

Quote of the Week:

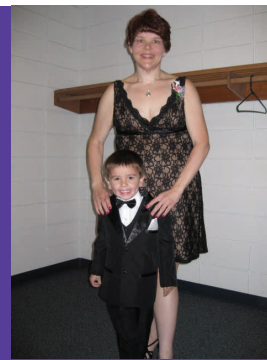
"Why be afraid of what people will say? Those who care about you will say, 'Good luck!' and those who care only about themselves will never say anything worth listening to anyway."

- Unknown



ISSUE 75

Fat to Fab



JUNE 14, 2009

Food For Thought

IN THIS ISSUE

Food For Thought	1
Product Review	2
Pregnancy Update	2
Pregnancy Sponsors	3
Humor is Healthy	3
Recipe of the Week	3
Chewin' the Fat	3

SURGERY FUND TOTAL

\$00,638.81

*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.

This has been a busy and stressful two weeks. As you probably noticed, I didn't have time to get a newsletter out last week. Last Saturday was my brother Allan's wedding. So that was a very full day for us. Then, my office network is failing and I have been spending every available waking moment since last Sunday copying all the files off the network before it fails completely. I'm just about finished. But that's not the only thing this week. This past friend was also **Zumba For The Cure!** It turned out to be almost 2 1/2 hours of hard core Zumba. The energy was electric. The crowd was fantastic. Gina Grant and Tony Witt were so much fun! And man oh man did they give us a great work out. I'm so honored to have been a part of it and hope I can help with next years event. At one point, I got to go up on stage with Darlene, our instructor and the inspiration for our team, "The Darleneiacs". It may have just been the Zumba instructor in me, but looking out over the crowd and seeing over 300 people dancing with us was just amazing. Here are some photos of the event.



But I do have to say, I over did it. Saturday and Sunday left me about as tired as I've been since before I lost the weight. Everyone keeps telling me that I do too much. I'm going to much. Well, I finally know what they mean. After I got home on Friday night, I realized enough was enough and it's time for me to slow down. My Zumba class was canceled this Saturday. So, instead of taking Darlene's class as I would normally do, I just stayed home. Then, later in the afternoon we took Alex to Creve Coeur park and let him play in the fountain. I held down the bench. I woke up on Sunday still sore and still tired, so I decided to skip Sunday as well. So needless to say, I stayed in again and enjoy the day with my in-laws. So, please don't be surprised if I miss a newsletter now and then. I'm not going to burn the candle at both ends anymore. I need my sleep, so I won't be staying up until midnight or beyond just to write my newsletter.

Product Review

I was having some light headed spells again. The doctor told me it's most likely due to me being dehydrated. That happened with me when I was pregnant with Alex too. So I've been really trying to up my water intake, but he told me I need to make sure my electrolytes are up, ESPECIALLY with my workouts. So, I've been drinking G2. While they are great for helping with both hydration and balancing electrolytes, they have calories, namely 1 point per serving. One day I sent Craig into Walgreens to get me some water, and he found SmartWater. It's regular drinking water but also has electrolytes. And better yet, it doesn't have a flavor. I know some people need flavor in their water to be able to drink it, but I like just plain water. So this helps in the that area too. Either way, they are good options for helping keep you hydrated and keeping your electrolytes in balance.



Pregnancy Update

Well, we've reached the half way point in the pregnancy. Things are going very well. I've gained about 30 pounds so far. I'm over the 200 pound mark again. It's very hard mentally, so I decided to stop weighing myself. I need to not freak out over the weight gain. The doctor is very happy with my weight. He said he can tell I'm not gaining "all over weight" as he called it. So, I guess if he's happy, I'm happy. I want to enjoy my pregnancy in a healthy way. So I know if I keep eating healthy foods and exercising, and not over eating, I know I'll keep things in check. I know I'll be back on track as soon as this pregnancy is over and new mommy hood begins. I sure miss my meetings. I can't wait to get back. And I've been asked over and over again, "Are you showing yet?" Well, I'll let you be the judge! I've started feeling him move a lot lately. I forgot how amazing this is. I can't wait for the flutters to turn into kicks...and then for Alex and Craig to be able to feel the baby kick and roll around. Alex is such a proud big brother. I heard him telling a lady at the park, "My mommy has a baby in her belly. I'm going to be a big brother." This will probably be our last. I want us to enjoy every minute of it. I'll post pictures every month from now on, so you can follow my "growth".



Pregnancy Sponsors

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Week 21: Arnold Wachsberger

Week 22: Stephanie Duby

Week 23: Glenna Evans

Week 24: Katy Brown Hymas

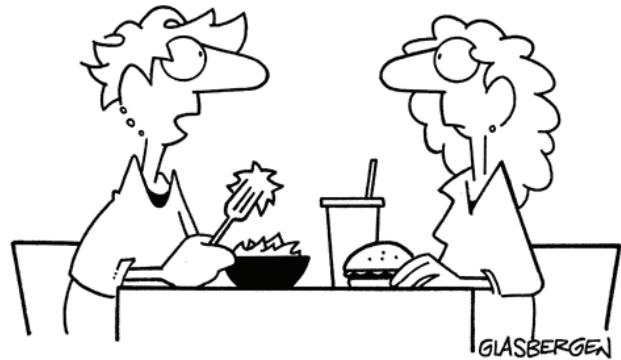
Week 25: Tracy Trego-Buttry

Week 26: Tammi Ciaravino

Week 27: Cheryl Cable

Email me to sign-up for a week.

(There's still room!)



**"After I lose 20 pounds, I'm moving to a new apartment.
When my weight comes back, it won't know where to find me!"**

Recipe of The Week:

Clip & add to your recipe box!

Tropical Fruit Salsa

Ingredients

2 mangos (peeled and diced)
1/4 fresh pineapple (diced)
2 peaches (diced)
16-20 grape tomatoes, halved
1/2 red bell pepper, diced
2 TBL fresh cilantro or to taste (chopped)
1 tsp garlic powder
Pinch of salt (to taste)

Servings: 6

POINTS® Value: 0

Instructions

Combine all ingredients. That's it!

1/4 cup = 1 serving

I served over fish, chicken and even used over my salad for a salad dressing

Chewin' the Fat

I just joined Weight Watchers and I'm having a problem with my husband. He needs to lose weight too, but is fighting change. How did you get Craig to join with you?

Well, actually, Craig never formally joined Weight Watchers. I came home from my first meeting, I basically told him, "I'm not bring crap in this house anymore. I'm not cooking crap anymore. If you want it, that's fine, but you have to keep it at work." Then he started eating what I made for dinner. He had no choice. But I'm a lot more out-spoken then a lot of you. But basically, if they don't cook or do the shopping, they have no choice!

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

Happy Father's Day to all our dads out there!