

Quote of the Week:

"Many of life's failures are people who did not realize how close they were to success when they gave up."

-Thomas Alva Edison



ISSUE 38

Fat to Fab



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FYI:

Weight Watchers is offering **FREE REGISTRATION** in most locations right now. If you have been debating on joining, now is the time! Check your local center or the [Weight Watchers](http://www.weightwatchers.com) website for more details.

Food For Thought

Well, it was bound to happen. I've hit my first plateau. I knew it had to be come sooner or later. I have been fighting the same 4 pounds for the last 5 weeks. I have to plan my attack! I need to mix up my food a bit. I think I'm going to go ahead and drop down the point that I will lose when I lose my next .2 pounds. I'm going to try and throw some Pilates into the mix. Maybe that will shake up my exercise. I don't have Zumba this week because it's over, but I will hit the gym one extra time this week. **HOPEFULLY**, I am going to be picked to be a volunteer with Extreme Makeover Home Edition (where they pick a family and rebuild their house). It's coming to town next week and I signed up to volunteer Saturday, Sunday or Monday evening. Here are some other things I have thought of to help with a plateau.

Plan your meals ahead of time.

Listen to your body. I have a habit of eating because it's a certain time, not because I'm hungry. I need to listen to my body more.

Add more activity. Increase intensity, or try something new.

Try new foods. Don't let your menu get stale. Variety is key.

Educate yourself. Reread your materials (if you are a Weight Watcher.)

Adhere to the Good Healthy Guidelines (if you are a Weight Watcher.)

Understand that this is normal and you will get through it. Just keep on working.

Weekly Weigh In

Previous Weight: 190.4 lbs

Current Weight: 190.2 lbs

Weekly loss/gain: - .2 lbs

87 Week Total Loss: 182.2 lbs

Pounds left until I am no longer

"Overweight" (BMI under 25) : 28.6 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 (still - HA!)

Upcoming Sponsors:

Pounds 186-190: Laurel Hayden
Jim Krupke
Stephanie Fekkether

191-195: Renee Maier
Lorraine Smith
Ellen Carney

It may take a while to break through this plateau. Hang with me guys!

Recipe of The Week:

Clip & add to your recipe box!

Corn Meal "Battered" Flounder

Ingredients

16 oz flounder (4 4-oz fillets)
1/2 cup honey mustard
1/4 cup corn meal
4 tsp canola oil
non-stick cooking spray

Instructions

Pat fish dry. Brush 2 tablespoons of honey mustard evenly over each fillet. Lightly bread with cornmeal. Spray one side with non-stick spray. Set aside. Heat a large skillet over medium-high heat. Lightly spray with cooking spray. Add oil. Get oil very hot so you can get the "crust". Place fish in pan sprayed side up. Fry for approximately 4-5 minutes per side. Add a little more cooking spray if needed to prevent fish from sticking.

Points Value: 5
Servings: 4
Core Recipe

Chewin' the Fat

You mentioned you needed to add something new into your exercise routine. Have you yet?

Well, no, I actually haven't yet. My personal trainer, Amra, suggested that I try Pilates to help

with my flexibility. I haven't done that yet, but I plan on it soon. We also went out with my aunt & uncle today and I tried water skiing. Oh my gosh! Can I tell you how week my arms feel? Sheesh! Also, Extreme Makeover Home Edition is coming to St. Louis next week and I have been approved to be a volunteer. I hope they give me something good! I don't want to be standing around handing out bottles of water. I would love to get into something more labor intensive. Burn those calories and help out a family!

Please E-Mail me your questions and I'll answer them here.
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I hope you all enjoyed your long weekend.