

August 24, 2012

I am sooo happy! To date I have lost 52 lbs since I've started my weight loss. I am in a wonderful program here called 'Fit For Life'. It is a twelve week program where they teach us different things each week. One week will be on water intake, the next one dieting tips, then portion control and so on. I am at the very end of the program and this week was the final weigh in week. My stats are as follows: lbs lost: 15.8

body fat % lost: 3%

Inches lost: 12 1/2

The most inches was around my ~~body~~ waist which is 4 1/2. That to me was great! This picture of me off to the right is 10 lbs ago. Big difference from the first one I sent with the Dallas Cowboys background huh? I almost recognize myself again! Anyhow, the winners will be announced next Friday. I hope I am one of the 3 big winners. They get prizes and I just adore prizes!!



** FYI **

Just to let everyone know that has family here at Carswell, we are now allowed to receive soft covered books and magazines from home! (It used to be that they all had to come from a publisher or book store) This is awesome because now everyone can share books with their families, pick up cheap puzzle books from the Dollar Store and send them, etc.

