

Quote of the Week

"Some people dream of success while others wake up and work hard at it."

- Unknown



Fat to Fab



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Food For Thought

Well, it's that special time of year when we celebrate our love with CANDY! "Sweets for the Sweet." Well, I did some research and here is the info on some popular candies:

Candy Name - (serving size) - cal / fat / fiber / sugar

Not So Good Options:

Milk Chocolate Hershey's Kisses - (9 pcs) - 230 / 13g / 1g / 21g

Hershey's Special Extra Dark mini bars - (3 blocks) - 210 / 13g / 4g / 14g

York Peppermint Patty - (1 pc) - 140 / 2.5g / 0g / 25g

Russell Stover Dark Chocolate Coconut Cream - (3 pcs) - 210 / 11g / 2g / 18g

Russell Stover Milk Chocolate Cashew Clusters - (3 pcs) - 230 / 15g / 1g / 14g

Better Options:

100 Cal York Peppermint Wafer Bars - (1 bar) - 100 / 4.5g / 0g / 9g

100 Cal Hershey's Special Dark Bars - (1 bar) - 100 / 5g / 1g / 9g

Whitman's Weight Watchers Crispy Butter Cream Caramel - (3 pcs) - 150 / 8g / 9g / 7g

Whitman's Weight Watchers 3 Flavor Assortment - (3 pcs) - 150 / 9g / 8g / 8g

Necco Sweethearts (Conversation Hearts) - (1 oz box) - 110 / 0g / 0g / 27g

Best Options:

What else can you do instead of candy? Well, why not go for a walk in the park (weather permitting), buy or rent a romantic movie and enjoy a night in? Why don't you and your sweetie go get a couples massage? You'll both feel fantastic! If you have a big enough tub...take a bubble bath together! For those men on the list...why not get your woman a gift certificate for a day of pampering? Make her feel as special as you think she is! And, well, I hope I don't have to tell you how to get in some extra exercise - nudge nudge.

Did You Miss It?

Well, my big day came and went rather quickly! But it was awesome finally seeing the finished product. You can view all of the interviews as well as my segment on **The Rachael Ray Show** at the following link:

<http://www.sponsormyweightloss.com/inthenews.html>

My pre-empted interview on KSDK should air sometime this week. As soon as I find out when, I'll let you all know!



Me with my inspiration Pamela after the taping of The Rachael Ray Show - 1/22/08.

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Weekly Weigh In

I had another great week!

Previous Weight: 229.2 lbs

Current Weight: 225.2 lbs

Weekly loss/gain: - 4 lbs

56 Week Total Loss: 147.2 lbs

I think what did it for me is luck! I did follow program very well. But I came off the medicines for my eyes and dropped the water weight.

NEW PHOTOS AVAILABLE!

Check out the link below to see my new pics:

<http://www.sponsormyweightloss.com/id34.html>

Sponsorship Central

Current Sponsors:

Pounds 146 - 150: Ben Turec
Robyn Curtis

Upcoming Sponsors:

Pounds 151 - 155: Kevin Washington
Dawn Mays

Pounds 156 - 160: Andrea Lawson
Tony DiGuida

If you haven't signed up to sponsor me yet, there is plenty of room left.

Email: tracie@sponsormyweightloss.com

Recipe of The Week:

Clip & add to your recipe box!

Grilled Ham Steak with Pineapple Salsa (From Weight Watchers "Shortcuts" Cookbook)

Ingredients

2 cups peeled, cored, & diced fresh pineapple
2 T chopped fresh mint
1 T minced peeled fresh ginger root
1 T fresh squeezed lime juice
1 jalapeno pepper, seeded and minced (wear gloves to prevent irritation)
1 (1lb) fully cooked boneless reduced-sodium lean ham steak, 1/4" thick

POINTS® Value: 4

Servings: 4 (1/4 ham steak & 1/2 cup salsa)

Instructions

- 1) To make salsa, combine the pineapple, mint, ginger, lime juice and jalapeno in a medium bowl; set aside.
- 2) Spray a nonstick ridged grill pan or medium nonstick skillet with canola oil nonstick spray and set over medium-high heat. Add the ham steak and cook until browned and heated through, about 4 minutes on each side. Cut into quarters and serve with salsa.

Chewin' the Fat

How is your training going for the stair climb?

Well, to be honest, I haven't really done too much. But, I found a place where we can start doing actual stair training. We only have a couple weeks left, so we're going

to have to crack the whip on ourselves. But I think we'll be ok...at least for most of it. We'll see! But there is still time to donate to my climb! You can go to <http://www.sponsormyweightloss.com/links.html> to donate. We're really need to raise some more to meet our goal!

Please E-Mail me your questions and I'll answer them here.
tracie@sponsormyweightloss.com

♥ ♥ ♥ ♥ ♥ ♥ *Happy Valentine's Day!* ♥ ♥ ♥ ♥ ♥ ♥