

Quote of the Week:

“You must begin to think of yourself as becoming the person you want to be.”

- David Viscott



ISSUE 33

# Fat to Fab



JULY 27, 2008

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## Food For Thought

**New pictures!** It's been 4 weeks already! Time for new photos. Slowly but surely, I'm melting away.



## Medical Updates

This has been a crazy week for me. Last Saturday, I went to the St. Louis Cardinals game with my girlfriend Nan. Then, Sunday, the family spent the day at the water park at Six Flags. Both days were 100+ degrees and I managed to get myself dehydrated. I haven't been able to catch up! So Tuesday, I felt lousy. I could tell I was passing another kidney stone (my 4th). But then I started running a fever. Off to the doctor I went. Turns out that not only was I passing a stone, I had a kidney infection as well. He gave me an antibiotic and told me to drink lots of fluids. I'm still trying to play catch-up. I was just drinking water, but it wasn't working fast enough, so now I'm drinking Gatorade too. I've had this nagging headache for a week! PLEASE GO AWAY! **On a happier note...**we had Alex's MRI on Wednesday (finally) and the results were normal. So his doctor thinks his 2 seizures were, in fact, febrile. So that really was a worry off our minds. Now, if I can just get myself rehydrated!

## Weekly Weigh In

**Previous Weight:** 192.0 lbs  
**Current Weight:** 190.2 lbs  
**Weekly loss/gain:** - 1.8 lbs  
**80 Week Total Loss:** 182.2 lbs  
**Pounds left until I am no longer**  
**“Overweight” (BMI under 25) :** 28.8 lbs  
**Pounds left until I have lost**  
**1/2 my original body weight:** 4 lbs  
**Pounds left to WW goal:** 35.2 lbs  
**Pounds left to personal goal:** 40.2 lbs

## Sponsorship Central

### Sponsors:

Pounds 181-185: Sheila Rosen  
 Patti Carrol

### Upcoming Sponsors:

Pounds 186-190: Terrie Riley  
 Laurel Hayden  
 Jim Krupke  
 191-195: Renee Maier  
 Lorraine Smith  
 Ellen Carney

**Thanks for the kick!**

## Recipe of The Week:

Clip & add to your recipe box!

### WW Chili-Lime Corn

#### Ingredients

- 1 1/2 Tbsp fresh lime juice
- 1 tsp lime zest
- 1 tsp chili powder
- 1 tsp table salt
- 4 piece corn on the cob, husked

#### Instructions

- Preheat grill to medium.
- In a cup, stir together lime juice and zest, chili powder and salt; brush over husked corn. Grill corn until tender and lightly charred, turning once or twice, about 10 minutes. Yields 1 piece per serving.

**CORE® RECIPE**  
**POINTS® Value: 2**  
**Serving Size: 1**

## Chewin' the Fat

Hi! I am a 12 year old girl on Weight Watchers and I am looking for support. I think you are a very inspirational woman and I would just like some tips from you. Lately I have been getting back into my old habits of snacking for taste and not for hunger. Thanks for all of your support and motivation.

Hi sweetie. Thanks for writing. I'm so happy you are working on learning proper eating habits at such a young age. I wish i could have done it when I was your age. It would have saved me YEARS AND YEARS of sadness and heartache. Please take care of your health. It's much more important than I ever knew. As far as snacking, I know what you mean. As soon as I sneak a taste of something I used to love, I can't stop. It's hard. Just listen to your body. And try not to take that first bite. Keep in touch and let me know how you are doing!

**Please E-Mail me your questions and I'll answer them here.**  
[tracie@sponsormyweightloss.com](mailto:tracie@sponsormyweightloss.com)

**It's never too late to make a new start.**