



Azure Beachcomber & Cabana News “ABC News”



Aloha Azuritas! BLC20 is officially starting on Wednesday! It's finally here, and we've been chatting and getting to know one another for almost a week. Keep on visiting your Azure sisters' pages, friend them in the spirit of Island living, and leave a little note, goodie, or comment on a blog while you're there! Read your Island sister's SparkPage info, and you will find you are "living" among quite a group of interesting, independent, fabulous women! You'll see too, that in many cases, it truly is a small world, with all we have in common.



Important News:

1. **Weigh in is Wednesday, Sept 12th!** Please follow this link, copy the template, and reply to post your own template. Fill in your starting weight for 9/12/12!
http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=-1x57695x49526746
Then USE IT to put yourself into high gear for the week and make that number go down!
2. Are you ready with your **STRONGEND plans**? Be sure to take some time and really think about what you want to accomplish in these 12 weeks, and really go for it! Don't hold back, start living the life you want TODAY! Once you have your plan in place, keep revisiting it to refine, rework, and RE-FOCUS! Make a STRONG plan for your future, and it'll take away the daily guesswork of how you're going to accomplish your goals, AND provide a plan to fall back on if stress hits.

Got some ideas? Need a little help? Here's what you need to do in order to complete your STRONGEND plans:

- Start here, in our private tracking team, AZURE DESTINATIONS DEPOT (A.D.D.) - BLC 20, and read the info provided:
http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=24193x57695x49636818
- Then in the same forum, find the thread with your name on it (example: STRONGEND 20 – SEVEN - that's mine!), click on that thread and reply to AZUREBABY's post and type in your plans. This is YOUR place to write your STRONGEND plans. You can revise by editing your post or keep replying to take it

week by week.

- Due date for STRONGEND plans is ASAP for the first 1 coming up! You may wish to plan out all 12 STRONGends at once or take them each weekend (er, STRONGend) at a time. Just be sure to plan BEFORE.
3. **Team Biographys!** Start thinking about what you'd like to share with us about your life, and your journey thus far. This is a great way to get a little closer to our team mates on the Island. We'd love to know more about you over the next 12 weeks! Follow this link to take a look- Once again, it is located in our private tracking team, AZURE DESTINATIONS DEPOT (A.D.D.) - BLC 20:
http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=0x57695x49535615
 4. **Team Contact Information:** Please take time to fill out your contact info, also located in our private tracking team. Since this is our private Azure Team only, your information is only available to your fellow Azuritas. Please share only what you are comfortable with.
http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=0x57695x49535582



Weekend Challenge! September 14th- 17th (Friday- Monday): “BACK TO SCHOOL!”

Here is the link to our upcoming weekend challenge- this is across the whole BLC, and 100% participation IS REQUIRED!!

<https://docs.google.com/document/d/1tdGZbySWGyHgbNRPdYgpGu42-M3LSzi-jc543tV7WY/edit>

Check it out now, and get ready for a fun challenge to kick off week #1, that will get you right on track!

Azurita Travel:



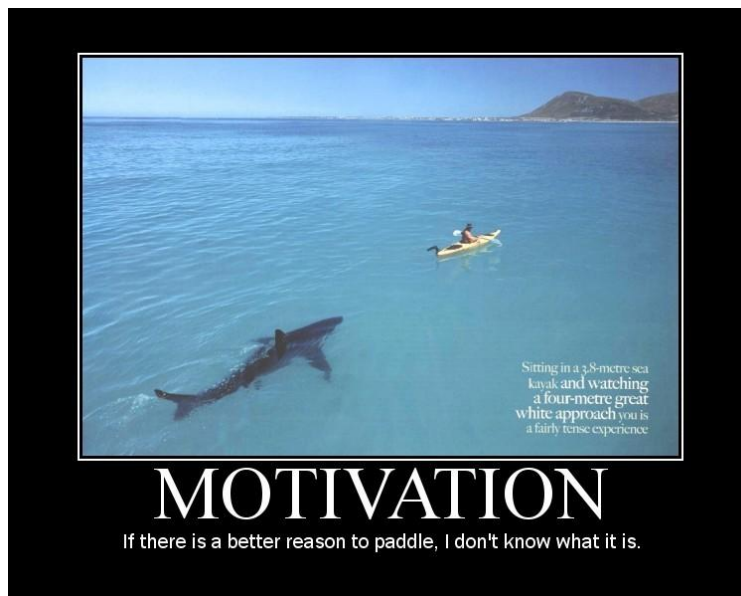
Many thanks to all of you who welcomed, chatted with, answered questions for, and visited the SparkPages of our BLC 20 new members (non BLC19) team! Your support is much appreciated!

After a few weeks, our Travel Coordinator, Sandy (SMERTZ) and her assistant Jenny (FITNFUNJEN), will begin the traveling aspect of our Team. More information will follow, but for some insight on Travel for Azure, check out the forum under Azure Secrets: Training. There are 3 topics directly related to Travel. Remember, we will learn more about this in a few weeks, so don't feel you need to overload yourself with info all at once!

However, here is the link to that area, if you are interested in checking it out now:

http://www.sparkpeople.com/myspark/team_messageboard.asp?board=24267x57695

Motivation Station!



In the days and weeks to come, there will be times when we aren't as "excited" as we are on Day 1. For this week's motivation, look to our Azure chat thread to keep up your excitement , and focus on where you are going in the next 12 weeks. Can you see the prize at the end, just waiting for you? A slimmer, healthier you! You deserve it, you are worth it, and well, you have to work for it!

- So stay active, keep moving! Work on those GOYBs and GOYBADs!! Throw some out for others to work on too!
- Choose your foods wisely! Think to yourself- when I am at goal in my future, would my future me choose to eat this?
- Support each other- message, chat, text, whatever! Tell us how you are making it happen, and inspire us to do the same! Stop in the chat thread often- everyday if you can!
- Forgive your mistakes, be as caring to yourself as you would another SparkFriend. Put it in the past, and move on to a better choice next time. You don't have to "blow" the whole day.
- Use your tools, right here on SparkPeople to help you in your journey. Explore! This site is an amazing wealth of information, right at your fingertips. They are always bringing in new things! And if you find something particularly helpful, please share it with us too!
- And above all, refuse to give up!

Island Extras:



Word of the week: Organize! Get your plans together, get your mindset in the right place, and get ready for the week ahead. You will find things to be much easier when you are organized!

Quote: "Let today be the day you give up who you've been, for who you can become." - Hal Elrod

Tips:

From Jen, (JENS_DOIN_IT): "Breath in Breath out....this is a journey, that we must take one breath at a time!"

From me! (Ursula/-SEVEN-): "Don't look back, you're not going that way." –somewhere on Facebook ☺

Questions! As always, feel free to ask any of us questions, anytime.

Aloha, and have a great week!

~Ursula/ Seven~