



Azure Beachcomer & Cabana News *“ABC News”*

Aloha Azuritas and welcome to Week #10! Now is the time to really PUSH>>>>!!

We have a big food-related holiday, (for many of us), next week, and maybe a little pre-holiday “damage control” couldn’t hurt! Stay the course, keep on track (or get on track), and move a pound or 2 off this week. There are many little things you can do to help yourself throughout the week, like getting your water in, taking those extra steps, staying active, and getting enough sleep.

We haven’t talked much about sleep and the impact it has on weight loss, but it’s a pretty big deal! From Shape magazine: A 2010 study “found that getting enough sleep helps your body to regulate hunger and lose more weight from fat (instead of muscle). In the study, when dieters got adequate sleep (about 7 to 8 hours), more than half of the weight they lost was fat. When dieters got less sleep (only about 5 to 6 hours), only one-fourth of their weight loss came from fat and they produced higher levels of ghrelin, a hormone that triggers hunger and reduces energy expenditure.”

For the full article and tips on getting better sleep, go to:

<http://www.shape.com/latest-news-trends/sleep-and-weight-loss-why-getting-your-zzzs-important>

Tips for a better night’s sleep:

<http://www.shape.com/lifestyle/mind-and-body/how-get-good-nights-sleep>

Also check out this week’s challenge to make a change for the better and get some sleep this week. Your passport stamp to Tahiti can be earned by completing the challenge!



WEEKLY TRACKING SHEET

WED. 11/14 - TUES. 11/20

WEEKLY DATA:

	WED	THU	FRI	SAT	SUN	MON	TUE	TOTAL
WEIGH-IN		XXX	XXX	XXX	XXX	XXX	XXX	XXX
POSTED IN CHAT:	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	___/7
STRONGend GOALS MET?:	XXX	XXX	Y/N	Y/N	Y/N	Y/N	XXX	___/4
FITNESS MINUTES: STILL A STREAKER? (5X per week, 20 min +)								_____ MINUTES
No Excuses Clean Eating Challenge	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	___/7
CICO								XXX
Steps Tracker <<<<NEW!>>>>								_____ STEPS



Important News:

1. **Weigh-in is Wednesday, November 14th! Your post is due by midnight in your time zone!**

Please follow this link, copy the template, and reply to post your own template. Fill in last week's weight, this week's weight, and the +/- difference, as well as your overall BLC +/- total!

http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=-1x57695x49526880

2. **Posting in the Team Chat!** Remember, it is a REQUIREMENT to post at least **3 times** per week (or more) on the Azure Chat thread.

http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=24174x57683x49504004

This is a BLC rule!

3. **Statuette LCW! (Your cardio minutes from Monday 11/12 or Tuesday 11/13.)**

Please post on this thread (link below) to earn your Statuette based on the number of cardio minutes:

5-35 minutes People's Choice Award

36-55 minutes Golden Globe

56-75 minutes Screen Actor's Guild Award

76-90 minutes Emmy

91 or more Oscar

http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=24268x57695x50775563

4. **STRONGENDS**

If you are doing them week to week or have not yet posted plans, don't forget to pre-plan this coming STRONGend! Remember, you can revise as well!



5. No Excuses Clean Eating Challenge!

November 1st -30th !

http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=24268x57695x50624042

How are you doing? Keep it going!! Don't be afraid to start anew, if you need to. Each day, keep striving to meet your goals of clean eating or whatever your commitment is! We will feel so much better! Give it your all!

6. CICO!! “Calories In, Calories Out” – Are you participating? If not yet, check out the info and feel free to “play along”!

For more information, see:

<http://azuredestinations.weebly.com/calories-in-calories-out-cico.html>

7. Steps Tracking! Have you joined the 10000 steps 5 days/week until 1/1/2013 Club?

It's not too late! Haul out your pedometer or use your FitBit or whatever else you have to track your steps. This is another GREAT way to be mindful of staying active! Every little “step” we take, is one step closer to goal!

Here is the sign-up thread!

http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=24268x57695x50787659



Azurita Travel & Cabana News:

It is time to bid adieu to your Host Team for Statuette LCW. Please thank them for having us visit and participate in the LCW Challenge with them!

We should be home this week on Azurita Island, resting up for our next excursion, but if the need arises, we may travel at a moment's notice. Keep an eye on the Azure Chat Thread for any last minute travel.



CHALLENGE



Passport to HappiNESS Challenge!



Azure Destinations Passport to HappiNESS Challenge



This week we are headed to the relaxing island of Tahiti! Take a load off your feet and find a hammock for a cat nap because this week our FOCUS is on the Sleep & Stress-relief part of HappiNESS.

You can earn your Tahiti passport stamp in three ways:

- 1) Sometimes we get so used to pushing ourselves hard when we exercise that we forget how to be active in a relaxing way. On at least 4 days this week, include some relaxing exercises in your routine (consider walking, stretching, swimming, yoga, etc.) This kind of exercise helps your body and mind!
- 2) Post at least one article about relaxation, stress-relief, or sleeping.
- 3) On the chat thread or your blog, share what activities help you relax and help provide stress-relief for you.

Bonus: Earn your Tahitian bartender and goodies by spending 7+ hours sleeping* on at least 4 days this week. *(total time in bed counts even if your fitbit says it wasn't the most efficient sleep.)





Motivation Station!

Word of the week: **VISION!**

- *“How different our lives are when we really know what is deeply important to us, and keeping that picture in mind, we manage ourselves each day to be and to do what really matters most.” ~Stephen Covey*
- *“The future is always beginning now.” ~Mark Strand*

What’s your vision for your future? Do you remember? In fact, do you remember posting your starting picture at the beginning of this round? Go check her out. (That’s ok, I’ll wait....) Is that old picture still your vision? Or are you believing in a NEW vision yet? We’ve been at this for awhile now, and perhaps you are really making those changes to become the person you envision- the whole package. It’s not all about weight loss, truly. Your weight does not define you- the whole “you” is comprised of many things, least of which is your weight. But... we are all here for that reason, are we not?

We may feel that losing the weight will make us happier, certainly healthier (in most cases), more in control, more self-aware, more awake, more able, and maybe... more self-confident? This sounds like some great rewards to strive for, doesn’t it? Does feeling more “ALIVE” appeal to you? (The answer is yes.) ☺

You have the tools- the BLC has provided many ways to help you along this journey, to work on your weight loss, one facet of “you” that are meeting here to work on together, so take what is freely offered. Eventually, your old habits can change and you will be living your vision automatically! See who you want to be- and if you haven’t already, consider making a vision board to put up in your home somewhere to remind you on a daily basis, exactly what your VISION is!

Don’t give up!





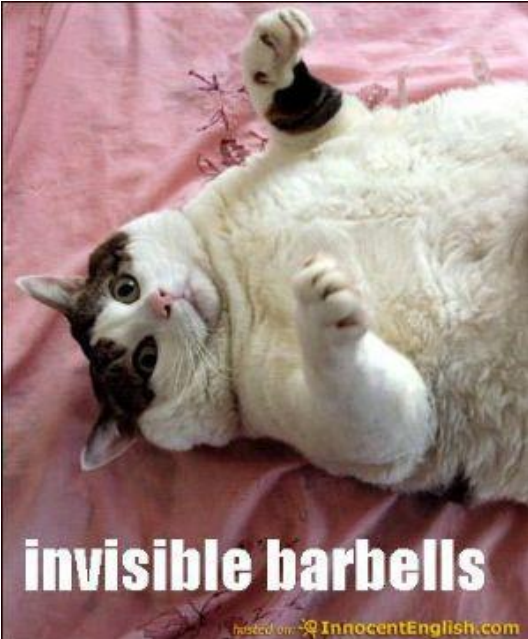

Island Extras:

Quotes:

“Searching for that big happy moment in life, how many special little moments will we let pass us by?” ~Anonymous

“Living a healthy lifestyle will only deprive you of poor health, lethargy, and fat.” ~Jill Johnson

Funnies!

 <p>invisible barbells</p> <p><small>based on: InnocentEnglish.com</small></p>	<p>GLASBERGEN</p> <p><small>© Randy Glasbergen. www.glasbergen.com</small></p>  <p>“Just a salad for me. A vanilla ice cream salad with hot fudge dressing and marshmallow croutons.”</p>
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Have an awesome Week #10! To your Health!

~Ursula/ Seven~