

Quote of the Week:

"'Tis not enough to help the feeble up,
But to support him after."

- William Shakespeare



ISSUE 60

Fat to Fab



FEBRUARY 15, 2009

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\$00,532.60

*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

If you bite it, write it. That's a common Weight Watchers motto. And one that I try to live by every day. I wanted to touch on the importance of journaling this week because I have heard several people tell me they either don't journal at all, or they start out strong, then by mid-week they have fallen off the journaling wagon. Studies have proven that people that journal their food daily lose weight faster than those that don't. For many people, myself included, the majority of your life has been spent mindless eating. "I haven't eaten all day." But what about that handful of Cheez-its, the half a stale donut in the conference room, the last 3 chicken nuggets on little Johnnie's plate...and we can't forget the bottom of the bag fries from Mickey D's. Right? Those calories add up! But I want to encourage you to not only journal your eating, but to journal your feelings. Many more of us are emotional eaters. I'm sad, I eat. I'm tired, I eat. I'm happy, I eat. You get the idea. Try giving yourself time to think about what is making you eat. Write down your feelings. What caused you to get to that emotional state and then offer yourself an alternative. Talk a walk. Read a book. Call a friend (this is one of my favorites). Also, keep only healthy alternatives around you. Then, when you have the urge to "binge", you can't help but choose something healthy. I have to be honest, the past 3 days I have not journaled. And it's driving me crazy. The weeks I don't journal all week are the weeks I do lousy at the scale. It's back on the wagon. Let's challenge each other to journal every BLT (Bite, Lick and Taste) this week.

Upcoming TV Interview

All the footage is shot. Now we are just waiting for them to edit the update video. It should air this week. If you're in the St. Louis area, set your DVRs for KSDK's 10pm news. If you don't live in the St. Louis area, you can [click here](#) to watch it online live. I will keep you updated when we get a more specific day.

Product Review

Homer (and I don't mean the philosopher) said it best, "Mmmm Bacon!" Who doesn't love bacon? I know some vegetarians that even cave for bacon now and then! I heard about a new seasoning called [Bacon Salt](#). It has less sodium than most seasoning salts and it tastes GREAT! I used some in my peas and in my green beans and it tasted like the kind I grew up eating. I also sprinkled it on some roasted potatoes and...oh...my...gosh! I got it locally at Schnucks and have seen it at Dierbergs too. So be on the lookout in your neck of the woods!



Success Story

You have no doubt seen my Youtube.com videos. Then you would have heard my theme song, "Incredible Shrinking Woman." It comes from the CD "Skinny Songs". Well, they asked me to be one for their success stories for their website! So, [click here](#) to go to their website and check out their Success Stories page.

Climbing My Way To The Top

Countdown to the Master The Met: 20 Days

Today's training was just myself and Tracy. After counting the steps last week, we knew we needed to climb the full building twice and then hoof it up 12 more floors to make it the 1000 steps of the Met Building. We rocked it! We pushed ourselves and made it up all 1000 steps in 19:05. That's 17 seconds faster than my time in the original stair climb last year. We have less than 3 weeks before the event! I'm getting so excited. But man did it kick my butt today!

I made my goal! I'm at \$260. Let's see if I can get to \$300!! If you can find it in your heart and wallet to donate, I would be very grateful. Click on the link below to donate

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

You can also mail a donation. Please **make checks payable to American Lung Association** and **put Tracie Sanderlin Master The Met in the memo field.**

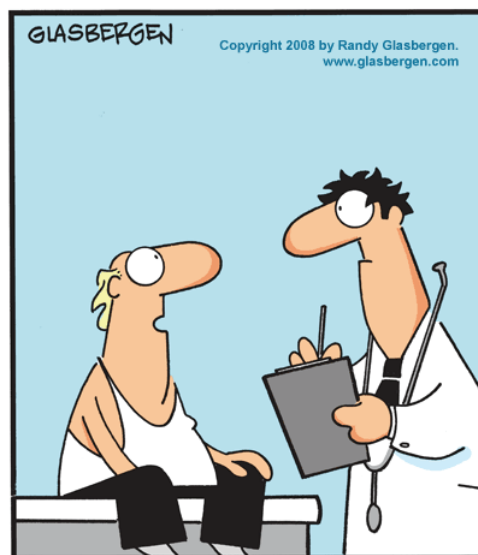
**Mail to: American Lung Association
1118 Hampton Avenue
St. Louis, MO 63139**

Weekly Weigh In

Previous Weight: 172.2 lbs

Current Weight: 173.2 lbs

**So far so good
with maintenance.**



"I try to eat healthy. I never sprinkle salt on ice cream, I only eat decaffeinated pizza and my beer is 100% fat-free."

Clip & add to your recipe box!

Recipe of The Week:

Cream of Carrot and Parsnip Soup

Ingredients

- 1 tbsp olive oil
- 1 large onion, coarsely chopped
- 1 tbsp fresh ginger, chopped
- 1 lb carrots, coarsely chopped
- 8 oz parsnips coarsely chopped
- 2 quarts fat free chicken or vegetable stock
- 1/2 cup 1% or skim milk
- 1/8 tsp each salt & pepper

Instructions -

- In a 4 quart saucepan, heat the oil over moderate heat. Add the onion and ginger to the pan and sauté about 5 minutes or until softened. Add the carrots and parsnips and sauté about 5 minutes longer, stirring constantly, until they are slightly softened.
- Pour in the stock, bring to a boil, and simmer, partially covered, 20-25 minutes, until the carrots and parsnips are very soft. Using a slotted spoon, transfer the vegetables to a blender or food processor and purée until very smooth. Add the vegetable purée to the saucepan and return to a simmer. Add the milk, salt, and pepper to the pan.
- Simmer the soup about 5 minutes, until the flavors are blended.

Servings: 9

POINTS® Value: 0

Chewin' the Fat

I want to congratulate you on your weight loss! You've done an awesome job and have been an inspiration to me. I saw you on Rachel Ray, found out about your website and have been following your progress. It is ironic, you and I became lifetime members at WW the same week-

end. I've lost 163.4 lbs. I've attached my picture from when I first started and one taken this weekend with my husband, on our way to a wedding. - Debra M., Michigan

Debra! Wow! 163.4 pounds is PHANOMINAL! I just have to share your before and after photos with my readers! I never would have guessed it was the same person! Thanks for sharing!

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



Remember: If you bite it, write it.