

Quote of the Week:

"Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives."

- William James



ISSUE 63

Fat to Fab



MARCH 8, 2009

Food For Thought

IN THIS ISSUE

Food For Thought	1
Zumbalicious	2
Climbing My Way to the Top	2
Weekly Weigh-In	3
Humor is Healthy	3
Recipe of the Week	3
Chewin' the Fat	3

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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.

WE MASTERED IT! Master The Met was this past Saturday! We did great! I was first up the stairs. Then, 12 seconds later came Tracy Trego-Buttry, then Christine Hart and then our cheerleader Lisa Schuler headed up the rear. I'm going to speak on my own experience here, I know we all had a different experience. Our first rest floor came up before I knew it. I was feeling really good but since we didn't have time to stretch, we took that opportunity to stretch our muscles. Then off to floor 21 for our next stop. We didn't run up the steps, we took them slow and steady. We were passed a few times along the way, but not really as



The Step Sisters 2009 - From Left: Tracie Sanderlin, Christine Hart, Lisa Schuler & Tracy Trego-Buttry

much as I was expecting. We did rest a few times between the floors, but we just kept cheering each other on. After our last rest stop, I pushed Tracy in front of me to make sure she got across that finish line before I did. They did that for me last year and I really appreciated it. It's good to know someone "has your back," you know? I have to be honest, I was a little disappointed in my own time, while I did beat my time from last year, it was only by 20 seconds. I was expecting to do quite a bit better. I got to the top to smile for the camera and the photographer didn't take my picture! He was having problems with his camera. I was FURIOUS! I went to one of the volunteers and asked if I could go back in and "fake it" and she said, "Umm, I don't think they'll let you go back in." Oh yeah? Watch me! So I go back in and smile for the camera. I didn't take the elevator like they did! I climbed all those steps and I wanted my picture darn it! So I ran back and smiled for the camera. I encouraged my Step Sisters to do the same, and they did. Here are our official times and rankings from FleetFeetSTL.com: (There were a total of 791 climbers)

Tag #	Name	Time	Place
576	Lisa Schuler	18:25	706
575	Christine Hart	18:34	707
574	Tracy Trego-Buttry	18:46	710
573	Tracie Sanderlin	19:02	713

I will definitely do this again next year. If I can swing it, I would love to do it in another city, but I'll do it here too. But I think next time I'm going to do it on my own. Well, I'll still be a "Step Sister" but I will work on getting my own personal best time. With proper training, I'm sure I can get up those steps in about 12 minutes (or less!).

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Zumba News



ZUMBA®
FITNESS

Zumba Certification in one week! That's right! Next Sunday, Julie Sulze, Phyllis Gonzalez and myself take a road trip to Columbia, MO to participate in a 9 hour Zumba certification course! Phew! As you can imagine, I'm nervous as heck! I know I'll be fine, but in the back of my mind, the "Fat Girl" still tells me little negative thoughts from time to time. But I shove a donut in her mouth and that shuts her up for a while. I also have my first Zumba instruction lined up at Flex Fitness at Big Bend & Dougherty Ferry Road. I will be instructing on Thursdays and every other Saturday for now. But would love to try and add another Zumba gig if possible!



Calling All Business Owners!

Zumba for the Cure is coming!

Zumba for the Cure is a 2 hour Zumbathon on June 12, 2009 at Webster University. They are looking for sponsors. We're hoping to get the event venue fully covered by sponsors so 100% of the participant registration fees go to the Susan G. Komen Foundation. There are 3 levels and all are VERY affordable. If you are interested in becoming a sponsor, or know of someone that would like to help raise money for the Susan G. Komen Foundation, please [email me](#). I appreciate it! If you would like to participate in Zumba for the Cure, click on the logo above.

Product Find

I'm a cereal junkie from way back. When I was a child, every night at 10:30pm we would have a bowl of cereal. Right as Larry Connors said, "Coming up next...Mash." (If you're from St. Louis, you'll know what that means.) I can remember this tradition as early as age 9. My mom would go into the kitchen and make us all a nice BIG bowl of cereal with LOTS of sugar and we would sit and enjoy a bowl while we watched M*A*S*H. My favorite cereal has always been Rice Krispies (with bananas!! YUM) While I never really gave up cereal when I joined Weight Watchers, I did cut back (way back) because the tiny portions just weren't enough for me. Well! Yet again, Tracy Trego-Buttry introduced me to a new favorite! Kellogg's Jumbo Multi-Grain Krispies! They have a touch of honey. The serving size is 1 cup. And the nutritionals are 90 calories, 0 fat and 3 grams of fiber per serving! That's a Points Value of 1 Point! Add 1/2 cup of fat free milk, you have a large bowl of cereal for only 2 Points! THANKS TRACY!



Weekly Weigh In

Previous Weight: 175.8 lbs

Current Weight: 174.8 lbs

**Going back in
the right direction!**

**I'm going to once
a month weigh-ins.**



"Just a salad for me. A vanilla ice cream salad with hot fudge dressing and marshmallow croutons."

Recipe of The Week:

Clip & add to your recipe box!

Scones

Ingredients

3 Tbsp unsalted butter, cold cut into small cubes
2 cups + 2 Tbsp all purpose flour
1 Tbsp Splenda
1 1/2 tsp baking powder
1/2 tsp baking soda

Servings: 16

POINTS® Value: 2

1/4 tsp table salt
1/2 cup fat free milk
1/4 cup dried currants (or raisins)
1/4 tsp orange zest

Instructions -

Preheat the oven to 450 degrees. Spray a cookie sheet with a generous amount of butter-flavored nonstick pan spray. In a food processor or large bowl using a pastry blender, cut the butter into 2 cups of the flour until the mixture resembles coarse crumbs. Add the sugar, baking powder, baking soda, and salt. Stir or process just until blended. Add the milk; stir or process just until the dry ingredients are moistened. Stir in the currants and orange zest. Gather the dough into a ball and roll out on a board lightly floured with the remaining 2 tablespoons flour to a thickness of 1/2 inch. Cut into rounds using a 2-1/2-inch cookie cutter or slice with a knife into 16 triangles. Place on the prepared cookie sheet. Bake for 7 to 10 minutes, or until the scones are lightly browned. Serve warm.

Chewin' the Fat

I finally tried the Kahiki Egg Rolls and oh my goodness are they awesome! I tried both the veggie and the chicken. Thanks so much for introducing me to these!

You are so welcome! Did you remember to cut out the coupon from the inside of the box? \$.55 off your next purchase! I LOVE that! Speaking of Kahiki, I sent them an email telling them how thankful I was for their products, and they posted it on their blog! Check it out!

[Kahiki Foods Blog](#)

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

Spring is around the corner!