

Quote of the Week:

"We acquire the strength we have overcome."

- Ralph Waldo Emerson



ISSUE 49

Fat to Fab



NOVEMBER 30, 2008

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SURGERY FUND TOTAL

\$00,053.81

Food For Thought

So what happens next? First of all I want to thank everyone for the fantastic emails I've received this past week. Wow! What a great group of support I have! I'm very blessed...and THANKFUL to have you all behind me. Now, I wanted to touch on something that I've been asked several times. Not just this past week, but along my journey. It's been by people that obviously have never had to deal with weight issues or obesity before, so I wanted to discuss it here. What happens next? Now that I've lost the weight...and the main question..."Will you have to continue to count points?" Well, a lot of people do not realize that I have a disease. Obesity is an addiction...a disease. You can't be "cured" or "fixed". Now that I've lost all this weight, I can't just go back to my old habits. That's what got me where I was to begin with. Think of it as a smoker quitting smoking...they don't quit so they can start again. An alcoholic or drug addict doesn't detox just go get their next fix. Unfortunately, unlike tobaccos & drugs (I know...tobacco is a drug too), I can't live without food. So I have to keep myself in check...forever. For me, the changes I've made over the last 2 years are changes for me to live with forever...there is a reason why Weight Watcher's uses the term "Lifetime". It's because you must continue with the changes you've made for the rest of your life. So, will I count points forever? Yes. Now that I'm here, will I continue to journal everything I eat? Yes! Journaling has been proven to increase the success of weight loss **and** maintaining that weight loss. Here is a great article about weight loss success and food diaries from Sparkpeople.com:

[The Key to Weight Loss Success - It's Write In Front of You.](#)

You aren't medically considered a weight loss success story until you've kept the weight off for numerous years...most say 5 - 7 years. So, I'm DETERMINED to be a "results not typical" girl. But am I human and will I splurge now and then? (cont)

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Food For Thought (cont)

Of course. But that's part of life. There But does that give me free reign to eat what I want whenever I want? Absolutely not. If you have never been obese or struggled with severe weight problems, it's probably hard for you to comprehend. And for those of you that are on your own weight loss journey, you need to realize that you can not DIET. Diet has the word DIE in it for a reason. You can not live that way. You need a "Live-it". You need to make changes that you can do the rest of your life. I'm talking mental, physical, emotional as well food changes. Until you make those life long changes, you will be in eternal DIE-IT mode. And will more than likely gain back most if not all (plus more) of your weight.

Product Review

Ok, here is one my freezer staples. They are the Green Giant Health Blends. The only one that I don't really care for is the "Digestive Health" variety. The other three are very tasty. They are in microwave steamer bags. There are two servings in each bag. The **POINTS®** values range from 1-2 **POINTS®** per serving. Sometimes I'll eat the entire bag and add some pre-cooked diced chicken for a quick lunch.



Latest TV Interview

Just in case you missed my latest interview. You can watch it here:

[KTVI 11/26/08 Interview](#)

Weekly Weigh In

Previous Weight: 175 lbs

Current Weight: 176.6 lbs

Weekly loss/gain: + 1.6 lbs

98 Week Total Loss: 195.8 lbs

Pounds until I've lost 200 lbs: 4.2 lbs

Pounds left to personal goal: 4.2 lbs

**I gained what I lost last week.
Bummer!**

I need to stay below 177 lbs.

Sponsorship Central

Current Sponsors:

Pounds 196-200: Carol Young
Casey Mabin
Katy Hymas
Bev Elifritz

To those that didn't get to sponsor me, would you like to sponsor a week of my maintenance?

Let me know!

Recipe of The Week:

Clip & add to your recipe box!

Fluffy Rice Dessert

Ingredients

- 1 small box of sugar free cherry gelatin
- 1 cup boiling water
- 1 20-oz can crushed pineapple in it's own juice - drained
reserve juice
- 1 1/2 cup cooked brown rice
- 8 oz fat free whipped topping

Servings: 8
POINTS® Value: 2

Instructions

Dissolve gelatin in boiling water. Drain pineapple, reserving juice; set pineapple aside. Add juice to gelatin; stir in rice. Chill until mixture begins to thicken. Fold in whipped topping & pineapple. Chill for 1 hour.

I have not made this recipe yet, so I do not know what the actual serving sizes are.

Chewin' the Fat

Well, I received a lot of response to my question last week, and it looks like the majority wants me to keep reporting my weekly weigh-ins. It will keep me honest and it will show that weight loss isn't over when you reach your goal weight.

Now...I have another one for you. This will show me who is reading this newsletter. I am starting a contest. Starting December 1, 2008, the person that gets the most people to subscribe to my newsletter will receive a Flab-U-Loss gift. Here's what you need to do. Tell everyone you know about my website and newsletter. Have them send me an email request to add them including **your Email address & name**. The person that refers the most people by December 31, 2008 will receive a gift certificate to Subway! Let's get going!

Please E-Mail me your questions.
tracie@sponsormyweightloss.com

It's cold outside. Be sure to get in your exercise.