

Quote of the Week:

“Every accomplishment starts with the decision to try”

- Unknown



Fat to Fab



ISSUE 64

MARCH 15, 2009

Food For Thought

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I'm Zumba-fied! I've been waiting for this for weeks. And today was the day! It was so much more than I expected. I left my house at 5:40am and



left to pick up Phyllis and Julie. By 6:15, we were on our way! We jammed (and chair danced) to Zumba music the entire way. We got into Columbia, MO at about 8:15am and by 8:45 we were donning our shoes and claiming our spots on the dance floor. There were 72 people there. It was PACKED. We did a Master's class and it was intense, but luckily, I'm used to intense because of my Zumba instructor Darlene's classes. Then we had a

learning session (no dancing) and then we focused on Warm-ups and Meringue, broke for lunch and then off to fill our brain with more goodies. Then back to the dance floor for another 4 could have been 5 hours of dancing...with VERY little breaks...I think we got a 2 minute potty break. We had breakout groups to learn Salsa, Cumbia, Reggaetone (Latin hip/hop) and cool down. They would count us off in our little groups and would pick #s to be the "instructors" for the group and I was picked in EACH group. It was very interesting. I really feel great about myself because there were



MANY people there that have been fitness instructors for ages and they were having a hard time picking up the steps. They were more into writing down the technical aspects then feeling the music and letting it flow. It's going to be a hard couple of weeks trying to get my own routines ready. But I'm up for it. I want to say one thing. I have the most wonderful understanding husband ever. He has been so supportive of me during my entire journey. I can be a real witch at times. And he has let me vent on numerous occasions. Thank you Craig for putting up with me and supporting me in this new life. I love

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.

More Zumba News



ZUMBA
FITNESS

My Zumba demo at Flex Fitness went pretty well I think. I had a full house, I was able to keep them going, no one passed out and they were all able to walk out on their own. HA! I also heard that five of the nine people signed up for a 5 week punchcard! I will be instructing every Thursday night at 6:15pm starting March 19. I will also have classes on every Saturday in March and then alternating Saturdays starting in April. You can try a drop-in class for \$15. Then if you like it, you can buy a 5 week package for \$64. If you would like to come by and try a class with me, give them a call at 636-861-3539. I'm still trying to pick-up another class during the week, so there may be somewhere else you can catch me soon. I am going to be adding a calendar to my website so you can see where I'm teaching and when. Feel free to email me if you are interested in a class!

Product Find

Who wants a corn dog? That's right! I said Corn Dog! I have not yet tried these, but have had friends try them and they have loved them. I have them in my freezer for the next time I'm in a rush for dinner. One corn dog has 150 calories, 4 grams of fat and 3 grams of fiber. Fiber is the magic number, make sure you always look at that too. Now, there are 4 corn dogs in the box. That means **FOUR SERVINGS PEOPLE**. You want fries with that? Take a sweet potato and cook it in the microwave for about 4 minutes, slice it into thin wedges and pop it in the oven with some cooking spray and seasoning salt (like the Bacon Salt) and bake until crispy!



My Name in Print

If I totally confused you this past week with my Riverfront Times emails, I apologize. I left the .com off the link. Here the correct link.

<http://www.tinyurl.com/tracierft>

Let me tell you, it's not your typical newspaper interview. For those of you not from St. Louis, the Riverfront Times (or RFT) is a liberal, young and some say "hip" newspaper. So that's why it's a little bit on the odd side.

Weekly Weigh In

March Weight: 174.8 lbs

Remember - I have gone to the once a month weigh-ins.

Next Weigh-In date - 4/4/09



"I'm a wife, a mother, a daughter, an executive, a cook, a housekeeper, a teacher, a chauffeur, and a soccer coach. That's only 19 pounds per woman!"

Recipe of The Week:

Clip & add to your recipe box!

HGs Crabby Patty (From Hungry-Girl.com)

Ingredients

- 2 6-oz cans lump crab meat, drained
- 2 1/2 slices of light bread toasted.
- 1 wedge original Laughing Cow cheese
- 2 tbsp onion, finely diced
- 2 tbsp celery, finely diced
- 1 tbsp fat free mayonnaise
- 1/2 tsp Hellmann's Dijonnaise
- 1/2 tbsp parsley, finely chopped

- 1 tsp minced garlic
- 1/2 tsp lemon juice
- 1/2 tsp light butter, melted
- 1/4 tsp Worcestershire sauce
- Dash of hot sauce
- Salt and pepper to taste

Servings: 3
POINTS® Value: 2

Instructions - Preheat oven to 450 degrees. Tear lightly toasted bread into pieces and place in a food processor or blender. Pulse until reduced to breadcrumbs, and then transfer to a medium bowl. Add crabmeat, parsley, garlic, salt, and black pepper to the bowl, and gently mix until combined. Add onion and celery, lightly mix again, and set aside. Break cheese wedge into pieces and place in a small bowl. Add egg substitute, mayo, Dijonnaise, lemon juice, melted butter, Worcestershire sauce, and hot pepper sauce. Whisk until smooth, and pour over the crabmeat mixture. Using a rubber spatula, gently fold the liquid mixture into the crabmeat mixture. If you like, add additional salt and black pepper to taste. Prepare a medium-large baking dish by spraying with butter-flavored nonstick spray. Take one-third of the crab cake mixture (about 3/4 cup) from the bowl. Gently form it into a ball, place it in the baking dish, and flatten it into a cake about 1-inch thick -- repeat twice with remaining crab mixture so that you have 3 cakes in the baking dish. Bake in the oven for 14 - 15 minutes, until the cakes are slightly firm and cooked through. Remove carefully from the dish and serve with additional Dijonnaise for dipping and/or lemon wedges.

Chewin' the Fat

make with pork is great made with chicken too!

I need some good recipes for chicken. I'm tired of just making baked chicken.

- [Laughing Cow Chicken Cordon Bleu](#)
- [Honey Mustard Pretzel Chicken](#)
- [Lisa's Favorite WW Chicken Picata](#)
- [Pineapple Chicken](#)
- [Parmesan Garlic Pork Chops](#) (made with chicken)

Umm...hello? Have you looked at my website? It's loaded with chicken recipes! Remember, anything you

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

Take time to do something with your family.