

Quote of the Week:

"Don't be afraid to see what you see."

- Ronald Reagan



ISSUE 50

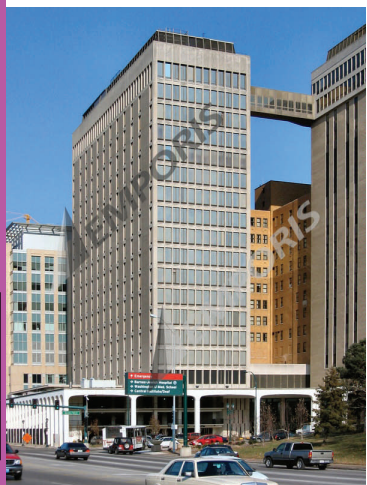
# Fat to Fab



DECEMBER 7, 2008

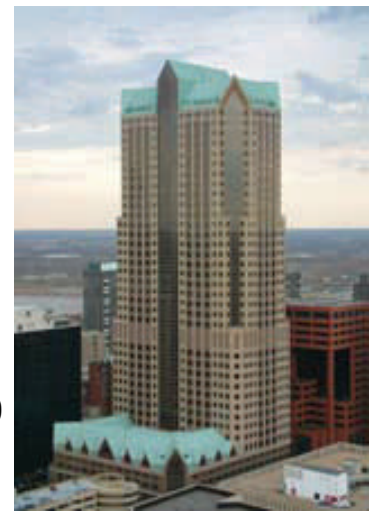
## Food For Thought

**Let the training begin!** I started training for the stair climb today. What's a stair climb? Well, it's called **Master the Met** and it's a competitive stair climb to the top of the 42 floor Metropolitan Square Building in St. Louis. My team, "The Step Sisters" climbed to the top in just under 20 minutes this past March 2008. I haven't climbed stairs like that since then, so I was sure I wouldn't



Queeny Tower

make it higher than 10 or 15 floors before my legs crapped out. I'm training at Queeny Tower since it's the only high-rise we can train at on the weekends. Well, since I was alone, I got my Sansa (it's an MP3 player) and up the steps I started. I stopped at floor 6 for some stretching. Never stretch cold muscles. Then kept on climbing. Before I knew it, I was touching the door to the roof - 22 floors up. Back down to floor 17 to catch the elevator back down. Then up again. Then again! Yes! I climbed it 3 times in just under 30 minutes. That's 66 floors! That time included rest breaks and waiting for the elevator back down. My personal goal is to climb Queeny Tower 5 times before the March Stairclimb. That's 110 floors...or THE SEARS TOWER!



Metropolitan Square Building



Sears Tower

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**SURGERY FUND TOTAL**

**\$00,055.00**

## Product Review

I tried a new yummy frozen dinner mix today. It was the Green Giant Teriyaki Stir-Fry. It has all the veggies and sauce right in the bag. All you do is add the chicken, beef or, for the non-meat-eaters out there, tofu. Today, I made it for lunch and made it sans meat and just had it as is over rice. VERY tasty! But, as with all frozen food, it's loaded with salt. So if you have to watch your salt, stay away from this one. But, for me, I just have to up my water intake. It had 50 calories / .5 g fat / 3 g fiber for one serving. There are about 3 1/2 serving in the bag, so Craig and I split it and I served it over brown rice. Great lunch for 4.5 points (I added a teaspoon of canola oil so I could get in one of my healthy requirements.



## Weight Watchers “Momentum”

The new Weight Watchers program “Momentum” will be launched on January 1st. They haven't let out too much, but enough has leaked to really peek the interest

of the current members. From what I have seen on their website, there is only one program now, “Momentum” instead of “Flex” & “Core”. They are going to try and focus on what they call “filling foods” which are basically the old “Core” foods. These would include the obvious, fruits, vegetables, fat free dairy, whole wheat pastas, brown rice, etc. Another big thing (at least in my book) has to do with the exercise or “activity points”. Current members get to start the program this Monday. I know a lot of people are nervous about the changes. They are scared it won't work as well. But all I know is they have millions upon millions of dollars to research this and a lot of people way smarter than I am spent many hours and they wouldn't introduce something that wasn't tested and successful. I know I'm only trying to lose a few more pounds to get to my personal goal weight, but I still have to maintain this loss.



## Weekly Weigh In

**Previous Weight:** 176.6 lbs  
**Current Weight:** 176 lbs  
**Weekly loss/gain:** - .6 lbs  
**98 Week Total Loss:** 196.4 lbs  
**Pounds until I've lost 200 lbs:** 3.6 lbs  
**Pounds left to personal goal:** 3.6 lbs  
**Weeks until I reach Lifetime:** 5

## Sponsorship Central

### Current Sponsors:

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

### Maintenance Sponsors:

Week 2 (12/6 - 12/12): Sharon Ebersbach  
 Week 3 (12/13 - 12/19): Sue Coffman  
 Week 4 (12/20 - 12/26):  
 Week 5 (12/27 - 1/2):  
 Week 6 (1/3 - 1/9): Craig Sanderlin

**I have Space Left! Any Takers?**

## Recipe of The Week:

Clip & add to your recipe box!

### Oatmeal Cookies

#### Ingredients

2 packets low sugar maple and brown sugar oatmeal  
 2 tsp honey  
 1 tsp baking powder  
 1/8 - 1/4 cup water

**Servings: 2**

**POINTS® Value: 2**

#### Instructions

Preheat oven to 350. In a bowl, combine all ingredients and just enough water to make the mixture the consistency of cookie dough. Divide batter in 4 and place on a baking sheet sprayed with non-stick spray.

Bake 10-15 minutes or until cookies are firm.

These cookies are not a very sweet cookie. If you want them sweeter, add a couple packets of sweetener to the dry ingredients.

Making these in smaller batches makes portion control much easier.

## Chewin' the Fat

**The holidays are just starting and I'm already stressed. Between the lack of money for presents and the stress of getting the house together for company, I just don't know where I can find time to exercise. Help!**

Girl! Lemme tell you. We are flat broke (as is 90% of the U.S. right now) and I am by NO means a housekeeper. I hate cleaning. But don't stress over it! Do you have family? Delegate! Get the kids involved...hubby doesn't want to help? Dang...you just might have to "lose" the remote until he does. Make your house work fun. Put some good music on and dance around the house. Do lunges while you vacuum. If you have multi levels and have to take the laundry upstairs, take it up in stages. More trips = more calories burned. Don't stress. Take your time and be sure to get some "me" time too!

**Please E-Mail me your questions.**  
[tracie@sponsormyweightloss.com](mailto:tracie@sponsormyweightloss.com)

**The holiday season is here. Don't be caught off guard.**