

Quote of the Week:

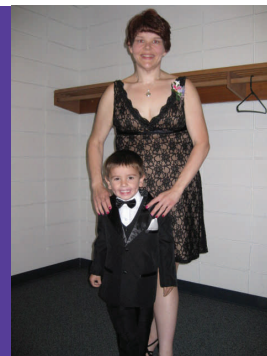
"Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it."

- Plato



ISSUE 77

Fat to Fab



JULY 5, 2009

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SURGERY FUND TOTAL

\$00,687.06

*Thank you for
your continued
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

Sweets...sweets have been evil to me lately. I've been craving sweets. Everything from chocolate bars to QT Slushies. Anything sweet. And with me, the more sweets I eat, the more sweets I want. But luckily my sponsor this week challenged me to not hit the sweets this week...well, the bad for me sweets. I did partake in some No Pudge Brownies and some of the Weight Watchers Friendly Chocolate Éclair Cake at the 4th of July party. Speaking of the 4th celebrations...I hope you all had a safe, healthy and happy one. We went by my dad's house in the early afternoon to visit for his birthday. Then we got Alex home for a nap and then off to my "Step Sister" Lisa's house for her annual 4th party. Lots of good people, good food and good fun. Luckily, Lisa and some of my other WW "Step Sisters" were there and there was healthy choices. I had a 3 point chicken sausage, no bun, a fork full of Budweiser potato salad (no healthy, but it was only a plastic fork full), some marinated carrots that I made, some fat free roasted garlic & asiago cheese dip I made with some pretzel sticks and some carrot sticks, some 98% fat free baked beans, a No Pudge brownie (ok, by the end of the night, I had 2) and a 3 point piece of WW friendly chocolate éclair cake. I didn't get in the lake, because I just didn't feel it would be smart in my present state. But Craig and Alex enjoyed the water and Alex really enjoyed the water trampoline and slide. Craig and I did take a nice trip around her lake in her paddleboat, so we got exercise on top of it. Then we sat along side the lake and enjoyed a wonderful fireworks display. Here are some pictures from our evening. I do have to share something Alex said. I tried explaining that it was America's birthday. He said, "Where is America? What happened to America?" Boy, aren't we all wondering what happened to America?



My daredevil - head first!



On our paddleboat trip.



Waiting for the fireworks to begin.

Let's Zumba - FOR CHEAP!

If you live in the St. Louis Area (are female) and would like to take one of my Zumba classes...NOW is the time to act! Flex Health & Fitness is having a summer special. \$5 CLASSES (with the purchase of a 5 week punch card – total \$25). That's a STEAL! I teach on Thursdays at 7pm and Saturdays at 11am. Space has been filling up, ESPECIALLY for the Thursday night class, so please check them out on the web at <http://www.flexstl.com> and get on the list!

Talk a friend into signing up too...it's more fun when you can laugh with a friend! And trust me, even though I'm almost 6 months pregnant...I'll still give you a dang good workout!



If regular Zumba is too much for you, my girlfriend Phyllis has a Zumba Gold class on Tuesdays at 6:30pm. It's good for anyone just beginning their fitness journey, people with injuries to backs, knees, necks and joints, people in their "golden" years, pregnant women (yeah, yeah, I know) and those less conditioned to working out. Her classes are also included in the \$5 special! So NOW you have NO excuses!

Also included in the special are Pilates & Flex and Flow (yoga style class)...but you want to take Zumba dontcha?

Produce Co-Op

Are you interested in getting involved in a produce co-op? Live in the St. Louis Bi-State area? Want to save money? Well, now might just be your time. You may have seen the story that ran on KSDK-TV about the produce co-ops in St. Louis. The person that helped me get my group formed has set up a website and is looking for new members in the following areas: North County, St. Charles and Maryland Heights. If you are interested in starting a group of your own, you can contact her as well. She has a new website: <http://www.communityhelpingscoop.com> and you can order and pay for your basket (in the available areas) directly online. You can e-mail Jill at communityhelpings@yahoo.com if you have any questions or would like to start one in your area. If you are interested in joining my group, I do have a wait list and will contact you when a space opens up.



Pregnancy Sponsors

Week 24: Katy Brown Hymas

Week 25: Tracy Trego-Buttry

Week 26: Tammi Ciaravino

Week 27: Cheryl Cable

Week 28: Dawn Mays

Week 29: **OPEN**

Week 30: Lisa Ciasca

Email me to sign-up for a week.

(There's still room!)



"Be careful — sometimes it's a green lollipop and sometimes it's a brussels sprout!"

Recipe of The Week:

Clip & add to your recipe box!

Hungry Girl's Too-Good Two-Berry Citrus Smoothie

Ingredients

1 cup frozen unsweetened strawberries
1/2 cup frozen unsweetened blueberries
1/2 tsp Crystal Light Classic Orange Sunrise powdered drink mix (half an On The Go Packet or 1/8th of a tub)
10 oz cold water
No-calorie sweetener to taste

Instructions

Place frozen fruit in the blender and allow to thaw slightly (about a minute or two). Meanwhile, dissolve powdered drink mix and sweetener in 10 oz of cold water. Stir well, and then pour drink mixture over the fruit in the blender. Blend at medium-high speed until thoroughly mixed. If blending slows, stop blender, stir mixture, and blend again. Pour in a tall glass and enjoy!

Servings: 1
POINTS® Value: 1

Chewin' the Fat

How are you doing with your dehydration? Have you been having issues with light-headedness still?

I was doing good for quite some time. No episodes.

But just this past Wednesday at produce co-op pick up, I was just standing there talking to some friends and I got really light-headed and started losing my vision, so I excused myself to sit down. It went away, I stood up to greet someone else that showed up...and it happened again. I have a doctors appointment on Tuesday, so I'll let him know and ask him to refer me to the cardiologist he suggested 2 months ago. With my families history of heart disease, better safe than sorry. I'll keep you all posted.

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

My challenge to you - try a new fruit or veggie.