

Quote of the Week:

"There are no secrets to success. It is the result of preparation, hard work, and learning from failure."

- Colin Powell



Fat to Fab



ISSUE 78

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*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

Let's get movin'!

Weight Watchers has a new "Momentum Walk-It Challenge" which challenges you to walk a 5K. There was supposed to be one in Arnold on July 18th, but due to flood damage, it got postponed. I have to teach Zumba on Saturdays, so I wouldn't have been able to make it. But my girls Lisa Schuler & Tracy



Trego-Buttry wouldn't let that stop the walk. They measured out a 5K route at Fenton Park and at 7am we all showed up and got moving! Craig called it the Zombie Walk. But it really was an awesome way to start your day. So we started walking about 7:15 am and I was in one of the last packs to cross the finish line at about 1 hour 5 minutes. I called Craig about 8:20 and told him I was on my way home and he was baffled that I could walk 3.1 miles that fast. After that I went home, ate some breakfast and off to teach my Zumba class. We moved it up to 10am instead of 11am so I could then go downtown to meet Ruby. Who is Ruby? Wow! Ruby is a wonderful woman that used to weigh over 700 pounds and started her own weight loss journey and got down to 488 when her show started on the Style Network. She came to St. Louis on her "Ruby Walks" tour. I wasn't able to get there in time for the walk, but I was able to get downtown in time to get in line to meet her. I showed up about



11:45a and they cut the line off. I was THE last person in line. I got to talking to some of the gals in line in front of me and it was really neat. I ended up meeting someone that I had gone to school with (her older brother was in my class) and others that had seen me on TV. They said that I had inspired them on their weight loss journey. You don't realize the impact you have on people you don't even know. Most of us don't get to ever find out. Meeting people like this REALLY make my journey a special one and keeps me going. Thank you!

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Pregnancy Update

Six months has passed already. I'm really enjoying my pregnancy. I still have to remember that I can't do everything I used to. I have to start saying no. I have already decided that August will be the end of my Zumba teaching. I may still take a Sunday class now and then since I can just go at my own pace and not feel like I have to push it, but as far as teaching, that will be it until the doctor releases me. I spoke to my doctor about my dizzy spells and he said he's going to test me for anemia when I go in for my gestational diabetes test on August 1st. I'll keep you posted. Also, Alex has been able to both feel and see the baby moving in my belly. He's been getting a big kick out of it. Craig and I can actually see the baby roll from one side to the other. It's truly amazing. This pregnancy is so much different than my pregnancy with Alex. On a good note, while I was gaining a lot of weight in the beginning, I have steadied off the last two months and haven't gained. My doctor told me that some women gain a lot in the beginning and not much through out the rest of the pregnancy. Let's hope that's me!



Tips & Tricks

Do you like smoothies? I love them and I love my Magic Bullet...but they are expensive. I was lucky enough to receive mine as a gift. I was informed by my friend Julie Wright on the [HappyWWLosers](#) Yahoo group said that she was told by a member in her Weight Watcher's group that any standard pint jar will fit your blender base. Put your ingredients into the Mason jar, flip your blender base upside down on top of the jar, tighten, flip the jar upside down and blend! Now, I only have a Magic Bullet, so I wasn't able to try this out personally, but the concept sounds right. If you decide to try it, report back and let me know how it turns out! But if it makes a mess, I'm going to be conveniently unable to come help clean up.



Pregnancy Sponsors

Week 26: Tammi Ciaravino

Week 27: Cheryl Cable

Week 28: Dawn Mays

Week 29: Sharon Eberspach

Week 30: Lisa Ciasca

Week 31: **OPEN**

Week 31: Tracy Trego-Buttry

Email me to sign-up for a week.

(There's still room!)

(but the weeks are flying by quickly!)



"My diet says I can have 1800 calories per day. It doesn't say anything about NIGHT!"

Recipe of The Week:

Clip & add to your recipe box!

Grilled Cinnamon Peaches (From Weightwatchers.com)

Ingredients

Butter Flavored Cooking Spray
1/2 tsp ground cinnamon
4 large peaches peeled, halved and pitted

Servings: 1
POINTS® Value: 4

Instructions

Off heat, lightly coat grill grate with cooking spray; preheat grill to medium-high heat. Sprinkle cinnamon evenly over cut sides of peaches; lightly coat with cooking spray. Place peaches on grill, cut side down. Grill until browned and slightly softened, about 5 minutes. (For best results, do not move the peaches during grilling; this will ensure the grill marks and keep the peaches from sticking to the grill.) Turn peaches over and grill on other side for about 3 minutes more; serve warm. You can also use plums or nectarines. Serve with 1/2 cup FF Breyer's Double Churn Ice Cream for 1 point more. You can also use an indoor counter top grill. (that's what I use.)

Chewin' the Fat

What was your turning point? What made you kick yourself in the butt and decide to finally lose the weight?

It was January 2007. A few days before the 6th anniversary

of my mother's death and I was on the floor playing with Alex (who was 2 1/2 at the time) and I couldn't get up without Craig helping me. I decided I needed to do something. Then the good Lord put a lot of signs and people in my path and everything just clicked. I knew, deep in my heart and my mind, that this was it. Enough was enough. I joined Weight Watcher's on January 13, 2007 and never looked back.

Please E-Mail me your questions.
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How are you getting in summer exercise?