

Quote of the Week:

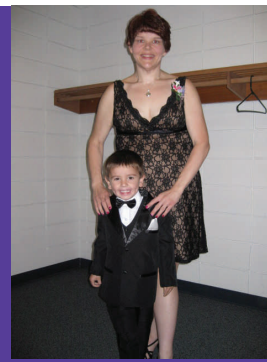
"You are what your deep, driving desire is. As your deep, driving desire is, so is your will. As your will is, so is your deed. As your deed is, so is your destiny."

- Upanishads



ISSUE 76

Fat to Fab



JUNE 21, 2009

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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.

Food For Thought

I had someone tell me recently, "It's too late for me." What they meant was, because of their age, and the amount of weight they have to lose, it's too late for them. So, basically they are just giving up. I have to tell you, to hear someone close to me say that made me sad, mad and quite a few other emotions. Maybe it's too late for you to run marathon. Maybe because of some other medical things you'll never be able to take a fitness class. But that's not what weight loss is about. It's about working the best you can to live the most healthy life you can. So you could actually go place again. You can travel to visit family. You can spend time with your grand children and enjoy things like swimming, the zoo, anything. Or even you aren't interested in these things, here are a few other reasons. 1) Studies show that just losing 10% of your body weight improves your health and medical conditions. So, if you weight 350 pounds, just losing 35 pounds dramatically increases your health. Don't focus on the big number...just focus on each small percentage. 2) Did you know that for your knees and ankles support **THREE TIMES** the pressure of your body weight? Here is what that means. If you lose that same 35 pounds, your knees think you just lost **105 pounds!** I lost 200 pounds, that means my knees think I lost 600 pounds! 3) Here's one you probably would never think about...losing 100 pounds increases your fuel efficiency by 2%. So, between Craig and I, we lost 350 pounds. So we increased our fuel efficiency by 6 1/2%! So even if you think you think it's too late for your social life, it's never too late for your mental, medical and financial life.

Father's Day Fun

Boy was it a scorcher today! But we had fun outside anyway. We loaded up on water and sun screen and headed to The Museum of Transportation. Alex loves trains, and I think daddy likes them too! I wanted to wish all the dad's out there a Happy Father's Day (all be it belated). We also had Alex's Pre-School graduation on Friday night. I just had to share the photos.



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Pregnancy Sponsors

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

Week 28: Dawn Mays

[Email me to sign-up for a week.](#)

(There's still room!)



"Low fat diets don't work. I eat fish every day
and my butt still drags on the ground!"

Recipe of The Week:

Clip & add to your recipe box!

Eggplant Parmigiana (from WeightWatchers.com)

Ingredients

1/3 cup seasoned bread crumbs, Italian-style
1 tbsp grated Parmesan cheese
1 tsp Italian seasoning
1/4 tsp garlic powder

1 medium raw eggplant
2 large egg whites, lightly beaten
1 1/2 cups canned tomato sauce
1/2 cup 2% mozzarella cheese, shredded

Servings: 4

POINTS® Value: 3

Instructions

Preheat oven to 350 degrees. Coat a 9x13 baking dish with cooking spray. Combine bread crumbs, Parmesan cheese, Italian seasoning and garlic powder in a medium bowl. Remove skin from eggplant and trim ends; slice eggplant into 1/2 inch thick slices. Dip eggplant first into egg whites, and then into bread crumb mixtures. Bake eggplant on a non stick cookie sheet until lightly browned, about 20 to 25 minutes, flipping once. Place a layer of eggplant on bottom of prepared baking dish, then add 1/3 of tomato sauce and 1/3 of mozzarella cheese. Repeat with 2 more layers in same order. Bake until cheese is melted and sauce is bubbling, about 10 minutes. Slice into 4 pieces and serve. (that's right! 1/4 of the 9x13 is one serving!)

Chewin' the Fat

I've been thinking a lot about you lately. How are you doing with handling your weight gain? It must be very hard mentally.

I actually decided, after talking to my doctor, not to

weigh in except when I go to the doctors office. Right now it's once a month, eventually it will be every two weeks, then weekly. He's very happy with my weight gain so far, so I am too. I can still fit into some of my pre-pregnancy shirts. **(TMI alert** - my bras are getting too small because my breasts are FINALLY getting bigger. So I'm ok with buying a new bra now and then. But yes, it's very hard watching my body get bigger. But I can't help but think, "Do people think I'm fat, or do they know I'm pregnant?"

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

Be sure to stay hydrated in the summer heat!