

Quote of the Week:

"Effort only fully releases its rewards after a person refuses to quit."

- Napoleon Hill



ISSUE 42

Fat to Fab



SEPTEMBER 28, 2008

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Food For Thought

"The Incredible Shrinking Woman." My girlfriend Robyn Curtis called me this at the very beginning of my journey, and it stuck. I wear a shirt that boasts this claim. I listen to a CD that sings the words. It's in one of my Youtube videos. I even sign it at the bottom of my emails. But until this past Friday, I didn't really understand the impact of it. I started this journey wearing a size 36W Jeans. You've all seen my "Jared Pants" photos. Well, this past Friday, I was able to slip (not squeeze) into a pair of size 12 jeans! **SIZE 12!** I honestly have no recollection of the last time I wore a size 12. I don't now that I EVER wore a size 12.

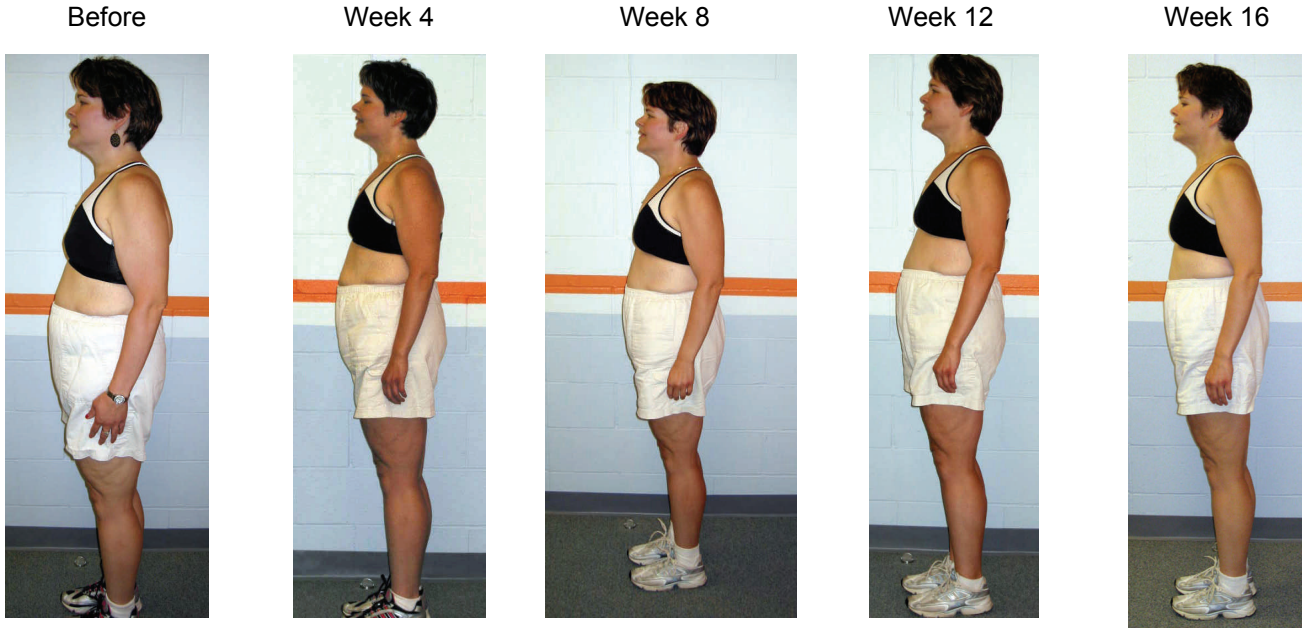


New Family Photo

I'm proud of our "new" family. We were all dressed up & the day was beautiful, so I took the opportunity to take a new family photo. I just had to show it off.



123 Fit - Body Makeover Update



My 16 Week body makeover has come to an end. Here are my final photos & stats. Now we just have to wait for the results to see if I had enough of a change for the contest to be the national spokesperson. I'm not too excited by the photos, I can see too much of a change. I can see more definition in my arms, and my stomach does look a tad bit flatter. And, if you look very closely, you can see the fat roll ("love handle") on my left side (it "muffin-tops" over my shorts) get much smaller. I am, however, very happy with my fitness stats. Being able to do 25 push-ups is just amazing. I want to thank all my trainers, Mike, Dan & Amra. Everyone else...keep your fingers crossed for me!

	Beginning	Week 4	Week 8	Week 12	Week 16
Weight:	198.8	194.4	189.8	190.8	184.5
% Body Fat:	38.0%	34.1%	39.9%	34.8%	33.6%
BMI:	31.1	30.4	29.7	29.9	28.8
Chest*:	40"	40.5"	40.25"	39"	39"
Waist*:	45.25"	40"	40.75"	43.5"	42"
Hips*:	46"	47"	45.75"	45.5"	44.25"
Thigh*:	21.75"	24"	21"	22"	23"
Calf*:	16.5"	16.75"	16"	16"	15"
Arm*:	12.75"	12.25"	11.5"	11.5"	11"
Push-ups:	4	11	5	15	25
Sit-ups:	0	7	20	20	40
Flexibility:	2	3	4	5.5	6

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

Weekly Weigh In

Previous Weight: 185.4 lbs
Current Weight: 183.0 lbs
Weekly loss/gain: - 2.4 lbs
89 Week Total Loss: 189.4 lbs
**Pounds left until I am no longer
 "Overweight" (BMI under 25):** 21.4 lbs
Pounds until I'm in the 170s: 3.2 lbs
Pounds left to WW goal: 28 lbs
Pounds left to personal goal: 33 lbs

Sponsorship Central

Current Sponsors:

Pounds 186-190: Jim Krupke

Upcoming Sponsors:

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

I'm in the home stretch!

Recipe of The Week:

Clip & add to your recipe box!

Diet Coke Pineapple Cherry Salad (Given to me by Jewls)

Ingredients

- 1 20oz can lite cherry pie filling
- 1 20oz can crush pineapple (in it's own juice)
- 1 small box strawberry sugar free gelatin
- 1 small box raspberry sugar free gelatin
- 1 12oz can diet Coke or diet cherry Coke

POINTS® Value: 1

Servings: 12
1/2 cup each

Instructions

Mix first 4 ingredients in a large sauce pan. Stir while bringing it to a boil. Remove from heat and slowly stir in diet Coke. Be sure to pour it slowly, it fizzes.

Once fizz goes away, pour by into either a large bowl or individual 1/2 cup servings. Refrigerate until set.

Top with 2 tablespoons fat free whipped topping for no additional points!

Chewin' the Fat

I'm having such a hard time fighting temptation at work. HELP!

Temptation is everywhere, but our work place is probably the most difficult place to maneuver because we can't just up and

leave. Your best defense is a good offense. You need to plan ahead. Be sure to have things available that cure those cravings. Here are some examples: Someone brings in donuts, keep Weight Watcher or Hostess 100 Calorie Muffins in your desk drawer...same with cookies. Someone brings in brownies...here's a good tip. Keep some dry brownie mix in a zip top baggy. (I keep non-stick spray at work). Spray the inside of a coffee cup with non-stick spray, add 2 tablespoons of dry mix with 1 tablespoon of water. Microwave 1 1/2 - 2 minutes on high for a sweet brownie fix for approximately 2 Points! You can do the same thing with cake mixes. Always have extra fruit, pretzels, or even ice cream on hand (If your work place has a freezer of course!) I hope that helps!

Please E-Mail me your questions and I'll answer them here.
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Thanksgiving is around the corner. Do you have a game plan?