

Quote of the Week:

“Two little words that can make the difference: START NOW.”

- Mary C. Crowley



Fat to Fab



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Food For Thought

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REMINDER:

Weight Watchers is offering **FREE REGISTRATION** in most locations right now.

Check your local center or the [Weight Watchers](#) website for more details.

Pop Quiz! What is PMA. No, it's not PMS' younger sister. It stands for Positive Mental Attitude. Something my mother taught me from a young child. "If you think you can, you can. If you think you can't, you're right." She would repeat this all the time. "No stinkin' thinkin'." Another favorite of hers. "It's all in your head." Man was she right. I've said this before. This is a mental journey more than anything else and positive mental attitude is CRUCIAL. You have to surround yourself with as much positive energy as you can. You have to picture yourself doing and being the way you want. Remember "The Little Engine That Could"? We all read it as kids. Well, that's what life is all about. No matter what journey you are taking. If you can see it, then you can achieve it. I don't mean with your physical eyes, but with your minds eye. Why is this weight loss journey so different for me? Well, all the other times, I saw it as what I can not have...namely the food. This time, I see it as what I CAN have. My health, my family (and possibly even fame?...ok, that's pushing it)...but even food! I CAN HAVE IT ALL. And I WILL have it all...but just in balance. I wake up every morning and tell myself how great I look...not because I'm conceited, but because if I speak it, I will be it. Now, I won't say that I don't look at my stomach and say "gross" a lot, but I'm not naked enough to let it really bring me down. I'm wearing clothes I've NEVER dreamt of wearing. I WORE A MINI-SKIRT (and can I say...no one at work mentioned it...uh oh, does that mean I looked like crap and they didn't want to tell me? ... nah... because I LOOK GREAT!) Weight loss is 90% mental and 10% carrots and celery sticks...remember?

Move That Bus

Extreme Makeover Home Edition has moved into town. Remember I volunteered for it a couple of weeks ago? Well, guess what. It turns out to be someone I know. The Martirez Family. Emmanuel was a co-worker of mine AND my sponsor for pounds 66-70! This is a VERY deserving family. I am so blessed to be able to help. I'm going to work Saturday, Sunday, Monday and probably Tuesday. I'll be there for the "Move that bus" reveal on Wednesday too. Their family was a big help to me when Alex was diagnosed with Autism.

Weekly Weigh In

Previous Weight: 190.2 lbs
Current Weight: 188.2 lbs
Weekly loss/gain: - 3 lbs
86 Week Total Loss: 185.2 lbs
Pounds left until I am no longer "Overweight" (BMI under 25): 25.6 lbs
Pounds left until I have lost 1/2 my original body weight: 1 lbs
Pounds left to WW goal: 32.2 lbs
Pounds left to personal goal: 37.2 lbs

Sponsorship Central

Sponsors:

Pounds 186-190: Laurel Hayden
 Jim Krupke
 Stephanie Fettkether

Upcoming Sponsors:

Pounds 191-195: Lorraine Smith
 Ellen Carney
 Pounds 196-200: Carol Young
 Casey Mabin
 Katy Hymas

WOO HOO! CALL ME "WEESIE" CAUSE "I'M MOVIN' ON UP" OR SHOULD I SAY DOWN?

Recipe of The Week:

Clip & add to your recipe box!

Ingredients

- 1 Box Brownie Mix (like Betty Crocker Fudge Brownies)
- 1 can black beans (drained - but keep the can)

Instructions

- Drain black beans and return to the can. Fill with water just to cover the beans. Then, in your blender, or food processor, blend into a puree being sure all beans are pureed.
- Empty brownie mix into a large bowl and thoroughly combine with black bean mixture (nothing else).
- Prepare your 9x13 baking dish with non-stick spray and bake according to the package.

Points Value: 2
 Servings: 20
 (to make these 1 point you need to divide in 26 or more)

Chewin' the Fat

My question is did you ever have your belly hanging down and as you lost weight it became a flap of skin hanging down like an apron? And if you did, I can't see it in your pictures or did you have surgery or are you planning to?

Ahh...the ever popular question arrives again...third time this week actually. Did I have surgery? No..SPANX my friend...SPANX. Do I plan to have surgery? Yes, but I need help with the funds for that one. (Anyone know a good surgeon willing to pro bono it? No back alleys please.) So I decided it was about time to show you the nitty gritty. As soon as I'm done with the Extreme Makeover Home Edition vol-unteering, I will post photos on my website. Keep checking this week.

I still haven't done the video, but hopefully I can get one done sometime soon.

Please E-Mail me your questions and I'll answer them here.
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