

Quote of the Week:

"I do not pray for a lighter load, but for a stronger back."

- Phillips Brooks



ISSUE 37

Fat to Fab



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Food For Thought

I want to thank each and every one of you for the awesome emails and phone calls I received this past week.

I truly appreciate all your support, kind words, wisdom and most of all prayers. I want to report that going back on Flex has REALLY got my head back where it needs to be. I feel in control. I don't feel like I'm in "diet mode". I've journaled every BLT & I'm back to my new lifestyle and I feel great! I do want to tell you that I spoke to an acquaintance of mine that is a psycho-therapist and I hope to start seeing her to talk through some of my feelings and start working on the mental part of my weight loss more than the physical part.

New Photos

Four weeks have come and gone and it's time for updated photos. You can see a small version on the top of my newsletter. To see the full size photos, click on the links below.

[Side By Side Comparison](#)

[Front/Side View](#)

My Friend's Closet

I wanted to take a quick moment to thank a few women that have really helped me in my 182 pounds of weight loss. I gone from a 36W to a 14. I would have spent a fortune on clothes. While, I have received clothes from many people, I want to deeply thank Montez Fortner, Phyllis Gonzalez, Missy Weber & Jill Turec for the wonderful clothes you have donated to me.

123 Fit - Body Makeover Update



Week 12 of the 123 Fit Body Makeover has come and gone. Here are my numbers. Not very impressive. But I really like that 5.1 drop in my body fat percentage from the last time. That's because my body water (hydration) level is MUCH higher than it was last time. And the body measurements are off again because of a new trainer measuring me. I hope the next 4 weeks (my last 4 weeks) really shows more of a difference.

	Beginning	Week 4	Week 8	Week 12
Weight:	198.8	194.4	189.8	190.8
% Body Fat:	38.0%	34.1%	39.9%	34.8%
BMI:	31.1	30.4	29.7	29.9
Chest*:	40"	40.5"	40.25"	39"
Waist*:	45.25"	40"	40.75"	43.5"
Hips*:	46"	47"	45.75"	45.5"
Thigh*:	21.75"	24"	21"	22"
Calf*:	16.5"	16.75"	16"	16"
Arm*:	12.75"	12.25"	11.5"	11.5"

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

Medical Update

I got all my results back from the blood work I've been doing and everything looks great. Which is good. But I'm still getting dizzy spells, so he thinks I may have an inner ear problem. So he put me on meclizine to try and help. I have to say, I haven't had may dizzy spells since, but I'm also back on core and eating more carbs, so I wonder if that's helping regulate me. I do, however, worry about my heart rate. I have a resting heart rate of about 42-50 bpm. My fingers and toes are always cold. I have talked to my doctor about this, and he doesn't seem concerned. I have asked my "Step-Sister" Missy (she's an RN) to give suggest a good doctor for me to get second opinion. I'm wondering if such a low heart rate is what's causing me to get these dizzy spells.

Weekly Weigh In

Previous Weight: 194.4 lbs

Current Weight: 190.4 lbs

Weekly loss/gain: - 4 lbs

84 Week Total Loss: 182 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: 4.2 lbs

Pounds left to WW goal: 35.4 lbs

Pounds left to personal goal: 40.4 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

No offence Sheila - but will this sponsorship ever end?

Recipe of The Week:

Clip & add to your recipe box!

Baked Chicken Bruschetta

Ingredients

1 lb boneless skinless chicken breasts (4 4-oz breasts)

1/2 cup Fat Free Zesty Italian Dressing, divided

1/2 cup 2% Reduced Fat Shredded Mozzarella cheese

1 medium tomato, finely diced

1/4 cup basil (or 1 tsp dried basil leaves)

POINTS® Value: 4

Serving Size: 4

Instructions

1) Preheat oven to 400F. Spray roasting pan with non-stick spray. Pour 1/4 cup of the dressing over chicken in resealable plastic bag; seal bag. Turn bag over several times to evenly coat chicken with the dressing. Refrigerate at least 10 min. to marinate. Remove chicken from marinade; discard bag and marinade.

2) Bake chicken approximately 6-8 min. Meanwhile, combine tomatoes, cheese, basil and remaining dressing.

3) Turn chicken over. Top evenly with tomato mixture. Tent with foil (do not let it touch chicken). Bake an additional 8-10 min. or until chicken is cooked through (165F).

Chewin' the Fat

Any word from Weight Watcher's on your submission for their contest?

Well, as a matter of fact, I received a postcard from them in the mail on Friday

the, in my opinion, was a "Thanks but no thanks" email. Bummer. Oh well, I don't have many vacation days left anyway, so it would be hard for me to jet off to New York again this year.

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

Enjoy the unofficial last week of summer!