

Packing for my vacation got me thinking about Nutrisystem

Enjoy the journey

Packing suitcases today and planning my upcoming vacation I thought of my journey here at Nutrisystem. The two are very much alike. Like a long awaited vacation trip, weight loss is a journey to be enjoyed.

When we leave on vacation, I have done much so that we will enjoy the trip. Just like with Nutrisystem, I have done a lot to ensure a smooth journey.

~Before I even book the trip I look at the brochures, check out web sites and review old photos of previous vacations. I learn about local events and things to do. I may even take the time to learn a new language.

~For my weight loss journey I looked at pictures of myself at the weight I would like to be, I look in clothing magazines that come in the mail and imagine me in the new stylish cloths. I learned about the nutrisystem program read everything I can find. I went to the boards and chat, I learn all the new lingo and program rules so I was ready to make the best of this journey.

~Before my vacation travels I talk with my travel mates, make plans for the things we will do. I make a list of things we need to bring along, and have them packed and ready to go.

~With my Nutrisystems I go to chat rooms, Blogs and message boards, I visit with others on this journey, and am encouraged by their success. I explored the site and found new recipes, I am sure to visit the daily dose for useful information daily. I made a grocery list of add in foods and extra's to have on hand. I stocked my shelves with these items and cleared a cupboard for my new Nutrisystem foods.

~For my vacation I get out a map and plan the route. I mark sites I want to see, bathroom stops, gas stops, and restaurants I want to eat at. I find hotels I will be staying in, make the commitment to time and book the rooms. I take the car in for a check up and make sure the tires are in good shape. I burn CD's for fun along the way, and polish my car shiny bright so it looks it's best.

~For my new life I set a small goal, wrote it down, set a bigger goal and mapped it out. I made a plan of what I will eat, how I will exercise and what I will do for me along the way. I will plan a pedicure for a job well done, maybe a new top after a month at the gym. I will plan on new running shoes so I will stay at my peek. I will not just focus on scale numbers just like I would not hone in on miles, I will also look at things I will do when I am a healthier stronger size. I will be sure to fuel my body well and dress it for style so I will look my best.

~Once on the road I gaze out the window enjoying the trip, Laugh and stop along the way to sight see and sample local activities and foods. When some one admires my nice car I will smile and say thank you. On the road I listen to tunes on the radio singing along, and just relax.

~On my healthy living plan I look around me at all the changes my body is making, try new activities, sample new recipes, laugh and enjoy the new me. When friends and family pay me a compliment on my success I will smile and say thank you, I am working hard. While getting fit I turn up the music and dance.

I am enjoying this trip, as I will only be making it once. Weight loss is as much about the journey as the destination, as is any good vacation in life. I will never walk this exact path again in my life, I will enjoy every step.

Published Sunday, October 30, 2011 03:40 PM

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Halloween BONES

I was looking at all the festive Halloween decorations and reflecting on my Nutrisystems journey. The Bones of the Skeleton spoke to me.

Bone up for weight loss!

Am I the?

1. WISH BONE... Wishing to find success?
2. JAW BONE... Doing a lot of talking, but little else?
3. KNUCKLE BONE... Knocking myself out of my own way?
4. BACK BONE... Doing the work and getting the job done?

Looking bones I see where they can take me.

The Wish bone... well my grandma always said "If wishes were fishes the beggars would be fed." It takes more than wishing, and I can do better than wishing.

The Jaw bone... Talking about my weight loss program is a good step. It will not get the job done. I have to back that talk with action.

The Knuckle bone... Clenches my fist and whines. It's too hot, it's too cold, It's too wet, It's too dry, I have a _____. These excuses only keep me from my dream. I must pull myself up not knock me down.

The Backbone! Yes I like this one ~

Bears Rock!

Ask the counsellors for guidance.

Chat with Nutrisystem pals.

Keep tracking, and eating everything on the meal planner.

Blog, and read others Blogs.

Order foods I love.

Nutrisystem for life.

Every day read Daily Dose.

Stand tall, backbone straight and proud. Wishing, talking, knocking challenges, is not enough. It takes action to get results. I am putting my backbone into achieving my goals. The results will inspire me to get the job done.

Life is what is happening while your waiting for the perfect moment.

Success breeds success!

Published Thursday, October 06, 2011 11:29 AM

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Fifty things about losing 50 pounds.

May 22, 2011 I posted about what free eating feels like. It was a blog about life living in a 324 pound body. Here I am a few month later and 50 pounds lighter and thought it was time for a blog about life in my now significantly smaller body.

Fifty things about losing fifty pounds...

1. I do not have to see 300 any longer and feel my sprit drop.
 2. I like what I see in the mirror, most days ;).
 3. Life is wonderful, and full of living.
 4. I can jump onto the bed.
 5. I can tie my shoes and breathe at the same time.
 6. I do not have to lie on the bed to zip my jeans.
 7. I can roll around the floor and play with the dogs.
 8. Seat belts fit.
 9. I can bend down to shave my ankles.
 10. I sleep like a baby, comfy on my tummy.
 11. I fit in movie theater seats.
 12. Bathroom issues are resolved, nothing to add on this but a *giggle
 13. When I squat I do not lose my balance and topple over.
 14. When I wear a belt it really is to hold my pants up.
 15. When I scrub the bathtub I do not feel like I am wearing an inner tube.
 16. I do not wear out the inner thighs of my pants first, I under grow them first!
 17. The turnstiles at the stores don't trap me anymore.
 18. I can tuck my shirt in.
 19. Heartburn does not keep me up nights.
 20. I fit in the swings at the park.
 21. Stairs are not a breathless experience.
 22. I love me, I smile, I have joy & peace.
 23. I can cut my toenails, and they really do exist.
 24. My feet are happier.
 25. I have a lap.
 26. When getting dressed, it is about what looks good, not what fits.
 27. Dropped food does not land on my belly.
 28. I can do a sit up, without cheating.
 29. I can use the pumice stone on my feet, without looking like a contortionist.
 30. I climb right into the van, and it is a comfortable fit.
 31. I am still a pear, just not the Jumbo size, more the lunch box size.
 32. If I step on your foot, I am just sorry, not worried I broke your foot.
 33. When laying on the couch, nothing hangs off.
 34. I can play tag with the kids for an hour without collapsing.
 35. I do not feel like Mobey Dick in a bathing suit, and I have cute swim caps.
 36. I can stand from the floor, without the help of a bookcase.
 37. When people take a second glance it is because they can't believe how good I look, not they can't believe how big I am.
 38. My hands are happy my heart is strong enough to send them blood.
 39. I am graceful, and move with ease
 40. Going to the drive through now cost under 10 bucks
 41. I no longer leave high heel marks in linoleum.
 42. I can buy a chair without worry of the weight capacity limit.
 43. I fit in a standard sleeping bag.
 44. There are less dirty dishes to wash.
 45. My legs only ache after I exercise, a lot.
 46. I fit in the kids wading pool!
 47. People no longer add "BUT she has such a pretty face".
 48. I have toes, I can see them!
 49. I can stand from a seated position without pulling up on something.
 50. There is less jiggle in my wiggle.
- Hope they made you smile, just things I have noticed.

Nurtisystem saved my life.

Published Thursday, September 8, 2011

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~~ The things we can learn from the children ~~

Eat only when you're hungry.

Adapt the "you can't make me rule" when offered something you do not want say "no", and do not let anyone push you into it.

Food should be pushed around, not eaten.

Moving the body is about Fun and Play.

Anything covered in anything is yucky.

In the restaurant is about crayons and coloring not appetizers.

New shoes make you run faster, get out and test them.

Sitting still is punishment.

Colors are best in food and in life.

Climb higher!

Fun first, food later.

~~People don't stop playing because they grow old, they grow old because they quit playing ~~

Now go play, the food will be there when you get back.

Published Wednesday, August 17, 2011

Keeping it FUN

I recently started taking water aerobics classes. They are great fun and the energy is high. SO as a fun reward to me I got me a bunch I mean a bunch of funny swim caps... If you're going to live this life live it with a smile. So if your in the pool, and you need a smile look for me the lady with the fun swim cap which will it be today? The one that says Catch me if you can? Will swim for food. The spider web, Jack o lantern, or pumpkin head? Will it be the ghost, BOO, snowman, google turkey? Oh wait could be Santa, swim chick, or penguin cap. I know you want to see my flower cap, or is it ruffles? I love my excuses cap, cause I am usually full of them. For Christmas though it is the alien wishing us joy to your world, the happy fish, or Santa telling you better be good... Fun is in the air, and on my head!

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Lets look at weight loss in a Football frame of mind.

The leaves are changing, the air is crisp, it is football time again!

Weight loss is like football

The players huddle with the coach to make their plan, just like we do calling a counselor for guidance.

When you first get the ball and start the game, your food arrives and your meal planner in hand you start.

You start your way down on the field; You are losing 1 - 2- 3 pounds.

The goal in football isn't necessarily to get a touchdown in the first try.

It is to just get a 1st down, like our first 10 pound loss.

You have your mascot to make you smile, your Nutrisystem bear.

In order to get that 1st down you don't do it all at once, in one play.

You go play-by-play, pound by pound.

Until you make it to that first down.

Along the way the fans cheer and rally you forward, our fans are in chat and in the message boards.

Once you get that 1st down, you try and make a second 1st down.

So on down the field, and down the scale.

In football even though you may get sacked, intercepted, and at times lose yards along the way...

You don't just quit. Not one bit!

When you have taken the field step by step, you finally make that touchdown, reaching your goal weight.

You throw your hand in the air and dance,

Your teammates lift you to their shoulders and celebrate you

It feels amazing !!!

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The lessons we learn...

One Sunday morning, my son was cooking breakfast for his wife. Bacon and eggs cooked on their new griddle top stove. My son had been at my side many times as a boy watching as I fixed this treasured tradition. He was proud he could prepare this meal for his darling wife. My daughter in law came in to spy as her hubby cook breakfast for her. She was puzzled as he cut the bacon in half across the middle of the pound and laid the now half-length slices out on the griddle.

"Why do you do that" she asked?

"Do what?" he replied.

"Cut the long strips of bacon in half." She inquired

"Because that is the way you cook bacon" he giggled at her silly question.

"But why" she asked again.

"Because my Mother taught me, and this is how she does it" was the final answer.

So when I stopped by that afternoon, she asked me. "Why do you cut the in half before cooking it?"

I smiled and said, "my Dad taught me to cook bacon and, that is how he said it was done."

My daughter in law was dying of curiosity as to just why you would cook the bacon in shorter strips so she called my father in Oklahoma and asked, "why is it that we cut the bacon in half before cooking it?"

"I have to" replied my Dad "otherwise it is too long to fit in my frying pan." Oh the habits that become law... Where do your habits come from?

This came to mind as an old weight watchers pal called this morning and I told her of my new nutrisystem adventure. She was so puzzled by my diverting from weight watchers path after ten years. I said I did it and did it and just never found my goal. I finally had to look at what I was doing, and why. I did weight watchers, because that is what I did, it was a habit, I did not ask why. Funny thing is my Father in Oklahoma was the one that encouraged me to join Nurisystem. My Dad lost weight and kept it off, I am now 34 pounds lighter and so glad I rethink my weight loss habit.

Published Saturday, July 16, 2011

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Will you love me when I am 180?

This evening I turned to my sweet husband and asked him...

What are you going to think when I am 180 and thin?

I asked because I know how he loves larger women.

Losing weight was MY idea.

He has always shared stories of his youth being raised in a New York Italian household; the women were big ladies, not tall just round and soft. To him these curves symbolized love, warmth and nurturing. My husband's fondest memories are of heavenly smells from the kitchen, women together laughing and fellowshiping over pots of simmering love. These women were voluptuous, shameless and soft when they hugged you.

When we married I was 225 pounds and he thought I was thin but wonderful. I have wondered what is he going to feel when I am not this larger lady any longer, so I asked.

I was delighted when he laughed at my question and said "I love you, not your fat".

And I suddenly realized, what I really already knew. Sexiness is measured by how you feel about yourself. The better you feel about yourself, the better you will carry yourself. Sexiness is in the mind. It's not about how big your bust is, or how long your legs are. It is not a size at all. Just open your mind, let your eyes see, how wonderful you are. A truly sexy person doesn't shout it from the rooftops, they live it, they breathe it, and they are it. Sexiness doesn't come from physical perfection, it comes from being interesting and interested. Confidence is sexy! To help bolster this feeling of beauty and style, as I lose weight I will make sure I have at least one outfit in my closet at all times that fits me just right and makes me feel gorgeous. When I look in the mirror and like what I see, I stand a little taller, smile a little brighter and walk with an air about me. The brain is the most important sex organ in the body. If we truly believe we are the sexiest women in the room, our brain will signal our body to express that attitude in our body language. Sensuality is reflected by the sparkle in our eyes, the energy with which we move, a smile, our scent, what we say, and the voice we say it with. When we feel elegant, graceful and sexy, we become elegant, graceful and sexy, even in flannel Jamies and fuzzy slippers. Being enticing and intriguing is how we feel, not what we reveal. It is time we all remember we are more than our fat. No matter the package size we are sexy, vibrant, brilliant people, reaching for the goals of our hearts.

Published Sunday, July 03, 2011

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Yesterday was my weigh in... My dream came true. I had no faith, even if I tried to tell myself I did. I had wallowed in the 300's so long I felt it my

fate, my destiny. Well the impossible happened. I stepped on the scale, held my breath, watched the numbers whirl and when they stopped I had made it to 298. I almost fell over from joy and shock. I know for many that is an O.M.G. number well for me it is as well but not for the same reason. I had resigned myself to never being able to get below 300. Now the gates are open and I honestly see my butterflies and rainbows. In my 51 years of life I have "dieted" 43 of those. I have often asked myself, why try again. This morning in a quiet moment over coffee my mind wandered wondering why I think about some things in one way, and others in another. I resisted joining nutrisystems for literal years. I pondered the "why should I, I did not make it before", "why would this be different"? I struggled with those feelings, afraid to step out of my box. I have tried to lose weight many times over the years each time swearing this would be "it". Usually the outcome was not what I had envisioned, thus discouraging me. Then when I would start "again" eventually the doubts would sneak in and I would question, then end my efforts. Then this morning I thought about it, there are many times in life we start "again", why is this so different? When I was five years old the weather cooled and fall had arrived, I went to kindergarten. I learned lots; I thought I knew it all. I did not get my degree that year. I quit going to kindergarten when summer came. Then it was Fall, summer had passed and it was time to go back to school and do it again. This time I was six years old, wiser from doing kindergarten fresh from the break, and ready to learn more. I did not get my degree that year either. When summer came I again quit going to school. Then it was fall again. I went back, this time to second grade. And so on and so forth through all of grade school. Then through high school I followed the same pattern, go, stop, go, stop, go stop... Then college. It took twenty years to get that degree. I never thought it strange or wrong that I would go to school, stop and then go back. It was ok. Each time I went I learned a little more about myself, it was a learning experience. Why is losing weight any different? I must give myself the chance to learn the lessons. I had to transfer to a different school. I have grown stronger with each effort. Learning is never over, I just change my focus. I am thankful for the school of Nutrisystem, this is where I will reach my degree of excellence. Published Friday, June 24, 2011 09:58 AM

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Behaviors...

On a beautiful spring day a father walked with his son in a grove of apple trees near their home. They came upon a seed with a small shoot. The father told the son to reach down and pluck it from the ground. Without effort the son did as he was told. Next they came to a sprout that had rooted into the soft earth. The father again instructed his son to pull it out. This time the boy had to give it a firm tug. When they came to a small sapling, the father told his son to take it up. The son wrapped both hands around the thin young tree and pulled hard leaning and groaning after a few hard pulls the dirt around the base gave and the young tree was in his hands. They then came to a large apple tree, strong tall and full of fruit. Father I will never be able to uproot this tree the son exclaimed as his gazed at his father. No son this tree is set, we can shape its branches and trim its growth but it is with us now to stay. As the father and son walked on, the father explained to his son how behaviors are much like the trees. When our behaviors start they are easy to uproot. With time though these same behaviors grow strong, they root and become intertwined with our lives. We can no more stop a behavior we have established over time than you could break the apple tree free of the earth. However we can retrain those behaviors much like we can shape branches of the trees, with perseverance and time. Looking at the behaviors that hold me back... I ask myself, how can retrain them? How can I shape them to fit my now healthy life style? I will need to identify the branches that need shaping... Make a plan... I will reshape my tree, one branch at a time. My first branch... One behavior (branch) I have that holds me back is, always going with the flow. I do it when; hanging out with friends or family. It makes me feel; accepted. To get the same feeling I can; simply let then know what I need, and ask. For if I want to grow strong and reach my desired heights, I must retrain my branches and reach. Sunday, Jun 19, 2011 1:59 PM

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Jar of rocks.

Something shared with me long time ago that I pull out on occasion, to help me remember what is important. Grandma took a mason jar from her cupboard one day and we took it out to the garden. She told me how she had a very important lesson to teach

me all about time and rocks.

She took the Mason jar and filled it with large rocks.

Grandma then explained these large rocks represented all that is truly important. Self, Family, Friends.

Then she asked me, is the jar full?

I said I think so...

She then went over to a small pile of pebbles scooped some up and poured them into the jar. She tapped the jar, and shook it a bit. I watched as those small pebbles work their way down into the rocks filling gaps.

These pebbles my child represent things that matter. Car, House, Job.

Is the jar full? She asked.

Uhhh yeah I squeaked...

She laughed as reached down by her feet and pulled up a hand full of sand. Now we will add this sand to the jar she smiled. Again she tapped and giggled the jar. The sand slid in between and the tiny little gaps in the jar.

This sand represents the small stuff. Phone calls, Housework, The perfect wrapping paper.

Is the jar now full?

It really is, I am sure.

In a soft caring voice Grandma said Our lives are like this jar of rocks. Full, fuller, packed.

With our full lives, we have to try to remain focused on what is truly important.

Care for those big rocks, the smaller ones can wait.

When your jar is too full none of your rocks will get the attention they deserve and you will get lost in the pile.

She instructed me that when times get overwhelming grab a piece of paper fold it into thirds.

On the first third write what you have to do that is Important.

On the middle section write the things that matter.

At last the final third. Write the small stuff you would like to get done.

Now take your paper fold it so that the important list comes first.

If you get that done, move on to the Middle matters,

If you still have time and energy turn to the small stuff.

Remember you are only one person

Life is about Mind over Matter, If you don't Mind it don't Matter.

Published Monday, June 13, 2011 05:17 PM

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The Owl

I like Owls... They draw me. So today's blog is in keeping with my love of these majestic, wise creatures that soar through the skies.

First a story...

There was a farmer, his name is John. One day a city boy came to visit, his name was Albert. John was pleased to show Albert around his farm.

They walked around the barn fed the horses oats, milked the cow, and fed the pigs slop from a bucket. Albert was enchanted with farm life, and John was enjoying showing him the ropes.

They came to the chicken coop and there on a perch Albert saw a beautiful Owl sitting among the chickens.

Albert turned to John and remarked "there is an Owl in your chicken coop."

"I know" said John. "He thinks he is a chicken. I taught him".

"That is just wrong" Albert replied. "He should be free to soar... he is an Owl."

"He won't go" John said. "He thinks he is a chicken".

"Can I try to release him?" Albert asked.

"Sure go ahead" John chuckled, "he won't go".

Albert went into the coop and got the owl to perch on his arm. He took him outside and held his arm up to the sky and told the Owl

"You are and Owl, you have the wisdom of an Owl, go to the sky, you are free to fly."

The Owl looked back at the coop and all his chicken friends, jumped off Albert's arm and walked back into the coop.

Farmer John just laughed and said "I told you so."

The next morning Albert got up early, went out to the coop and again got the Owl to perch on his arm. This time he climbed to the top of the barn, he held out his arm and said to the Owl

"You are and Owl, you have the wisdom of an Owl, go to the sky, you are free to fly."

The Owl looked down seeing the shadow of the coop below with all his chicken friends, jumped off Albert's arm gliding gracefully down and walked back into the coop.

Albert was not daunted. The next morning he got up very early went to the coop and again took the Owl out this time he took him to the mountain top. He held out his arm and said to the Owl

"You are and Owl, you have the wisdom of an Owl, go to the sky, you are free to fly."

The Owl looked around. After a long time he realized he could not see the coop or his chicken friends.

He launched himself off of Albert's arm and soared silently into the sky.

He was never seen again. Why would the wise Owl have wanted to stay with the chickens?

Beliefs that's why.

He believed he was a chicken.

He did not believe he could fly high and free.

Beliefs enable us to not try new things.

They keep us in that comfort zone, of underachievement.

Do you want to be a Chicken, or a Wise Owl?

If I think like a chicken...

C-Challenges make me feel inadequate.

H-Holidays slow my progress.

I - I cannot stick to program.

C - Control is always a struggle.

K - Keeping weight off is impossible.

E - Every weekend is a food disaster.

N - No one supports me.

I am a Wise Owl

W - Weight is but a number, and mine is going down.

I - I am an intelligent person.

S - Success is within my reach

E - Enthusiasm will take me far.

O - Optimism keeps me confident.

W - Walking calms the mind and strengthens my body.

L - Learning is the key to my dreams.

Now I have the wisdom to soar to my goal. I can empower myself with the belief that I am a Wise Owl. I am wise, and all powerful and free of those old beliefs that held me down.

Published Saturday, June 11, 2011

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Yesterday I was remembering my failures, I thought of Mount Everest

Edmond Hillary made it to the top of Mount Everest in 1953. Such a feat was amazing. The Queen of England even knighted him July 16, 1953 for his achievement. Thus making him, Sir Edmond Hillary.

However he did not make it the first time he tried.

He had tried in 1952 and had to turn back.

He did not give up, he just had a set back.

The attempt was news, because when it comes to doing something hard even the trying is important (hint hint).

They had a news conference for Mr. Hillary, as he was walking up the crowd cheered.

He did not look impressed with their enthusiasm, when he got to the podium he stood before the picture of Mount Everest raised his fist to the photo and declared "You beat me this time, but you will not next time, for you have grown all you are going to grow and I'm still growing!"

Sir Edmond Hillary was determined, confident, and saw his goal before him.

Everyone has an Everest,

I know I can use this same strategy in my weight loss (my Everest).

When I have a set back I will ask myself, How did I get off course?___

What can I learn that will help prevent this from happening again?___

What can I do right now to get back on course?___

There is no such thing as failure, only feedback.

Now I stand tall and straight...

Hold out my hand...

Think for a moment of what it will take for me to succeed.

Put all the things I need to succeed in my hand...

Close my fist around them and hold tight.

This is my anchor, I will keep it with me always as I climb my mountain,

as I reach my highest peak, and I scale my Everest.

Through snow, and wind, and Mcie D's, hold that fist and you will succeed.

Published Thursday, June 09, 2011

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Thinking about my Grandmother and her wise words

Thinking of my Grandmother today and all her funny little sayings. I remember hearing these wise ole tid bits of information passed along from her at many different times. They are valuable pieces of information she shared to make my life easier by helping me avoid pitfalls others have fallen into. Thinking how she struggled with her weight her whole life, how diabetes took her too early. She tried everything, and yet she had all the answers right in her own words of wisdom.

Look before you leap. ~ Look up calories before you consume them.

Behold the turtle he ONLY makes progress when he sticks his neck out. ~You can only lose if you put yourself out there and try.

A rolling stone gathers no moss. ~ Keep moving exercise keeps the pounds off.

Rome wasn't built in a day. ~ Give yourself time to lose the weight, be patient with progress.

To your own self be true. ~ Put your needs in your weight loss program first.

Birds of a feather flock together. ~ Join with other weight loss minded people for support.

Two heads are better than one. ~ When in need call a counselor for advise and guidance.

A man's home is his castle. ~ Make your environment food friendly.

Absence makes the heart grow fonder. ~ Don't deprive yourself, enjoy your Nutrisystem desserts daily.

An apple a day keeps the doctor away. ~ And gives you one fruit serving.

As you sow so shall you reap. ~ Work your program and you will succeed.

Better late than never. ~ It makes no matter where your weight has gone, you are taking care of it now.

Don't cut off your nose to spite your face. ~ If you stumble do not blow it all the way, get back on track next meal.

Early to bed early to rise, makes a man healthy wealthy and wise. ~ We function better when well rested.

A chain is only as strong as it's weakest link. ~ We need to follow ALL parts of the Nutrisystem program for it make us strong.

A friend in need is a friend in deed. ~ Reach out and help others in chat or on message boards and you help yourself.

A little knowledge is a dangerous thing. ~ Learn your program. Know it inside and out.

You are what you eat. ~ Eat healthy, be healthy

If a job is worth doing, it is worth doing well. ~ You have the tools to do your best, now do it well.

No use crying over spilled milk. ~ Pick yourself up and get back on program.

Never say DIE. ~ Don't ever give up

Thanks Grandma, as always your words ring true, your guidance kind and wise.

Published Monday, June 06, 2011

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Don't Quit

When you've eaten too much and you can't write it down

And you feel like the biggest failure in town;

When you want to give up just because you gave in

And forget all about being healthy and thin;

So you did not exercise, not a bit;

It's your next move that counts... So don't you quit!

It's a moment of truth, It's an attitude change;

It's calling a counselor to get back in the game;

It's telling yourself "You've done great up till now;

You can take on this challenge and beat it somehow."

It's part of your journey toward reaching your goal;

You're still gonna make it, just stay in control.

To stumble and fall is not a disgrace

If you summon the will to get back in the race;

But, often the struggler's when losing their grip

Just throw in the towel and continues to slip

And learn too late when the damage is done

That the journey wasn't over and they still could have won.

Life-style change can be awkward and slow

But facing each challenge will help you to grow;

Success is failure turned inside out

The silver tint in the cloud of doubt.

When you're pushing to the brink, just refuse to submit;

If you bite it you write it... But Don't you quit!!!!!!

Published Friday, June 03, 2011

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After playing with kids all day... can't shake it

Nursery Rhymes, stories, songs, ABC's 123's all day... my mind is still in 3 year old mode so I played with a little rhyme... It entertained me, hope it entertains you.

10 little dieters talking on line, one hated vegetables, then there were nine...
9 little dieters say, "This is great." One said "I don't have time to exercise," then there were eight...
8 little dieters say, "This is heaven." One had a birthday, then there were seven...
7 little dieters, getting thin for kicks. One said, "Programs and fun just don't mix," then there were six...
6 little dieters, see how they thrive. One said, "Just once won't hurt," then there were five...
5 little dieters their water they did pour. One did not drink it, then there were four...
4 little dieters from fat getting free. One heard, "Dear you're getting to thin," then there were three...
3 little dieters see how they do. One went on vacation, then there were two...
2 little dieters, life has just begun. Did not follow program, then there was one...
1 little dieter standing all alone, the body's gotten smaller, how the pride has grown...
1 little dieter, at goal she looks divine... We, each one of us, can be that one and not the other nine!!!
Published Tuesday, May 31, 2011

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Got to, or Get to?

I said yesterday... I got to go plant my tomatoes. Thing is I enjoy digging in the dirt, getting one with the earth, nurturing the plants and eating tomato's. So I asked myself, how is that a got to, and not a get to?
I discovered I only see what I am looking for.
Everyone has a to do list. Things to do go with having a life. I was Thinking of the things I GOT TO do, pay taxes, mow the lawn, pay bills, go to work, do dishes, get gas, clean the toilet, the list goes on and on.
Now let me look at this all in a positive light. For everything I got to do, I get something back.
Most times the get to will balance out the got to.
I am thinking this rule even applies in my Nutrisystem journey.
How could this thought possibly pertain to Nutrisystem?
What could be the get to list that comes from this new way of living?
Will the get to out weight the got to?
~I got to Journal...
From this I get an accurate accounting of how I am doing, and what works or does not work.
*Get to 3 / Got to 1
~I got to drink water.
From this I get hydrated, have less hunger, hydrated skin that shows less wrinkles.
*Get to 3 / Got to 1
~I still got to go grocery shopping.
From this I get out of the house, get in a little walk, and can find a wide variety of wonderful foods to enjoy.
*Get to 3 / Got to 1
~I got to exercise.
From this I get more stamina, muscles that burn more calories than fat, and a great looking toned body.
*Get to 3 / Got to 1
~I got to call a counselor for guidance.
From this I get support, knowledge, and understanding.
*Get to 3 / Got to 1
~I got to keep going through party, vacations & fun.
From this I get the self satisfaction of not being a quitter, the chance to show off the new me, and continued weight loss.
*Get to 3 / Got to 1
~I got to have a goal.
From this I get to see what will happen, kind of like telling my own future. I have something to look forward to, and a purpose for my actions.
*Get to 3 / Got to 1
~I got to lose weight. From this I get satisfaction, better health and lets not forget bears!
*Get to 3 / Got to 1

~I *got* to meet plateaus head on.

From this I will *get* time to let my mind catch up with my new body image, a time to evaluate, and a new energy for the journey.

**Get to 3 / Got to 1*

~I *got* to make healthy Nutrisystem food choices. From this I *get* to experience new and wonderful flavors, and CAKE , without guilt.

**Get to 3 / Got to 1* It is time to step into the light and remember that there is always a bright side;

it just depends on how hard your willing to look.

So the next time that *GOT TO* list is overwhelming,

Think just a little and see it as a *GET TO* list instead.

The *Get to* beats the *Got to 3* to 1!

Published Sunday, May 29, 2011

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This is what happy feels like!

Today is my Weigh in day and I was apprehensive as I always am on a weigh in day. the difference, no leader to explain myself to, just me and my being. I must say as an adult I rather enjoyed the discovery and moment on my own without words. I was hoping against hope that today I would not be saddened by what I saw.

Last week it flashed 324...

I felt my being just drop with sadness. I felt the weight of all my choices at that moment and the shame of my own creation.

Today the number flashed.... 310!

I felt my soul soar. I screamed with delight! I did it! I ~ I ~ I loved me! I nourished my body and now my mind is free. I chose to live, I chose to find the sunshine. And I found happiness. I mean true to your toes your face is splitting with a smile your heart is singing happiness!

Nutrisystem is helping my find my happy, and let me tell you this is what happy feels like!

Thank you to all the chatters, bloggers, message people & counselors,

I could not do it without you.

Published Thursday, May 26, 2011

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The scale

I was so tempted this morning to weigh myself. Then I thought, I feel good, I am on program, I do not need a machine to dictate my worth. I must believe in my heart that I am worth more than a series flashing numbers.

The Scale

Weight is a cyclically quantity,

Weight loss tends in the downward direction.

My ego invests way too much

in what the scale says,

as if it were looking in some sort of mirror.

Today I will judge the day and myself

by how I feel tonight

when I put my head down on the pillow.

squeaky-clean adherence to my plan,

always pushing forward.

What more can I ask for?

What more do I really need?

Much like a mirror,

the scale can be a helpful tool

from time to time.

Spend your life in front of it,

judging what you see,

And you will not see.

Posted Wednesday, May 25, 2011

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Next year, You Choose

Next year you will be glad
you chose wisely today.

You will forget what that whatever taste like.

You will remember If only, I should have.

Next year you will be glad
you did not eat junk today.

You will forget that stressor.

You will remember If only, I should have.

Next year you will be glad
you took control today.

You will forget not wanting to exercise.

You will remember If only, I should have.

Next year you will you glad
you did exercised today.

This is all about you.

You choose, You succeed

You choose, You regret.

You choose.

Posted Tuesday, May 24, 2011

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Monday - choose your hard

Wonderful day!

I am so happy and feel so good.

I am thrilled Miss Dinca helped me fancify my page, it is so --me-- now I love it.

Dinner out tonight with the girls.

I am excited cause I feel so good about me and my self control. I chose right.

Some thoughts on choosing

Obese, life is hard

LOW self-esteem is hard

Self-loathing is hard Depression is hard

Restaurant booths are hard

Airplane seats are hard

Theater seats are hard

Amusement parks are hard

Patio chair surviving me is hard

Tying my shoes is hard

Getting into the van is hard

Staying on program may be hard

Exercise may seem hard

Being over weight IS hard, It is time to

CHOOSE YOUR HARD

Posted Monday, May 23, 2011

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Thinking about what you eat

some one asked today... Isn't it hard thinking and planning what your going to eat?

FREE EATING FEELS LIKE

A fat mega Hell of days filled with weights of 300+.
LOW self-esteem, self-loathing, depression.
Thoughts of death as the only way out
of the body I ate my way into.
Getting into our bed is near impossible.
The bed is high and at 300+ I do not climb
or bend my legs well enough to crawl in.
Once I get into the bed...
I cannot maneuver my massive body.
I cannot roll or be comfortable.
Wiping my own ass is a contortionists dream.
My arms are too short to reach around my fat to clean myself.
This is HUGE, my ass and the struggle.
Public restrooms are a nightmare
Getting in and out of the stalls is scary.
Tying my shoes is impossible.
I cannot reach past my belly to get to the laces.
I cannot cut my own toenails
Again my bloated belly is in the way.
Which also leads to I cannot paint my toenails.
I cannot get into the van easy...
My size makes adjusting for comfort impossible.
When driving my belly rubs the wheel
And my legs are too bloated to function right.
The back seat belt barely fits me,
and the armrest digs into my hip.
Picking things up when they drop to the floor is hard;
picking up toys with the kids is hard.
I crush my lungs with my belly
when I bend over and breathing is difficult.
Standing up from the floor is a feat.
I have to grab furniture to get up.
Getting into chairs is scary, will I fit?
Getting out of chairs is equally hard,
as I have to pull myself up.
Restaurant booths are not fun.
I cannot get close enough to the table to eat properly.
I am clumsy because I cannot move
This 300+ mass easily.
My hands keep going numb, as it is too much
for my heart to pump blood to them.
I do not sleep well so I am tiered all the time.
Moving 300+ is exhausting and my energy is zapped quickly.
My legs Ache and feel heavy to lift.
My feet hurt from the weight they carry.
My soul screams I embarrass myself
With what I have become.
I think planning a healthy food plan beats all this hands down.
Posted Sunday, May 22, 2011

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It is a good day

Bill and I had our 3 month check up this morning.

My wt was up from last time.

I told Doc Chen that I started Nutrisystem yesterday and he was very very pleased :)

My B/P was a little high 140/80, he said probably due to the stress of the past few weeks, and not to worry.

All my numbers rocked kidney's liver all good.

The comprehensive metabolic panel was excellent.

CBC good.

My A1C was down to 6.3, it will get better he says with my new food plan.

My Thyroid was good as usual.

My cholesterol was 148, not bad.

The DL was 30 & the HDL 45.

The Triglycerides were a little high at 187 but he said in three months of proper diet they will come down.

So all in all it was a very good check up.

Now my sweet Bill his A1C wad up to 7.4 and his weight was up to 240.... We need to be careful with hi, He is not ready to join me on NS, but he said if it does not improve by September he will. I can cook for him and get his numbers down.

Now home, chilling and enjoying a quiet day. I am making turkey Barley soup for Paul (31 yr old married son) and Bill for dinner.

I am always so nervous going to the doctor, just keep waiting for the weight to effect my numbers. so I lucked out thus far, and on NS will only get better.

I worry most about diabetes. My grand parents all four were diabetic, my mother, sister, and brother are insulin dependent. My Grandmother on my mothers side died from complications of diabetes. I had gestational diabetes, when pregnant with my son which puts me at a higher risk. I need to pay attention.

I am so glad Patrick (doc Chen) was supportive. He said his wife lost 40 after the birth of their son on NS so he knows it works, that was cool to hear.

I enjoy the blog, it gives me a place to put my thoughts, and clear my mind.

Posted Saturday, May 21, 2011

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such an emotional eater... such a "nice" girl

Yeah.... that is me. My entire life it has been, be nice to everyone, don't step on toes, fix people, make THEM happy.... No matter what it does to you. When I feel bad, because come on face it no one can be that good... I stuff back the emotions of worthlessness, and lacking with ummm a cookie? an burger? Does not matter just fill that mouth and keep your words inside.

I started this week standing up for me and cutting out some very destructive people out of my life. It was not easy as they were family, however I knew if I am to survive I have no choice, they are toxic. I blocked their phone numbers and emails from coming into my realm. I stood tall and straight and said yes this is my time, my life, and I need to protect it.

Today is my first day on program. I am loving it. I can do this. It feels good. I am telling everyone. I even ordered my darling husband a pizza from PaPa John's because I have my NS pizza and I can do this.

Then comes the test! I have to smile at myself as it is my first Nutrasystem day, the pizza just arrived, only three days in on the relationship cleansing, and one snuck through. She left a message on my answering machine, tears and drama... I did not realize the message was from her till it hit play. Oh it pulled me directly to that guilty place of how could you do this to them? How selfish can you be?

I immediately felt hungry... My stomach burned, my head felt dizzy, wow such a spontaneous reaction. But wait I ask is that hunger? Real hunger? I was not hungry 1 minute ago. I was not even close 5 minutes ago. More likely it a burst of acid from the stress this person brings. The acid erosion I have lived with for 50 years.

So now comes the moment of truth. I am alone with my dogs. The pizza is on the counter. Bill is still 30 minutes from home. Do I Call her back and get pulled back in. Eat to calm the ugly emotions. Or come here and write it before I bite it?

I decide, I have to stand for me. I have to say the old Sandy is gone, and the new Sandy says no more. It is ok to care about ME. It is ok to say I will not, cannot save the world at the cost of my life and happiness.

Now I have time to walk around the block with my dogs, and regain my peace.

Posted Friday, May 20, 2011

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May 20, 2011

Well ready set here I go! I got the frozen stuff last night the other stuff comes Monday. I have enough to get started. I am so past ready to find my me.

I went to the store and got greek yogurt cause it was close. well I think it was wrong. I read no more than 120 calories and apx 7 grms protein well I this has 130 calories (close) and 10 gr protein, which was good I thought. the Yoplait had the calories right but the protein was only 6 gm. I am thinking the yoplait was the better choice. I will go back tonight and get the other. I can feed the greek yogurt to the kids. Do not think it is a total mess up.

I also got lettuce, broccoli, cauliflower, green beans, string cheese... I am set

Lynn brought me fresh from her garden carrots this morning, this is so cool, they will be a wonderful addition.

I ate my breakfast, the breakfast burrito is way yummy! I really liked it.

Bill took before pictures of me last night. Someday I will look back and amaze myself.

Bill and I will take the dogs for a walk this weekend.

This is going to be the start of my good life.

Posted Friday, May 20, 2011

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May 19, 2011

Ok My mind is a blurr. The Schwann man came today with my frozen stuff! I am shocked, that was so fast. So now I have the frozen stuff the dry stuff is en route. I want to just jump in and start, but I do not have the member kit yet. Is it enough to glean what I can from the site? I think so but do not want to set myself up for failure. I am thinking I understand what I need to do. Wow my insecurities are showing through so big.

I have to go to the store tonight and get lettuce, avocado (for fat), string cheese and yogurt.

I am going back to TOPS tonight as well so I have a place to go WI and be accountable. Talked to Brenda and she is thrilled we are coming back.

I am very nervous right now.... I think I can... I think I can... I think I can..

Posted Friday, May 20, 2011 11:46 AM

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May 18, 2011 - gearing up

Well here I am... I finally took the step and joined.

The past two weeks have kicked me in the pants My mother has again made it clear she does not love or want me. No matter my efforts, or success, I will never be good enough, pretty enough, or enough for her.

My sister in an effort not to offend my mother has followed suit, by limiting our conversations to weather, she said mother told her not to get involved with me so she needs to keep our talks secret, or risk losing the money and stuff mother gives her. I understand this in their poverty they need every dime they get, she cannot stand with me and lose her support.

I have blocked them from my incoming calls.

I long ago walked away from my abusive brother tracy out of my life. How did they all get so ugly?

It hurt / hurts like hell but I need to do this to save me.

On top of them I had Bev tell me "your hugely fat, you should get yourself banded or something" I wanted to die, crawl in a hole and just die. I know I am fat, but you just do not say that to someone.

O.K. enough of the pitty party, the letting other people push me face first into cup cakes. It is time I take control of my life, step out of the shadows and become the me I want to see.

I have been committing suicide by food long enough. I need to stop punishing me for what others think or say. I cannot control the world, and if I could it is just to big a job to want.

Talked to my My Dad at length today, he was a huge help, he was very encouraging. He loves me and assured it is them not me and it is ok to walk away. He does NS and loves it. He encouraged me to try and it felt good to have his love and support.

Bill my sweet husband just wants what is best for me, no matter what the is.

I have placed the order I am standing tall and ready to rock my world. soon I will be a slimmer healthier me.

By the time we go to Hawaii in December I hope to have lost 60 pounds. That would put me about 257, not skinny to some but darn right svelte to me.

Posted Wednesday, May 18, 2011 5:49 PM