

### Quote of the Week:

"Use your imagination not to scare yourself to death but to inspire yourself to life."

- Adele Brookman



# Fat to Fab



ISSUE 62

FEBRUARY 28, 2009

## Food For Thought

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### SURGERY FUND TOTAL

**\$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.

**Hey ladies!** Guess what time it is. Time to start looking for a swimsuit. I heard that! I heard that big moan. And maybe some screams. I so know what you're feeling. Every year since I can remember, I dreaded swimsuit shopping. I would go all over God's green creation, trying on every suit imaginable and would end up standing in the dressing room, literally in tears. I know EVERY woman has a hard time buying a suit, but imagine being a 300+ pound woman. Heck, even last summer when I was 200 pounds...I cried. All the cute suits were too small. Or my "girls" wouldn't fill in the top. Or my waist was too long and it would ride up like the wedgie from hell. I would have to settle for one of those ugly flowered dresses that were most definitely not designed for a woman my age. I would spend \$100 - \$150 on a suit that I would end up putting a t-shirt over because I hated how it fit or what it looked like. Then, the next year, I would do it all over again because the suit would be too small...ugh! I love being in the water, but swimming in blue jeans isn't fun. Trust me! I did it once during my synchronized swimming training. **Fast forward to February 2009.** Yet again looking for suits. Now, I have a whole new problem. I have extra skin everywhere. No real shape to speak of. I just kind of go straight down. I went to Walmart, Target, Kohls, Sears and JC Penney and couldn't find anything that worked. I then got a fabulous gift of a custom swimsuit from [Lori Coulter](#) in the Chesterfield Macy's. You design a custom swimsuit made specifically for your body, skin tone and personal preferences. It was so much fun! Seriously! Fun swimsuit shopping! You start by having a 3D computerized body scan done. You go into a booth (dressed in your bra & panties) and it takes 140 different measurements in just a few seconds. Then they render a 3D body image. Boy was that eye opening. You could actually see my skin rolls on the body scan! Then we went out and looked at all the different options of suits (one pieces, tankini's, bikini's) and each of those had a bunch of options. Once we decided on a style, then you pick the fabric, the accents, the hardware...EVERYTHING. They even go up into plus sizes! It was so much fun! My Truemeasure consultant, Nicole was so much fun to work with and so knowledgeable! Now they will create my suit exactly to my measurements and I'll get it in about 2 weeks. Then I'll go for a fitting, and see if we need any alterations. Then I'm ready! Just in time for SPRING BREAK! We're not going anywhere, but we can go to the Rec Plex and pretend! I can't remember the last time I was actually excited to pick out a swimming suit! The cost isn't all that much more than I had paid in the past, and I can wear it for a few years! My plan is to get my skin surgery for my 40th birthday, so that's 3 1/2 years away. Then I'll get another...and maybe then it will be a bikini!! WOO HOO! I'll post a photo of the suit when I get it. Check out their [website](#) and watch their [Youtube.com video](#) of the process. Let me know if you decide to go! I'll go with you if you want! Hey guys! What a great Mother's Day present! She'll get it in time for summer!

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## Zumbalicious

**Beto is coming!** What?? Who is Beto? Why, he's Mr. Zumba! He created it! He's coming to teach a Master's Class on April 3rd. All my Zumba buddies have gotten their tickets! If you're interested in going, here is the link: [Beto's Master Class](#)

Also, there is **Zumba for the Cure St. Louis** coming up on June 12th. It's the day before St. Louis' Race for a Cure. My Zumba instructor, Darlene Bonczkowski (a very big inspiration in my life) is the event organizer. If you would like to come (even if you've never Zumba'd before) you can register here: [Zumba for the Cure St. Louis](#)

Lastly, I'm going for my Zumba certification on March 15th! I'm so excited! I even got a nibble for a Zumba instructing gig once I get my certification! If it pans out, you'll have to come take a class! (If you live close enough of course!) I'm supposed to meet with the owner of the gym on Monday. Wish me luck!

## Climbing My Way To The Top

### Countdown to the Master The Met: 7 Days

**Less than a week to go!** I'm so excited! We have one more training session before the big day on March 7th!

**I reached my new goal of \$300! THANK YOU!**

But it's not too late to donate! 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.**

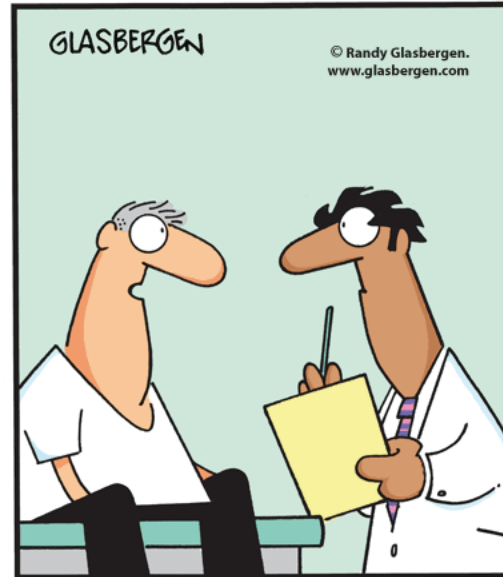
**Mail to: American Lung Association  
1118 Hampton Avenue  
St. Louis, MO 63139**

# Weekly Weigh In

**Previous Weight: 173.6 lbs**

**Current Weight: 175.8 lbs**

**This was a very rough week.  
I'm still under my  
2 pound window.**



**"If I'm digging my grave with a fork and spoon, wouldn't that burn a lot of calories?"**

## Recipe of The Week:

Clip & add to your recipe box!

### Jewels' Orange Dreamsicle Cake

#### Ingredients

- 1 box reduced sugar white cake mix
- 20 oz bottle diet orange soda (divided 12-oz & 8-oz)
- 1 egg white
- 2 small boxes of sugar free orange gelatin
- 1 small box sugar free instant vanilla pudding
- 1 cup boiling water
- 1 cup skim milk
- 8-oz tub fat free whipped topping, thawed
- 1 small can of mandarin oranges in juice, drained and patted dry

**Servings: 16**  
**POINTS® Value: 3**

**Servings: 24**  
**POINTS® Value: 2**

#### Instructions -

Pre-heat oven to package directions. Spray 9x13 class baking dish with non-stick spray. Mix dry cake mix, 12 oz of diet soda and 1 egg white in a medium bowl and pour into pan. Bake according to package directions. Remove from oven and let cool slightly. Prepare one box of gelatin with 1 cup boiling water. Stir until dissolved. Add 1 cup chilled diet orange soda. Poke holes in the cooled cake with end of wood spoon and slowly pour gelatin over the cake. Cover and refrigerate from 3 hours to overnight. Once chilled, prepare topping by combining 1 cup skim milk, 1 box sugar free vanilla pudding and 1 box orange gelatin. Mix well. Fold in whipped topping. Frost cake and top with mandarin orange slices. Keep refrigerated.

## Chewin' the Fat

**Do you ever just indulge? Just give in and not worry about your Points? If so, what is "worth it" for you?**

I'm human! Of course I am not 100% on plan 100% of the time. I have friends that can do that. But I promised myself in the beginning

that I would let myself celebrate from time to time. So yes, I will give in from time to time. We do it for our anniversary every year (which is coming up on March 24th - 8 years!) and our birthdays. I celebrate on mine, Craig celebrates on his. Every now and again, we'll celebrate something else...like I know I'll celebrate my brother's wedding in June. I'm NOT talking about going hog wild and eating outrageous portions of pure fat. What is "worth it" for me? Pantera's "Hunk" pizza (our annual anniversary dinner) & Red Lobster Cheddar Bay Biscuits. (You should ask my Weight Watchers class what I do with those biscuits!) I'll enjoy two pieces of pizza with a salad, or if I go to Red Lobster, I get a healthy meal and spend my extra points on a few (yes few) biscuits. But I do have the discipline to eat just one when I need to. I usually have a gain during these times, but I expect it and I move on.

**Please E-Mail me your questions.**  
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**Have you done something nice for your heart?**