

Quote of the Week:

"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."

- Maria Robinson



ISSUE 83

Fat to Fab



JANUARY 3, 2010

Food For Thought

Happy New Year! Welcome to 2010. Can you believe it's been over 3 months since my last newsletter? And it's been two and a half months since baby Michael joined our family. Let me fill you in on the last few months. Michael arrived on October 19th at 8lbs 5oz. He was jaundice and had to be put on the bilirubin bed from day two. His levels were low enough to not have to be on the bed when we went home. He lost 15% of his body weight and down to 7lbs 4oz by the time he went for his one week check up. I was having a hard time with nursing and was scared we would have to start supplementing with formula. Luckily a week later he had gained double what the doctor wanted him to gain. He was still a little jaundice, but nothing to be concerned about. I still wasn't producing milk very fast and was getting ready to go back to work and needed to be able to pump enough milk to let the sitter have a supply for the day. I called my doctor and he subscribed Reglan. I also called the lactation consultant at St. Luke's and I'm happy to say that nursing is going well. He went for his two month check up and he now weighs almost 13 pounds and is sleeping between 6-9 hours a night. That makes for one happy mommy and daddy.

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SURGERY FUND TOTAL

\$00,687.06

*Thank you for
your continued
donations!*

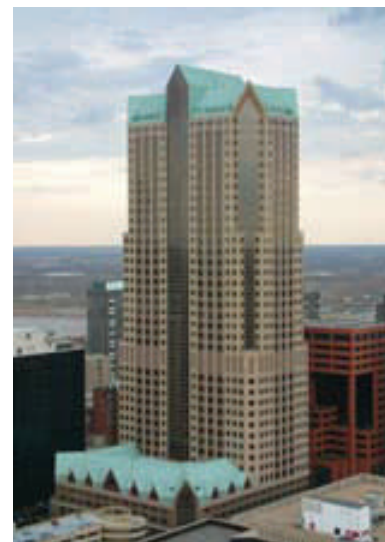
Disclaimer:

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.

Mastering the Met

The training has begun! We started training this Sunday. I was really nervous as I'm still not my old self when it comes to exercise. Zumba kicks my butt. Maybe I'm just a glutton for punishment. I know we can do it. We have a much bigger team this year. I'm so excited! We didn't do half bad. We made it in 33 minutes on our first attempt. Now we have a starting point. I'm looking for donations to my climb. All proceeds benefit the American Lung Association. If you would like to contribute, please click on the link below. If you would like to join my stair climb team, or just train with us for the added exercise, you are more than welcome to join! Just email me for details.

<http://www.tinyurl.com/masterthemettracie>



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Starting Over

The results are in. I gained a whopping 90 pounds while pregnant with Michael. **ACK!** That put me at 262 pounds. But by the time I went back to Weight Watchers on 11/7/09, I was down to 244.4 pounds. Since then, I've dropped an additional 7.4 pounds. I'm not at 237 pounds. So I have 65 pounds to get back to my personal goal weight of 172 pounds. I really let things slide while pregnant. I went back to quite few old habits, namely drive-thru (who wants to cook when you're so exhausted), not journaling and not measuring. It feels really good to be back in control. And you know Craig gained sympathy weight as well. But we'll get back. I just can't lose too fast, otherwise it could impact my milk production. Weight Watchers has a great program for nursing mothers. That being said, if anyone wants to sign up for my pounds, I would be love the support! Just [e-mail](#) me.

Be a Big Loser & Win!

Are you the next Biggest Loser? I will be leading a Biggest Loser weight loss contest & support group at Flex Health & Fitness. You do not need to be a member of Flex to join. If you follow Weight Watchers, Jenny Craig, Seattle Sutton, Nutrisystem, or you are following your own program, you know how hard it is to do it alone. I have been asked to share my tricks and treats with weekly support groups. It's Flex Health & Fitness' 12 Week Biggest Loser program. If you would like to find out more, there will be two free seminars this week, Thursday 1/7 at 8pm (you could come Zumba with me at 7p and stay for the seminar) & another on Saturday 1/9 at 11am (you could Zumba with me at 9am too!). There is absolutely no obligation and you don't have to purchase any meals or supplements. If you would like help from a trained nutritionist, there will be nutritional services available for a small fee. The prices are very reasonable. I have information I can email you or please give Flex Health & Fitness a call at (636) 861-FLEX(3539) and tell them Tracie told you about it.



“Zumba Zumba Zumba”

I'm back! As of December 17th, I have returned to instructing my Zumba classes. I have added a new class! I will be instructing the next session at [Riverchase](#) in Fenton, MO at 7:30pm. There is still space available, but the session starts THIS Tuesday, 1/5. Give them a call at 636-343-0067. I'm



also instructing on Thursdays at 7pm and Saturday at 9am at [Flex Health & Fitness](#). You don't have to be a member to join the class. You can do a drop in class for \$10 and if you like it, you can buy a punch card (5 or 10 classes) and receive discounted rates for the classes. Call them at (636) 861-FLEX(3539) I've also been talking with Club Fitness as well. I'll keep you posted.

Follow me on Twitter: [ShrinkingLady](#) or Facebook: [Tracie Zwick Sanderlin](#)

Sponsorship Central

Here we go again! I have 65 pounds to lose... who wants to help?

Pounds 1-5:

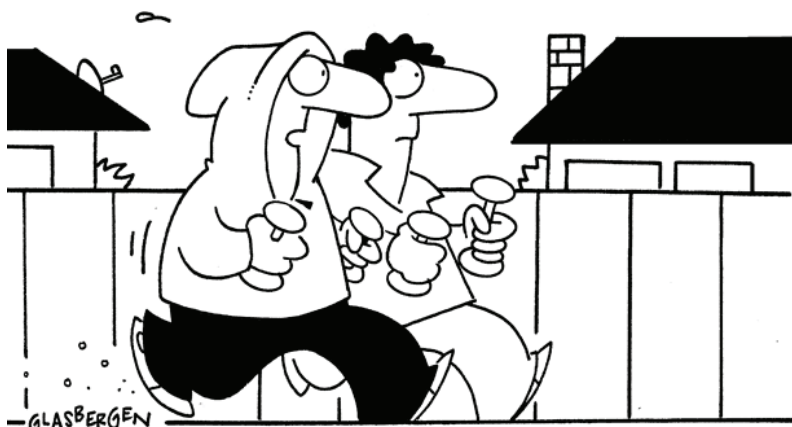
Pounds 6-10:

Pounds 11-15:

Pounds 16-20:

Pounds 21-25:

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"It's time to get serious about losing weight. Today I filed a restraining order against the pizza delivery guy."

Recipe of The Week:

Clip & add to your recipe box!

Creamy Alfredo Penne with Sausage and Spinach

Ingredients

14 oz box Ronzoni Smart Taste Penne Pasta
1 pound Jenny-O Italian Turkey Sausage with casings removed
1 small onion, diced
3 gloves garlic, minced
6 oz bag of baby spinach
1 24 oz jar Classico Tomato & Basil pasta sauce
1 15 oz jar Walden Farms Alfredo Sauce

Servings: 7

POINTS® Value: 6

Instructions

Boil pasta according to directions on box. In a large sauté pan sprayed with non-stick spray, brown turkey sausage with onions and garlic until cooked through. Add tomato sauce and alfredo sauce to the sausage mixture. Add the fresh spinach to the pasta water about two minutes before the pasta is finished. Drain with the pasta. Add pasta and spinach back to the pasta pot. Add sauce and sausage mixture to pasta and toss well.

Chewin' the Fat

Do you think anyone requires plastic surgery?"

"I have been watching the "Biggest Loser Show" for a couple of seasons. I am puzzled every time I see the contestants lose huge amounts of weight and many do not show extra Layers of flab. Am I the only one who is questioning this?"

Most DEFINITELY I question that. Every time I see those men and women standing up there on finale night, I just can't figure how where their skin is. I know they work out tremendously, but there is no way their skin goes back to "normal" with just exercise. I have heard recently that Botox can help tighten skin, but that would be a LOT of botulism to be injecting into your body. No thank you! If anyone has any insight into this, please let me know!

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

Happy New Year! Let's Work Together To Make This A Healthy 2010!