

Quote of the Week:

"You don't drown by falling in water, you drown by staying there."

- Unknown



ISSUE 36

Fat to Fab



AUGUST 17, 2008

Food For Thought

I always tell people to journal their feelings as well as their food. But for some reason I thought that really didn't apply to me...I have this weight loss thing under control. YEAH RIGHT! I had a really bad couple of weeks, so I took my own advice (and the advice of my pseudo sister Terrie) to journal my feelings. I wanted to share that with you today:

August 15, 2008

I have a confession. I've been in a bad funk the past couple days. Ah, who am I kidding? The past week or two really. But as of this past week, it's been really bad. It's almost a depression. It's like everything has hit a wall. I thought I had a "plan" for things and now everything has been turned upside down... professional, emotionally, physically, mentally and financially. I haven't journaled my food in over a week. I don't weigh and measure my food like I was so faithfully doing before. I feel like I'm spiraling out of control with nothing to grab to save myself. I found out that my dreams of being a Weight Watchers leader may be gone because of my website. I found out that only about 3% of skin surgery from massive weight loss is deemed medically necessary, so if I want to get that done, it's gotta come out of my pocket. And let me tell you about how depressing all this extra skin is. It's sad. It's gross. I disgust myself. "But it beats the alternative." Well, yeah, for the most part it does. I have read many articles from people that have lost massive amounts of weight, and they all say the same thing...they went through a round of depression. I used to think, "What do they have to be depressed about? Look at how much better they look!" But now I know what they were feeling. I don't know who I am anymore. I'm an entirely new person, mentally & physically. And I have focused so much on getting here, that I didn't focus on adjusting to the changes along the way. WHO AM I? What am I doing here? Where am I going? What will I do when I get there? I just don't know. I'm going back to Flex on Saturday. I think it will help me stay more in control, more structured. I feel like I'm letting people down by backsliding like this. I feel like a failure, even though I know in my heart it's just a bump in the road and it's bound to happen from time to time. It may sound silly to some of you, but I have made myself feel like this is "easy"... and it's the hardest damn thing I've ever done in my life. Please pray for the good Lord to give me strength to get through this slump. And I'm going to just take it one day at a time.

(Cont)

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Food For Thought (cont)

August 16, 2008

Well, I weighed in this morning and I was up 4 pounds. FOUR POUNDS! Egads! I knew I would be up, and I was guessing 4.5. I read my journal entry from yesterday at my meeting and it really helped me feel better. I went to 123 Fit before going home and did my monthly weigh-in & measurements. While my weight was up there as well and my inches weren't down at all, I have some news to report that totally brought me out of my funk! In July, my Fat Mass was 75.8 pounds. Yesterday, it was 71.8 pounds! I lost 4 pounds in body fat! What's even better? In July, my Fat Free Mass (muscles/organs/etc) was 114 pounds. In August, it was 121.6 pounds! That means I GAINED 7.6 pounds of MUSCLE! I'm SO excited! That's exactly what I wanted! I started fresh on Flex today...like I started WW for the first time ever. I want to get back into that "honeymoon" stage again. We then went to Raging Rivers with my brother, future sister-in-law & my uncle Ron. We walked all the hills and rode all the water slides. It was a great day! Alex had a funnel cake. I was going to "sneak a bite" but then I remember the discussion of "Red Light Foods" and knew if I started, I wouldn't stop. And besides, it was Alex's funnel cake, not mine. At one point I sat there and kept repeating to myself, "I'm not going to take a bite, I'm not going to take a bite." And I didn't. We then went out to the car and ate the FlatOut Roll-up Sammies, Watermelon & carrots I brought for us. Then, for dinner, we had Subway veggie sandwiches for dinner. (I sure missed Subway when I was on CORE!). My inlaws are coming over Sunday and we're having a big salad and a pizza from Pizza Hut. We're only going to order 1 pizza (thin crust pineapple, ham, tomato & green pepper) so we aren't tempted to eat more than 2 pieces. 8 points...NOT BAD! I think being back on Flex is going to be really good for me. Now I need to get to the store and stock back up on Flex foods, but I'm still going to try and not eat too many processed things (like 100 calorie packs). We're going to for the August birthdays at work on Monday. I'm really not looking forward to it. I mean, the people will be great, but I gotta stay focused on my eating. When you are surrounded by people that aren't worried about what they eat, it's so much harder. But I can do it. It's only food, right?

Personal Training - Kickin' It Up a Notch

I have a new personal trainer at 123 Fit. Her name is Amra Hukic and let me tell you, she kicked my butt! I haven't worked out that hard in a long time. I'm really looking forward to my next session on Tuesday. It will also be my 12 week session, so I'll have another set of photos and updates on all my stats. I don't know how well I can do in a week, so let's hope for some good results. I'll only have 4 more weeks after that for the competition to be the spokesperson. Side note: Speaking of exercise. We drove past the Lewis & Clark Memorial (<http://www.hartfordillinois.net/tower.htm>) and I actually said, "Are their stairs to the stop or do we have to take an elevator." I heard what I said and cracked myself up! I actually WANT to take the stairs! Woo Hoo!

New Photos Coming Soon

Wow! Where did the month go? Be on the lookout for new photos this week.

Weekly Weigh In

Previous Weight: 190.4 lbs

Current Weight: 194.4 lbs

Weekly loss/gain: + 4 lbs

83 Week Total Loss: 178 lbs

Pounds left until I am no longer

"Obese" (BMI under 30) : .4 lbs

Pounds left until I have lost

1/2 my original body weight: 8.2 lbs

Pounds left to WW goal: 39.4 lbs

Pounds left to personal goal: 44.4 lbs

Sponsorship Central

Current Sponsors:

Pounds 181-185: Sheila Rosen

Upcoming Sponsors:

Pounds 186-190: Laurel Hayden

Jim Krupke

Stephanie Fettkether

191-195: Renee Maier

Lorraine Smith

Ellen Carney

**I'm back on Flex & ready for
a FRESH START!!**

Recipe of The Week:

Clip & add to your recipe box!

Pumpkin Angel Food Cupcakes

Ingredients

- 1 box angel food cake mix (1-step)
- 1 15oz can of pure pumpkin (not pie mix)
- 1 tsp ground nutmeg
- 2 tsp cinnamon
- 1/2 tsp ground cloves
- 1 tsp vanilla extract

POINTS® Value: 1
(2 cupcakes is 3 POINTS®)
Serving Size: 24

Instructions

- Preheat oven to 350 degrees. Spray 24 standard size cupcake tin cups with non-stick spray. In a large mixing bowl, combine pumpkin and spices. Add cake mix and mix until well combined. Divide equally between cupcake tins. Bake 18-20 minutes or until golden brown.

Chewin' the Fat

School is starting back and I'm nervous about all the after school activities. I want to be sure to get in my activity and not hit the drive-thru.

Remember - "Fail to plan, plan to fail." I know sometimes the kids have to take priority. But there are

ways to make sure you can stay focused on what you need for yourself too. Get out your crock-pot. If you don't have one...get a BIG one and double up your recipes...one of my favorite things is to cook once, eat twice. Heck, tonight I cooked 4 large chicken breasts (9 oz each) and that will be 4 meals this week for us! Now, about activity. If you have to take the kids to practice or games, take your walking shoes. Walk or jog around the parking lot or field. You can always get up earlier, but only on an odd occasion do I practice that. What about taking 1/2 your lunch hour to take a walk or even climb stairs.

Please E-Mail me your questions and I'll answer them here.
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Here's to starting with a clean slate.