

Quote of the Week:

"Only I can change my life. No one can do it for me."

- George Elliot



Fat to Fab



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IN THIS ISSUE

Food For Thought	1
Climbing My Way To The Top	1
Fiber Full Diet	2
Weekly Weigh-In	3
Sponsorship Central	3
Recipe of the Week	3
Chewin' The Fat	3

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Disclaimer:

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Food For Thought

'Tis the season to be jolly. But who said that jolly had to mean pigging out and throwing your eating plan out the window? We can still stay on plan and enjoy the holiday. Just as we did with Thanksgiving. Of course having a food plan is crucial. But it's also important to know who you will be spending time with. Are the people you'll be around "pushers"? You know what I'm talking about. The food pushers. The people that think they have to force feed you to show their love. Or maybe they want you to eat so they don't feel guilty eating too. Whatever the case, go in with a battle plan. I've come to learn a few things too. People are more apt to leave you alone if you tell them you're a picky eater than if you tell them you're on a diet. "Ew! I can't stand sugar cookies." (Yeah right!) "Oh gosh no, I had a bad experience with hot chocolate as a kid...scarred me for life." They tend to leave you alone. Then there is always, "Oh, sorry, I'm allergic." HA! It works every time! And, the leftovers can be a huge cause for debate. If they insist you take leftovers, graciously take them home...and you can do one of three things. 1) Dump them right into the trash can. IT'S ONLY FOOD! 2) Send them to work with your spouse. My husbands co-workers love this one! 3) Wisely eat what is on your food plan. Remember, it's about spending time with your loved ones.

Climbing My Way To The Top

I trained again today. I was on my own again. Last week I climbed 80 floors. Today I was striving for 90. I was huffing and puffing my 2nd time up. I actually had to stop on the 17th floor 2x and sit. I normally don't sit when I'm training. My heart rate monitor was always between 73% & 82%. You want to keep it between 70-80% for an optimal cardio work out. On my 4th time up, I decided that I was going to climb the Sears Tower! I didn't stop until I hit the 105th floor! Can I tell you what a rush it is? But that's my limit. From now on I'm focusing on time, not height.



Fiber Full Diet

Without getting too graphic, let's just say I learned the hard way that I wasn't eating enough fiber. Ever since Thanksgiving, I have been "lacking" in the "movement" area. I tried a lot of different "remedies". Let me tell you. I was in pain, major pain. I finally spoke to my doctor and he suggested that it's time to have another colonoscopy because it had been over 7 years since my last one. I called the gastro doctor and he gave me three things to try first. If they didn't work, we would look into the next step. Well, thank goodness, the first of the 3 things he said to try, worked. (That's why I had such a large weight loss last week.) And he also said to up my fiber intake. Well, I assumed my fiber intake was ok. I spoke with my online support group and looked around online. I came to realize that I was seriously lacking in the fiber area. I know I can take supplements, but I was more interested in finding what foods I could switch to so that I can get my daily fiber. Turns out women should have about 20 grams of fiber a day. Men should try and get 30 grams. I was only eating about 8-10 grams. My main change was to switch from my daily 1/4 cup of rolled oats (about 2.5 grams of fiber) made with water to 1/3 cup of All Bran Fiber Buds (13 grams of fiber) with 6 oz of Weight Watcher Yogurt (3 grams of fiber). Let me tell you, it's has kept me "moving"! So I had a gain this week, but I think it's because I had such a large "superficial" loss last week. So I'm still down. Also, I'm waiting for that monthly visitor to arrive, so that's always good for a small gain too. I'm really paying attention to my fiber and salt intake. I'm determined to lost the 1.4 I gained this week along with the .6 I need to officially hit my 200 pounds lost mark. Oh yeah, just a note...when you up your fiber, you need to up your water intake!

So let me tell you about the All Bran Fiber Buds cereal. I was sort of leery about trying it. I mean, come on...how good could it taste? Well, I was pleasantly surprised. My first reaction was how much it resembled fish food. You know the little round pellets? And the first couple das I ate it with just skim milk. It was "ok". But then I got the idea to flavor it up by using my Weight Watchers yogurt. Oh my goodness! Let me tell you. YUM! I'm going to go on their website and see if I can find some recipes with it. I'm thinking it would be good if I grind it into crumbs and coat some chicken or fish with it and bake it in the oven. I'm game for adding some fiber to my food any way I can. And I do so miss breaded foods.

Do you have a high fiber food you like? Please share it with me. Email: tracie@sponsormyweightloss.com



Weekly Weigh In

Previous Weight: 173 lbs
 Current Weight: 174.4 lbs
 Weekly loss/gain: + 1.4 lbs
 101 Week Total Loss: 198 lbs
 Pounds until I've lost 200 lbs: 2 lbs
 Pounds left to personal goal: 2 lbs
 Weeks until I reach Lifetime: 2

I'm going to hit Lifetime on 1/3/09. What a great way to celebrate the New Year!

Sponsorship Central

Current Sponsors:

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

I'm still working on that 200 pounds ladies!

Maintenance Sponsors:

Week 5 (12/20 - 12/26): Sue Coffman
 Week 6 (12/27 - 1/2): Virginia Vasquez

Recipe of The Week:

Clip & add to your recipe box!

Pumpkin Fluff

Ingredients

- 1 15-oz can of pure pumpkin puree
- 1 8-oz tub fat free whipped topping (thawed)
- 1 box of fat free/sugar free pudding mix (butterscotch, cheesecake, vanilla)
- 1 tsp pumpkin pie spice

Instructions

Combine pumpkin, pudding and pie spice. Fold in whipped topping.

Makes 8 3-ounces servings.

This is not a super sweet dessert. But for pumpkin lovers, it's a great 1 point treat.

Servings: 8
POINTS® Value: 1

Chewin' the Fat

Ever since you started talking about Zumba, I've been wanting to try it. I live in a small town and I couldn't find a class here. I ordered the videos and low and behold, found a class about 2 weeks later. I LOVE IT! It's like no

other aerobics class I've ever taken. I can see why you love it! Thanks for introducing me to it.

I'm so excited that you like it! I LOVE my Zumba classes. I actually started taking it two times a week at the end of November. It's a great workout and so much fun! I actually want to become a certified instructor after I get the skin removed. Heck, I may not even wait!

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



Merry Christmas & Happy Chanukah

