

### Quote of the Week:

"Cheers to a new year and another chance for us to get it right."

- Oprah Winfrey



# Fat to Fab



ISSUE 53

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### SURGERY FUND TOTAL

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*Thank you for your donations!*

#### Disclaimer:

This newsletter is in no way affiliated or endorsed by Weight Watchers International. It is simply a motivational tool

## Food For Thought

**I'm a pro at this weight loss thing.** I got it down. I know what I'm doing. Stick a fork in me, I'm done. I'm "fixed". I know what to eat. I don't need to write down my food. HA! Oh if it were that easy. Let me tell you, the past week has been so difficult for me. Call it laziness. Call it bull-headedness (what? A bull-headed Zwick? NEVER! HA!) Call it self sabotage. Whatever you call it...IT DOESN'T WORK. At least not for me. I've been very "hungry" this week. But apparently not for food. I didn't go to the gym at all this week. Why? I Zumba'd twice, climbed 105 floors on Sunday and they were closed two days. EXCUSES. I nibbled and BLT'd (Bite Lick Taste) myself into a downhill spiral. I didn't write down my food. For the most part...I didn't care. I mean, of course I cared. I felt guilty about it ... to an extent ... but I just was out of control. I also had "Aunt Flo" in for her visit. That's always a crappy visit. Then the special goodies that aren't usually around except at Christmas time...like COOKIES! UGH! I ate four...yes FOUR raw cookie dough balls. Then untold amounts of cooked cookies. And Santa stuffed our stockings with 100 calorie packs. I should have known there was a reason we don't have those in the house anymore...I CAN'T HANDLE THEM. I start eating sweets and just keep craving them. I'm 5'7 1/2". Craig is 6'4". He put them on the top shelf that I can't get to so at least they are "out of sight out of mind". We are both on vacation all this week. That's another deadly combination. When I'm working, I have my schedule. Breakfast at 9, snack at 11, lunch at 12, snack at 3:30, dinner at 6:30. I got it down. But with us being off, it's usually "anything goes." But not this week. Not anymore. I gained 3.6 pounds this week. On top of a 1.4 pound gain last week. I'm disgusted with myself. "I'm mad as hell and I'm not going to take it anymore." I normally journal my food on E-Tools (a Weight Watcher online service). But by the time I have been getting a

## Food For Thought (cont)

chance to journal, I've plum forgotten about the 15 Cheez-Its I ate. Or the 1/2 of a candy bar. OOPS...Did I eat that? So how bad can the Waffle House breakfast Craig and I split on Christmas Day be? Let me tell you, my stomach was in KNOTS (and nots) all Christmas Day. So when I was at my meeting on Saturday, I bought a 3 month journal. I will keep it in my purse so I can write down my food as I eat it. I'm journaling every BLT. Then I can transfer it back to my E-Tools account. I started first thing on Saturday morning. That's my New Year's resolution. That, and doing more resistance/strength training. I'm getting cardio with my stair climb training and my Zumba 2x a week (3x this week!). I will focus on working on my strength training because you need to build muscle to burn fat and boost your metabolism. As I have said numerous times before. This is a lifelong journey. I'll never be "fixed." I know there will be set backs from time to time. But that's ok. I'm human. I have learned to get back in the game and come out swinging. I've done this. I will continue to do this. I am in control of me. I have my final weigh in for Lifetime on Saturday. As of now, I would not make it. I have to be no more than 2 pounds over my goal weight of 175 pounds. As of now, I'm 178 pounds. My goal this week is to be at or UNDER my goal weight of 175 pounds. Even if it's just .2 pounds under. I will be there next week. Not at the 200 pound loss I was hoping for, but I WILL be there.

## Climbing My Way To The Top

### Countdown to the Master The Met: 69 Days

It's Sunday. That means stair climb day. Today I didn't have to go it alone. One of my step sisters, Lisa, was able to attend today. I'm glad she did. She pushed me. Normally I would rest every 5 or 6 floors. Well, we don't get that many rest floors in the competition. So today, we climbed the entire building 3 times and only rested on the 10th floor and then again at the top. My legs wobbled more than they did when I climbed the 105 floors. I haven't had the funds to register my team yet, but I will get that done soon. So be prepared to receive an email asking for a donation to my team. Remember, it's to help the American Lung Association. If you are up for the challenge or would just like to train with us for the exercise, let me know and I'll be sure to get you the information. Really, it's not as daunting as one would think.

## Weekly Weigh In

Previous Weight: 174.4 lbs  
 Current Weight: 178 lbs  
 Weekly loss/gain: + 3.6 lbs  
 102 Week Total Loss: 194.4 lbs  
 Pounds until I've lost 200 lbs: 5.4 lbs  
 Pounds left to personal goal: 5.4 lbs  
 Weeks until I reach Lifetime: 1

**I have to get my head back in the game! I have to lose at least 1.2 pounds this week to hit Lifetime.**

## Sponsorship Central

### Current Sponsors:

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

**Will it ever get here?!?!**

### Maintenance Sponsors:

Week 6 (12/27 - 1/2): Virginia Vasquez

## Recipe of The Week:

Clip & add to your recipe box!

### Double Chocolate Chip Cookies

#### Ingredients

- 1 15-oz can of pure pumpkin puree
- 1 box Pillsbury Reduced Sugar Devils Food Cake Mix
- 6 oz mini chocolate chips
- 1/8 cup (or less) water.

#### Instructions

Preheat oven to 350 degrees.

Combine pumpkin and cake mix. Mix well. If it won't combine properly, add a little water, a tablespoon at a time, just until it all becomes wet. Add chocolate chips and mix well. Drop in leveled 1 Tbls measures on a cookie sheet lined with parchment paper. **Note: These cookies do not spread.** Bake approximately 10-12 minutes or until golden brown and slightly hardened.

**Servings: 64**  
**POINTS® Value: 1**

## Chewin' the Fat

**Have you ever gone to [www.realage.com](http://www.realage.com) and figured out what your bodies age is compared to your chronological age? I was sadly surprised at how poorly I have treated my body.**

Yes! I have gotten my "Real Age". The first time I took it, about 3 months ago, my Real Age was 34.7. I retook it tonight and you can call me Benjamin Button! I'm getting younger! I'm 33.8 now! And just so you know, my chronological age is 36.2.

**Please E-Mail me your questions.**  
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**Happy New Year! Healthy New You!**

