

Quote of the Week:

'Now' is the operative word. Everything you put in your way is just a method of putting off the hour when you could actually be doing your dream. You don't need endless time and perfect conditions. Do it now. Do it today. Do it for twenty minutes and watch your heart start beating.

- Barbara Sher

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ISSUE 34 REVISED

Fat to Fab



AUGUST 5, 2008

Food For Thought

Remember when I said I want to be the next Richard Simmons...but without the sequins? Well, he was in St. Louis on Wednesday...and I got to meet him! He is on a media tour to get awareness for his pilgrimage to save our children. To help teach them about the important of exercise. It may not be the 100% fix to the every growing childhood obesity rate. He's trying to get a bill passed to make sure P.E. & recess remain or get re-instated into our schools. Please take 5 minutes to watch this video of Richard's testimony before congress. It's very moving. [Richard Simmons' Testimony](#) (click link) Then please go to his website and find out how you can help get this to be voted on. Click on the link blow, and on the right hand corner of the screen, you'll see **PE Crusade**. You can read all about it and find out how you can help by writing your Congressperson. You can either use their template, or write your own. [Richard Simmons' PE Crusade](#) (click link) I took my camera, but forgot my memory card. The gentleman behind me in line emailed this to me today. A little blurry, but I'll take what I can get! Yes, I wore sequins...and really short black shorts. **Funny note:** I was walking down Kirkwood Rd to meet Craig. People were looking at me really funny. Hmm...could it be because I looked like a hooker?



Who Is This?

I was looking through some photos and came across this of Craig, Alex and I from Halloween 2006. Next time we go to my Aunt Pat's, we'll take another photo in the same spot so we can compare!

123 Fit - Body Makeover Update

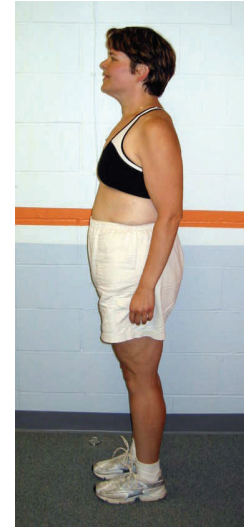
Before



Week 4



Week 8



I'm half way through my 16 week body make-over. Here are my results thus far.

	Beginning	Week 4	Week 8
Weight:	198.8	194.4	189.8
% Body Fat:	38.0%	34.1%	39.9%
BMI:	31.1	30.4	29.7
Chest*:	40"	40.5"	40.25"
Waist*:	45.25"	40"	40.75"
Hips*:	46"	47"	45.75"
Thigh*:	21.75"	24"	21"
Calf*:	16.5"	16.75"	16"
Arm*:	12.75"	12.25"	11.5"

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

Medical Update

I went for my latest round of blood tests for my cholesterol. My last test in March 2008 had my total cholesterol at 233 (should be below 200), my triglycerides were at 150 (should be below 150), my LDL (bad cholesterol) was at 165 (should be below 150) and my HDL (good cholesterol) was at 43 (should be above 46). Well, I have been trying to get my levels down with just diet & exercise. And he told me if I didn't get it down this time. I would have to go on meds since it's been over a year. Well, this time, my total cholesterol is 173, my triglycerides are 113, my LDL is 103 and my HDL is 40. So the only thing I need to work on is raising my HDL. He said that I need to up my exercise, well, doctors orders...he also said my AST level is elevated. This is an enzyme produced by the liver or kidney. He's going to re-test me in 3 months. The level is probably high because I passed a kidney stone. I do have a bit of bad news. I fainted on Friday morning. I don't know what caused it. I'm thinking it was low blood sugar. I went for more blood tests on Saturday. We'll have to wait and see.

Weekly Weigh In

Previous Weight: 190.2 lbs

Current Weight: 191.0 lbs

Weekly loss/gain: + .8 lbs

80 Week Total Loss: 181.4 lbs

Pounds left until I am no longer

“Overweight” (BMI under 25) : 29.6 lbs

Pounds left until I have lost

1/2 my original body weight: 4.8 lbs

Pounds left to WW goal: 36 lbs

Pounds left to personal goal: 41 lbs

Sponsorship Central

Current Sponsors:

Pounds 181-185: Sheila Rosen
Patti Carroll

Upcoming Sponsors:

Pounds 186-190: Terrie Riley
Laurel Hayden
Jim Krupke

191-195: Renee Maier
Lorraine Smith
Ellen Carney

I'm ready to go back to Flex!

Recipe of The Week:

Clip & add to your recipe box!

Crock Pot Chicken Enchilada Stew

Ingredients

- 1 pound Chicken breast, skinless, boneless, raw
- 16 oz fat-free canned refried beans
- 15 1/2 oz canned yellow corn, drained
- 14 1/2 oz canned diced tomatoes
- 14 oz can of low sodium fat free chicken broth
- 2 Tbsp chili powder (or to taste)
- 1 Tbsp ground cumin
- 2 tsp garlic powder
- 2 tsp onion powder

Instructions

- Spray the inside of a crock pot with cooking spray. Add all ingredients except chicken. Mix well. Add chicken and be sure to cover in mixture. Cook on low for 6-8 hours.
- Shred chicken before serving. Serves six - about 1 cup each.
- Tip for left over: Serve over a baked potato topped with a little fat free sour cream.

CORE RECIPE
POINTS® Value: 4
Serving Size: 6

Chewin' the Fat

I'm just starting Core. What is an easy lunch that I can keep on hand? I used to keep the fixins for sandwiches, but since I can't have bread & deli meat...I'm stuck.

One of my favorite “go to” lunches is a great baked potato. I've done

this a couple ways...but my favorite is to bake a potato (I use the microwave) and then top it with some black beans (drained and rinsed), fat free salsa and 2 slices of fat free cheese singles. Shredded cheese doesn't melt well. But the fat free slices (like Kraft Singles) melt GREAT! Pop it back into the microwave. Then, once it's all melted, I top it with some fat free sour cream. If you have some left over chicken, pork or beef, you can shred that up put it in there too! Remember, if you have a potato for lunch, you can't have a starch for dinner, unless you use your weekly points.

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

Be sure to stay hydrated in the summer heat!