

Quote of the Week:

"The starting of all achievement is desire. Keep this constantly in mind. Weak desires bring week results, just as a small amount of fire makes a small amount of heat."

- Napoleon Hill



ISSUE 82

Fat to Fab



SEPTEMBER 27, 2009

Food For Thought

Well, this is Good-Bye...just for a while. Yes, this is going to be my last newsletter until after the baby is born. We have so much to do over the next 3 weeks before Michael gets here. But that doesn't mean I will be gone forever. After I get back in the swing of things, and head back to Weight Watchers, I'll be back up and running with the website & the newsletter. Yes, I've let the website sort of go to the wayside as well. **HOWEVER**, this doesn't mean you can't still email me when you need some help or to share your successes, no matter how little you think they are. I'm always here and love receiving email from each and every one of you! And of course, I'll be sending out pictures of the new baby as soon as we can. I won't make you wait forever to see our new addition.

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SURGERY FUND TOTAL

\$00,687.06

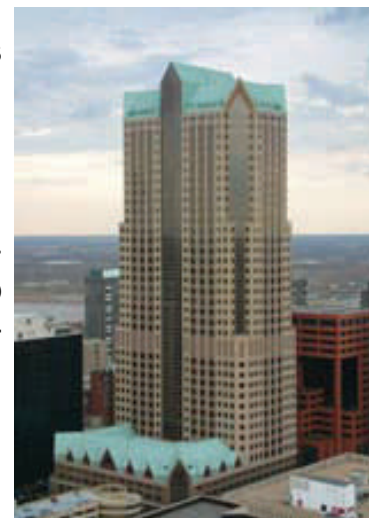
*Thank you for
your continued
donations!*

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.

Climbing to the Top - Again

Glutton for punishment or just plain crazy? Well, it's almost that time again. Time to start thinking about training for the Master The Met Competitive Stair Climb. The 3rd Annual Master the Met is event will be March 6, 2010. This will be my third year competing. I'm yet again recruiting for people to join my team. I don't have the details yet. In years past, we have competed as a team, staying with each other the entire way up. However, this year, I am going to try beating my personal record and go up the stairs as fast as I can. We will still be registered as a team and be there at the finish line. Training will begin in mid-December, so start thinking about it and when I'm back up and running, we'll get the team organized and get a training schedule.



Product Review

Craig, Alex & I were at Baskin Robbins today getting a treat for Alex and I discovered a new treat! Now, I haven't tried them yet, but they sure sound right up my alley! These are made with real fruit in the flavors of Mango (yum!), Strawberry and Blue Raspberry (which is odd because, according to the Food Network, there is no such thing as a blue raspberry.) They are 50 calories, 0 fat and 0 fiber per bar or 1 Point.



Pregnancy Update

The time is drawing near. We just can't believe that we only have three weeks until the baby is here. Lately I have been doing a lot of reflecting on my journeys the last two and a half years. I have gone from a 372 pound slug to a 2x competition stair climber, a Zumba-holic and then, to a 172 pound Lifetime Weight Watcher member. Then, almost immediately, I became expectant mother. I've never had a chance to really settle into my new body before having it go through all these changes. I'm really looking forward to getting back to my pre-pregnancy weight, so I can start to learn how to maintain it. It's the hardest part of the journey and I haven't even had a chance to try it. I know I will need to lose some weight after the baby is born and I'm ready to tackle that. It will be hard being sleep deprived for a few months an all, but that's why I have you guys. So we can all walk hand-in-hand together through our own journeys. On another note, we have the crib back up and ready. Thanks to my in-laws and some really good friends, I have a LOT of diapers (and baby food...even prunes...right Lisa?). I still need to rewash a bunch of the baby clothes. Poor kid has to have something to wear right? So we are scheduled to have the baby on Monday, October 19th. I'll be in the hospital for 3 days / 4 nights. This means, if all goes well, we'll be home before my birthday on October 24th with the best birthday present ever.



Thank you all for being on these journeys with me. I appreciate it from the bottom of my heart.

Pregnancy Sponsors

Week 36: Dawn Mays

Week 37: Julie Wright

Week 38: Jill Maria-Tanking

Week 39: Tracy Trego-Buttry

Week 40: Craig Sanderlin

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Thanks again to everyone!

"I'm dieting faithfully. For breakfast I follow the Egg Lovers Diet. At lunch, I switch to the Fast Food Diet. For dinner, I do the Steak-n-Pasta Diet. And during TV I switch to the Chip-n-Dip Diet."

Recipe of The Week:

Clip & add to your recipe box!

Crock Pot Sweet & Sour Chicken

Ingredients

- 1 lb boneless skinless chicken breast
- 5 oz La Choy Sweet & Sour Sauce
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 8 oz chunk pineapple in it's own juice, drained (reserve 1/4 cup of juice)
- 1 tbs brown sugar
- 16 oz bag of frozen stir fry vegetable

Servings: 4
POINTS® Value: 5

Instructions

Cut the raw chicken breast into bite sized pieces. Spray your crock pot with non-stick cooking spray. Add chicken, garlic powder and onion powder; stir. Stir in sweet and sour sauce, pineapple chunks, brown sugar and 1/4 cup of pineapple juice. Cover and cook on low for 6-7 hours. Add frozen vegetables during the last 30 minutes of cooking and cook on high.

Chewin' the Fat

I'm ready for questions. I'll be collecting them while I'm on "maternity leave"

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

So long for now. Be on the lookout for photos in about 3 weeks.