

### Quote of the Week:

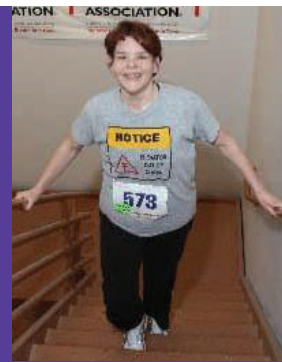
"It's not that some people have willpower and some don't. It's that some people are ready to change and others are not."

- James Gordon



ISSUE 66

# Fat to Fab



MARCH 29, 2009

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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.

## Food For Thought

**New week, new attitude.** I'm still working at getting my head back in the game. I did really well most of the week. I wrote my food down, I got in my exercise. I drank my water. I was doing great. Then, we decided to go to a Catholic church for a fish fry on Friday. Everyone I've heard of had baked fish. I was excited. Well, of course, the one we went to didn't have baked, only fried. We got there 15 minutes before they closed. (They all close at 7pm around my house and that's next to impossible for us to get to.) I got the spaghetti and green beans, so the sides weren't that bad of a choice. But the fish was fried. Then, Saturday, Craig and I went to dinner with a friend of ours to celebrate our 8th wedding anniversary. I ate far too much. I was out of control. I felt miserable. Completely miserable. I don't know why I let myself get there. But today is a new day. I got up this morning, made my breakfast and off to Zumba I went. I then went to Aldi's and stocked up on fresh produce. I have made (yet another) mental note about how miserable I felt. I will NOT let that happen this week. I'm on a mission to be POP (perfectly on plan) this week...starting today. Feel free to check in on me during the week. I need to be accountable right now.

## Making Ends Meet

**With Craig's pay cut, comes many stresses.** I am really struggling to figure out how to make ends meet. We're going to be losing about \$600 a month. So needless to say, we have to get creative in our spending. We've already cut a lot of things back to our bare essentials. I am going to try and get my produce from Soulard Market. I was told by my friend Mary that she usually gets quite a bit of stuff for very little money. Then, when I mentioned my intentions, I was told that by many more people that they do the same thing! I haven't been to Soulard since high school. But I wanted to let you know, I'm available for public speaking in the St. Louis area. I have had a couple speaking engagements already and I really enjoy it. I focus on what it takes to be successful, no matter what you are striving for. It doesn't have to be weight loss related. I've also kicked around the idea and done some research on being a personal chef. My idea is to cook Weight Watcher friendly main courses and prepare them in individual portions ready for your freezer. Would be perfect for those that don't have time, or don't like to cook. Ideas?

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## Zumba Zumba Zumba

Well, I told you before about Beto. But, in case you don't remember who he is, he is Alberto Perez (a.k.a. Beto) and he is the, for lack of a better term, "inventor" of Zumba. He will be in St. Louis on Friday, April 2nd for a Master's Class at the Heart of St. Charles. It's a sold out event and I'll be there! Then, today at my Sunday Zumba class, Darlene told us that Gina Grant (a Zumba Legend) will be coming to Zumba For The Cure on June 12th! [Zumba for the Cure](#) is a two hour Zumba-thon with the proceeds going to the St. Louis branch of the Susan G. Komen Race for the Cure. If you're interested in coming and would like to find out more information, click on the link above. Lastly, I have been contacted by Lindbergh High School to see if I would be interested in doing a Zumba class for adults in the evening. I was so honored! I will keep you posted on any developments. And, a reminder, if you want to try out Zumba, come to one of my classes at Flex Fitness. I have a class every Thursday night at 6:15p. Then, I will be instructing the 2nd & 4th & 5th Saturdays of every month at 9a. You must call them to be put on the list so they know how many people will be attending. Flex can be reached at 636-861-3539. Come give it a try!



## Product Review

I love pickles! I really love sweet pickles and bread 'n butter pickles. They go so nicely with a sandwich. Well, yet again, my friend Tracy introduced me yet another food find. The Nathan's Sweet Horseradish Pickles. I was a little nervous to try them as I don't like Horseradish. But I'm prided myself on always giving something a try first before I say I don't like something. So, I gave them a try. I LOVE THEM! I'm not the best at handling spicy foods. But these are different. The first thing you taste is the sweetness, then you get this hit of spice right in your nasal cavity. Then, it goes away. No need for a glass of milk to calm the fire. If your store carries them, they would be with the refrigerated pickles.



## KSDK Follow-Up Story

So far, we're still on for Thursday, April 9th at 10pm. 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](#)

**ATTENTION: Stay tuned for a big announcement.**

## 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**

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**"An aspirin a day will help prevent a heart attack if you have it for lunch instead of a cheeseburger."**

## Recipe of The Week:

Clip & add to your recipe box!

### Spaghetti and Meatballs

#### Ingredients

1 lb ground beef or turkey (93% lean/7% fat)  
3/4 cup(s) General Mills Original Fiber One  
1/4 cup(s) reduced fat parmesan cheese  
1 tbsp Italian seasoning  
1 tsp garlic powder

**Servings: 4**  
**POINTS® Value: 8**

8 oz canned tomato sauce, divided  
1 can diced tomatoes with basil, undrained  
6 oz uncooked whole-wheat spaghetti

#### Instructions -

1. Place cereal in resealable food-storage plastic bag; seal bag and finely crush with rolling pin or meat mallet (or finely crush in food processor). 2. In large bowl, mix cereal, ground meat, 1/4 cup cheese, the Italian seasoning, garlic powder and 1/4 cup of the tomato sauce until well blended. Shape into 32 meatballs (about 1 Tbls each) 3. Spray 12-inch skillet with cooking spray. Cook meatballs in skillet over medium heat 8 to 10 minutes, turning occasionally, until browned. Drain if necessary. Add remaining tomato sauce and diced tomatoes. Turn meatballs to coat. 4. Cover; cook over medium-low heat 15 to 20 minutes, stirring sauce and turning meatballs occasionally, until meatballs are thoroughly cooked and no longer pink in center. 5. Meanwhile, cook and drain pasta as directed on package. Serve meatballs over pasta. Top each serving with additional Parmesan cheese and parsley. Serve with salad.

## Chewin' the Fat

**I really appreciate you being so honest with your journey. I feel like such a failure when I make those kinds of mistakes, but you show me that everyone has these days. It really gives me hope.**

It's my full intention to be as completely honest with my readers as possible. I want everyone to know that anyone can do what I've done. You don't have to be super human. It's possible for anyone to make these lifestyle changes. But your old habits are still buried deep inside. You just have to know how to fight them. And the occasions where you lose, you need to know it's ok and just move on.

**Please E-Mail me your questions.**  
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**Start thinking about outside activities!**