

Quote of the Week:

"A man's health can be judged by which he takes two at a time - pills or stairs."

- Joan Welsh



ISSUE 56

Fat to Fab



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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 that I offer to my subscribers.

Food For Thought

I was thinking about the New Year and realized something...well, a few things. First of all, I hit my 200 pounds mark even with being on vacation that week. We ate at Incredible Pizza Company twice that week. In case you aren't familiar with them, they have an all-you-can-eat pizza, pasta, salad, dessert bar. They also have a bunch of games as well as indoor mini-golf, go carts and bowling. Even faced with the temptation, I was able to enjoy it and not go crazy. It's because of the Weight Watchers Tools for Living. To me, that's been most important. Learning to change from inside my head. Secondly, it was brought to my attention that this is the first year I've not had "Losing Weight" on my New Year's Resolution list. What's on my list this year? Getting certified to be a Zumba instructor. And that just boggles my mind. To think that I went from a self proclaimed couch potato, to wanting to teach others how to enjoy exercise in a new fun, exciting & somewhat sexy way. And that will help me to save money for another of my resolutions...getting skin removal surgery. Now it may not happen THIS year...or even next...but it will happen. I know it! Speaking of Zumba, I want to publically thank my Zumba instructor Darlene Bonczkowski for inspiring me to want to keep moving and making exercise fun. Lastly, Saturday the 17th was the 8 year anniversary of my mother's passing. I know she is so proud of how I have changed my life and my health. And I'm making sure I'm here for my family for a long time to come.



Darlene and I in my "Jared Pants"

Upcoming TV Interview

KSDK came out to my Thursday night Zumba class and did a follow-up interview with me and filmed us in our class. They still have a few things to do for it. I'm not sure EXACTLY when it will air yet. But if you are in the St. Louis area, keep an eye out on KSDK Channel 5 this week. Probably the 10pm news. But I will send out an update email when I know more details.

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Product Review

I have another product review! And yes, it's another recommendation from my friend Tracy. It's *Mott's Plus*. The one I have been enjoying is the *Mott's Plus Fiber Cranberry Raspberry Applesauce*. It is 50 calories, 0 fat and 3 grams of fiber making it a **POINTS® Value of 0**. I'm always looking for a 0 Point snack...and what better way to get in a serving of fruit! They also have *Plus Calcium Harvest Apple* and *Plus Antioxidants Pomegranate* - both with a **POINTS® Value of 1**. I personally have not tried either of these varieties...but the Pomegranate may be the next on my list to try.



Refer a Friend

Don't forget about the referral contest! The person that refers the most new subscribers to my newsletter before January 31st, will win a \$10 gift certificate to Subway.

Climbing My Way To The Top

Countdown to the Master The Met: 48 Days

I didn't train this week. I started coming down with a cold on Friday and by Sunday morning, it had decided to settle itself in my chest. I was hacking something fierce and decided it was best to let myself rest.

REMINDER ABOUT FUNDRAISING

I'm stuck at \$90. I am trying to reach my goal (or hopefully surpass) of \$250. If you can find it in your heart and wallet to donate, I would be very grateful. Remember, your donation is tax deductible.

[Donate to the American Lung Association / Master The Met](#)

Sponsormyweightloss.com is about to have it's 300,000 hit! THANK YOU!

Weekly Weigh In

Previous Weight: 172.2 lbs

Current Weight: 171.2 lbs

I don't want to get below 170 pounds. I'm going to be upping my *POINTS®* to make sure I don't lose too much more.

Maintenance will be a strange learning experience.

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"I'm going to order a broiled skinless chicken breast, but I want you to bring me lasagna and garlic bread by mistake."

Recipe of The Week:

Clip & add to your recipe box!

Layered Mexican Bean Dip (From WeightWatchers.com)

Ingredients

16 oz fat-free canned refried beans
3 medium avocado, Hass, finely mashed
1/4 tsp table salt
1 tsp fresh lemon juice
1 cup fat-free sour cream
2 tbsp fajita seasoning mix
1/2 cup 2% shredded Mexican Cheese

1 small tomato, chopped
2 medium scallions, sliced
10 medium olives, black, sliced or chopped
2 tbsp fresh cilantro, chopped

Servings: 16
POINTS® Value: 2

Instructions -

Spread beans evenly over bottom of 9x13" glass baking dish or medium bowl. In a small bowl, combine avocado, salt and lemon juice. Spread avocado mixture over beans; top with sour cream. Sprinkle fajita seasoning over sour cream layer. Next, layer remaining ingredients on top in order listed. Serve immediately with fresh vegetables for dipping, or chill until ready to use. Yields about 1/4 cup of dip per serving.

Chewin' the Fat

**What is your favorite weight loss "gadget".
What could you not live without?**

The one thing I have in my kitchen that has made my life so much easier with weight

loss is my kitchen scale. I couldn't live without it. I use it for everything from chicken breasts to pretzels, grapes to cereal. The other thing that has made my life easy is ZIPLOCK! I'm the queen of Zip Locks. Every kind...every size. Freezer, snack, sandwich and steam bags. I need stock in them! I use my scale to weigh out everything into individual servings and then put them in the Ziplocks.

Please E-Mail me your questions.
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61 Days Until Spring! Who's Ready?!?!