

Quote of the Week:

“Friendship make prosperity more shining and lessens adversity by dividing and sharing it.”

- Cicero



Fat to Fab



ISSUE 65

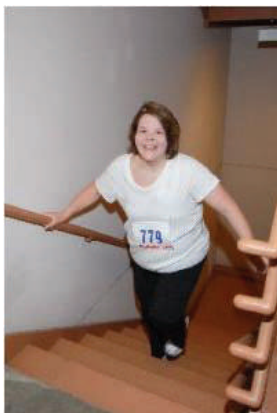
MARCH 21, 2009

Food For Thought

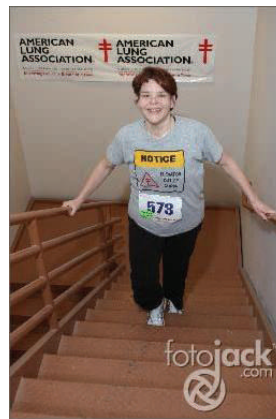
What a difference a year makes. I was going through my photos and found the photo of me climbing the last flight of stairs in 2008 and decided to compare it to the 2009 stair climb. There is a 1 year and 50 pound difference. Tell me what you think! I think I look like two entirely different people. And I guess you could say, in many ways, I AM an entirely different person. I can't wait to see what next year brings!

IN THIS ISSUE

Food For Thought	1
Economy Crunch	1
Ouch! My Butt Hurts	2
Product Review	2
KSDK Follow-Up Story	2
Monthly Weigh-In	3
Humor is Healthy	3
Recipe of the Week	3
Chewin' the Fat	3



3/1/08 - 222 pounds



3/7/08 - 172 pounds

SURGERY FUND TOTAL

\$00,532.60

Economy Crunch

This sucky economy has hit just about everyone I know in one way or another. Well, it hit far too close to home this weekend. Craig informed me that, as of 4/1/09, he will be getting a very LARGE salary cut. We're not talking 5%. This is going to have a huge impact on us, as it would with anyone. We are just still very thankful he has a job and will continue to receive his medical benefits. And as we all know, no one is safe, so we just have to pray that this will not hit any closer. I am lucky in the fact that I was able to get become a Zumba instructor. While it won't make up a fraction of what he makes, it will help with putting gas in the car. We have a LOT of things going on in our life right now. While there is NEVER a good time for something like this to happen. Now is an especially bad time. But we will just have to take it day by day. As a friend told me today, "Now is not the time to worry." I've already written the letter to cancel my gym membership. We will be cutting back on a lot of other things too. I even went for a field trip to Aldi's this afternoon with two of my "Step Sisters", Weight Watchers calculator in hand. While they do not have a lot of the stuff I buy, they do have some good prices on some comparable lunchmeats, frozen foods and of course I can stock up on my canned veggies there. They even have an ice cream bar comparable to the 1 Point Giant Fudge Bars from Weight Watchers. I'm waiting to hear back on the results of the taste test! I did find some 1 Point cereal bars as well. I won't be buying much of their Fit & Active brands as it's double in Points as the stuff I buy now, but I can make up the difference on their fresh fruits and other foods. They even have 93/7 ground beef and turkey!

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.

Ouch! My Butt Hurts!

Did that get your attention? I thought it would! Well, I fell off the wagon, right on my skinny butt. There has been a lot going on in my world. Most of it you guys know about. Some of it I can't talk about yet...but I'll let you know as soon as I can. But I got out of my routine and most importantly started making lousy food choices. It got to the point that I was up to 185 pounds (from my lowest of 172 pounds) just this past Thursday. I had a melt down on Thursday morning. I couldn't find any clothes to wear to work. I felt like I was bursting out of everything (heck, I WAS bursting out of everything.) I dug through my "to donate" pile and found a pair of (gasp) size 16W (they did run small anyway) pants and put them on. I was miserable all day. I had many crying spells as I looked myself in the face and could see the old Tracie trying to work her evil ways. But I called on my support team and they came through with flying colors. I'm happy to say that as of Thursday, I am back on the wagon, bruises are healing nicely and I'm down 4.5 pounds. I still have a ways to go to get to my 2 pound window for my Lifetime status with Weight Watchers. I can't weigh more than 177 pounds. But I'm going to do it! I've journaled every BLT (ok, I didn't count the little bit of icing on my finger from Alex's cupcake. But it was just a smear, and I did share it with Craig). I have until 4/4 to get this weight off, so I'll be extra vigilant to make sure I'm doing all the right things for my body and my mind. At least I know how to fight off evil old Tracie. I just shove a Krispy Kreme in her mouth (figuratively of course) and that usually quiets her down for a while. I have a tendency to try and hide my lapses (and relapses) because I don't want to let anyone down. But then I remind myself that I'm only human and I will make mistakes. As long as I don't let those mistakes turn into habits, and learn from them instead, I'll always come out ahead.

Product Review

I always do product reviews for things I like. Well, I tried something that I don't like. Well, let me take that back. I don't dislike them. They just aren't "Point Worthy" for me. I got a sample and coupon for the new Quaker True Delights Dark Chocolate Raspberry Almond bars. I ran the numbers, and it was 3 Points for the bar. I was excited because it had my four favorite things, oats, dark chocolate, almonds and RASPBERRY! So I thought, hey, I'll try it and if it gives me my chocolate fix, I'll spend 3 Points on it. Well, much to my disappointment, it was lacking in all the areas, except the oats. There was very little chocolate. The raspberry was just short of unidentifiable and there were maybe 3 almonds. They also have a Toasted Coconut Banana Macadamia Nut for 3 Points and a Honey Roasted Cashew Mixed Berry for 2 Points. Both sound very tasty, but based on my first sample, I will not be trying them...bummer!



KSDK Follow-Up Story

ATTENTION E.R. FANS! We have a tentative date for my follow-up KSDK interview. Thursday, April 9th. What does this have to do with E.R.? Well, it's the series finale and I'm hoping lots of people will be tuned in and stay to watch the news! More ratings means reaching more people! So, if you live in the St. Louis area, please tune in to the 10pm news on Thursday, April 9. If you do not live in the St. Louis area, you can also watch it live online. They have a streaming newscast section on their website. [KSDK Live Newscast](#)

I'm on Facebook! Tracie Zwick Sanderlin Be sure to let me know who you are so I add you.

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 have one pill that blocks fat, one pill that blocks carbs, and one pill that blocks the kitchen door."

Recipe of The Week:

Clip & add to your recipe box!

Pumpkin Kugel

Ingredients

- 1/2 cup fat free egg substitute (like Egg Beaters)
- 2/3 cup fat free cottage cheese
- 1 tsp cinnamon, divided
- 1/4 cup sugar free maple syrup
- 1/2 tsp freshly grated nutmeg
- 1/2 tsp vanilla extract
- 1 1/2 cups canned pure pumpkin puree
- 1/4 cup Fiber One original cereal (finely ground)

Servings: 4
POINTS® Value: 1

Instructions - Preheat oven to 350 degrees. In a large bowl, combine egg substitute, cottage cheese, 1/2 tsp cinnamon, sugar free maple syrup, grated nutmeg and vanilla extract. Mix well. Add pumpkin puree and pour into an 8x8 glass baking dish sprayed with nonstick spray. Combine remaining 1/2 tsp cinnamon with ground Fiber One cereal and evenly sprinkle over the top. Bake for 30 minutes or until set and slightly browned. Great for brunch!

Chewin' the Fat

I was swimsuit shopping this past week (we're going on a trip in March! Yeh!) and got to wondering if you ever got your swimsuit.

Actually! I just went on Fri-

day to have my fitting. The suit is GORGEOUS! I put it on and you would never know I have any loose skin...well, except for my legs, but the suit doesn't cover them, but the wrap does! They did have to take in my rear because my butt is smaller than the suit! Not a bad problem to have eh? I can't believe how good I feel putting on a swimming suit. I would recommend it for any woman that has finished her weight loss journey. I should have my final suit soon! I can't wait! I'll be sure to post photos when I have it.

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



SPRING IS HERE!

