 4 wedges. Top the mixture in the crock pot with biscuit dough. Cover and cook 30-45 minutes more (until dough has risen and is cooked through.)

Chewin' the Fat

**You are so close to your goal.
How do you think you will keep
up your motivation and determination
once your journey is over?**

This is a journey that will never end. Once I finish the weight loss portion of my journey, the next

chapter begins. The maintenance of my weight loss. And what keeps me motivated is getting comments, emails and instant messages just like yours telling me how much I have inspired them to start, continue or even contemplate starting their own weight loss journey...or ANY journey for that matter. My determination isn't strictly limited to weight loss. You can apply my positive attitude strategy to anything you want to accomplish. After weight loss...my next goal will be to get out of debt. We'll get there. Just one baby step at a time. If I can do it, so can all of you.

Please E-Mail me your questions and I'll answer them here.
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Happy Birthday Al (my dad) & America!