

Quote of the Week:

"Motivation is what gets you started.
Habit is what keeps you going."

- Tim Ryun



ISSUE 61

Fat to Fab



FEBRUARY 22, 2009

Food For Thought

I hear people say "I only lost a pound this week." Like it's a bad thing I understand you're frustrated, but that's 4 sticks of butter! I have shared this poem before, but decided it's time to bring it back out. **Print it and hang it on your fridge!**

Hello, do you know me? If you don't you should. I'm a pound of fat, and I'm the happiest pound of fat that you would ever want to meet. Want to know why? It's because no one ever wants to lose me; I'm **Only One Pound**, just a pound. Everyone wants to lose three pounds, five pounds or fifteen pounds, but never only one, so I just stick around and happily keep you fat. Then I add to myself ever so slyly so that you never seem to notice it, that is until I've grown to ten, twenty or even more pounds in weight. Yes, it's fun being **Only One Pound** of fat, left to do as I please. So, when you weigh in, keep right on saying "Oh, I only lost one pound." (as if that were such a terrible thing!) For you see, if you do this you'll encourage others to keep me around because they will think I'm not worth losing. And I love being around you - your arms, your legs, your chin, your hips and every part of you. Happy Days!! After all, I'm **Only One Pound** of fat!!!

Upcoming TV Interview

Well, unfortunately KSDK had to put my interview on hold until further notice. I'm pretty bummed about it, but very much understand it. As soon as I hear when (or if) it's going to air, I will definitely let you all know.

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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.

Freaky Good For You

Do I have a find for you! One of my Step Sisters, Nan, told me about something I had NO CLUE was even a possibility on Weight Watchers. Jimmy John's (you know, the "freaky fast freaky good" people?) has some fantastic subs, but the points values on them are sky high. But she told me about their online nutritional guide that lets you build your sandwich the way you want it. So what? Well, they have an "Unwich" wrapped in lettuce. My favorite Pre-Weight Watchers sandwich was the Vito (Genoa Salami, Capicola, Provolone cheese, Lettuce, Tomato, Onions (left them off) and vinaigrette on French bread). As is, the sandwich is 579 cal / 25g fat / 1g of fiber (13 Points). But if I make this an "Unwich" and leave off the bread, it's 329 cal / 25g fat / 1g fiber (8 Points)!! I still get to have the fabulous salami and cheese and even their yummy vinaigrette! Now, watch this one! They have a sandwich called Turkey Tom (Turkey Breast, alfalfa sprouts, lettuce, tomato and mayo on French bread) as is, it's 555 cal / 26g fat / 1g fiber (13 Points) FOR ALFALFA SPROUTS??? Well, hold onto your hats... Let's make it an "Unwich" and drop the mayo and DOUBLE the turkey and guess what we have, 149 cal / 2g fat / 2g fiber (3 POINTS!) WOW!!! Leave off the extra meat and you have 87 cal / 1g fat / 2g fiber (1 POINT!) Wow!!! You can't even go to Subway for that. Yeah yeah, "Put's it's just a salad". But you can eat it with your hands! Just go try it! Cause it's so good you'll freak! If you want to check out how your favorite sandwich adds up (or can shrink down) click on the Jimmy John's logo and start figuring!



Climbing My Way To The Top

Countdown to the Master The Met: 13 Days

We had the full team at training today! The event has rest areas on the 10th, 20th & 30th floors, so we wanted to make sure we pushed ourselves to at least make it to floor 10. Well, we made it up to floor 15 before we rested. Wow, talk about rough! We made it up all 1000 steps in 20:22. Who know? Maybe next week we can make it up to 20 before we rest? (I think I just heard my team curse me through their computer screen!) Ok, maybe not. Next week is our last of training, then we have the event. I'm nervous, but totally excited! I can't wait!

I told you last week that I made my goal...well, you know me...I'm always pushing myself. So, I upped my goal to \$300! I'm only \$15 away! If you can find it in your heart (& 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](#)

There is still time to mail in your 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

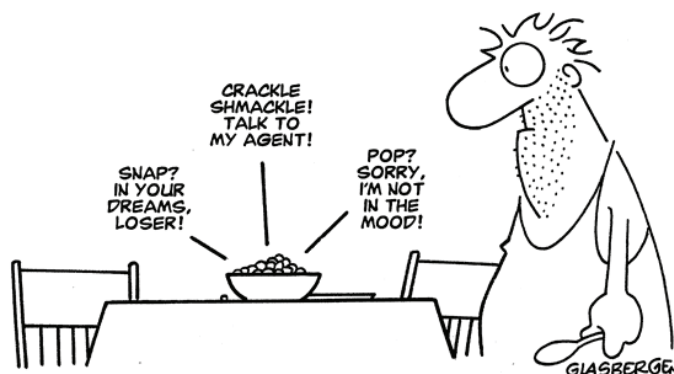
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Previous Weight: 173.2 lbs

Current Weight: 173.6 lbs

Very good week!

I'm thinking of going to a once a month weigh-in. But still going to the meetings every week.



What happens when breakfast finds out it is the most important meal of the day.

Recipe of The Week:

Clip & add to your recipe box!

Cuban Sandwich

Ingredients

- 4 Light hamburger buns (Like Nature's Own Whitewheat)
- 4 oz lean ham (Like Healthy Ones)
- 4 oz lean turkey (Like Healthy Ones)
- 8 slices fat free Swiss cheese singles (like Kraft Free)
- 1/2 cup yellow mustard
- 8 sandwich sliced dill pickles
- 4 tsp canola oil

Servings: 4

POINTS® Value: 5

Instructions -

This is my twist on the traditional Cuban sandwich. Preheat Panini grill or two large cast iron skillets to med-high. On a cutting board, open the buns and place outside up. Divide mustard to the tops of each side of the bun (trust me on this). On one side, place 1-oz of turkey. On the other, place 1-oz of ham. Place one slice of cheese on each layer of meat, then place 2 pickle slices on one side of the sandwich and close the sandwiches. Drizzle 1/2-tsp of oil on the top of each bun. Place oil side down on grill or skillet, then drizzle the other side with additional 1/2-tsp of oil. Close Panini grill or place 2nd skillet on top and grill until cheese is melted and bread is toasted.

Chewin' the Fat

Do you ever feel overwhelmed? You seem like you're always going and doing...between your son, your husband, your work, your Zumba, your stair-climb...how can you do it?

Well, actually, sometimes I do feel very VERY overwhelmed. I told a

friend of mine earlier last week, "I feel like I'm in fast forward all the time." But then I just make a nice hot cup of tea (in the teapot Craig and Alex got me for Valentine's Day), slip into my bath tub, light a few candles and sit back and take a breather. I also read my emails. They bring me lots of relaxation. But I think that my being so busy as really been key to my weight loss. If I keep myself busy, I don't think about eating! Great side effect!

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

Start a healthy habit today.