



Azure Beachcomer & Cabana News *“ABC News”*

Aloha Azuritas and welcome to Week #11!

It's a holiday week for many, and busy, for sure! So let's get right down to business.

Tips for these times of merriment and overexposure to “fun” foods!

- Make a plan! Plan for extra calories by eating a bit less before and after a holiday meal. You can also plan a little more exercise into your week to offset an over abundance of calorie intake.
- Remember, in most cases, it's ONE MEAL. Talk yourself out of continuing the feast after the day/meal has passed. Just because there is more food left over, doesn't mean you have to turn your beautiful, hard-won, hard-worked-for body into a garbage can!!
- You don't have to do “damage control”, if you don't do the damage!
- Just because everyone else is doing it, doesn't mean you have to! (If all your friends were jumping off the bridge.... You know the rest!)
- Think of yourself as a diet and exercise counselor. What would you advise another person in your situation? Then take your own advice!
- Out of sight = Out of mind. Remove “it” from your vicinity or remove yourself.
- Drinks carry a lot of calories! Wine, beer, liquors, soda.... Enjoy, but isn't 1 enough?
- Water! Flush out your system following times of eating and drinking things that are not so healthy. Water is your friend!! ☺
- If you are bringing a dish to pass, make it something friendly to your healthy lifestyle. Then you know you have at least 1 thing that is going good for you!
- Think before you eat! Often times, we get caught up in the merriment and don't realize how much we are consuming. Be aware.
- Think about what you are eating- that is, enjoy the taste as you go. Don't just swallow a whole lot down without paying attention. This way, you may not need as much to satisfy you.

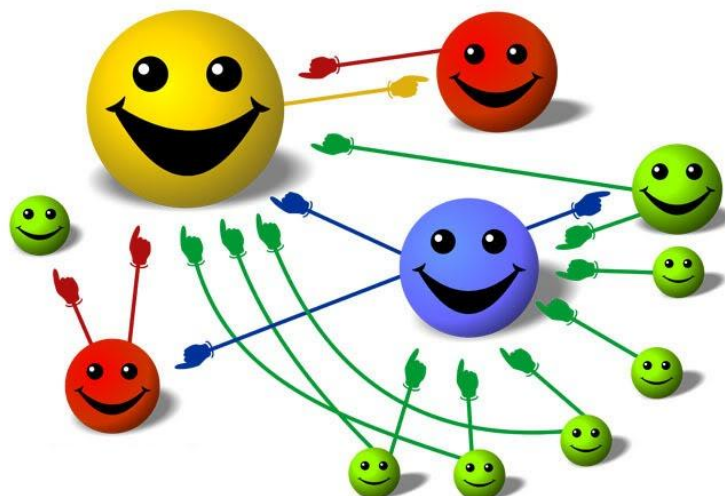
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WEEKLY TRACKING SHEET

WED. 11/21 - TUES. 11/27

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 21st! 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=-1x57695x49526887

2. **Last week's Passport to HappiNESS Challenge: Destination Tahiti!**

If you completed your challenge requirements, here is your Passport Stamp to Tahiti, Tahitian Bartender & Goodies!

<http://azuredestinations.weebly.com/passport-stamps--island-goodies--bartenders.html>



3. **No Excuses Clean Eating Challenge!** November 1st -30th !

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

4. **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>

5. **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.

Here is the sign-up thread!

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

Azurita Travel & Cabana News:



We have an upcoming challenge Nov 26th – Nov 29th, (see next section), and we may be doing a little traveling on those days as well. (Monday-Thursday, next week)

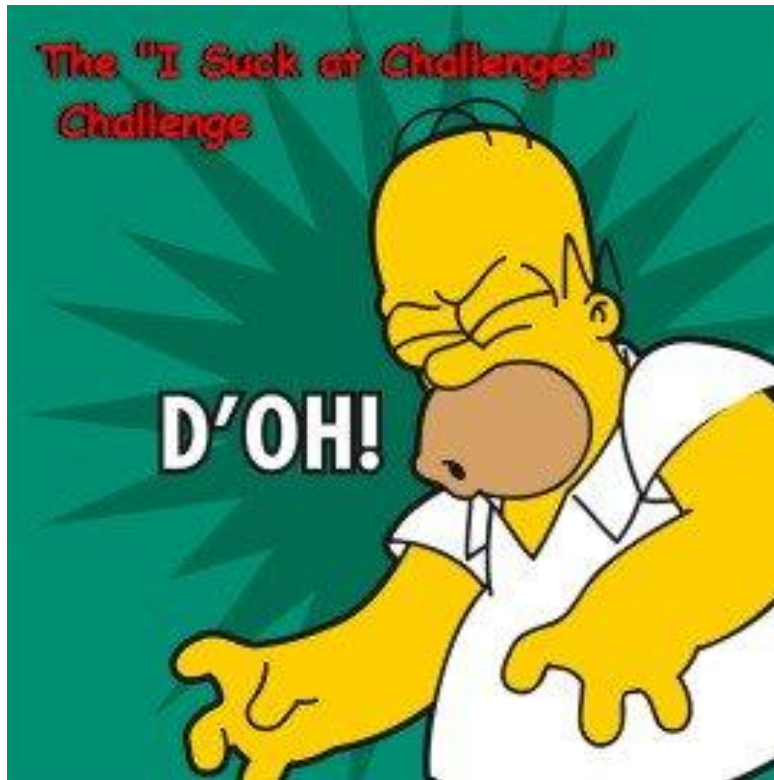
Cabana assignments will be available as soon as we are sure of which teams would like us to visit.

However, ALL Cabanas are welcome to drop in on the **Rockin' Rose Rangers** this coming weekend, Friday- Monday, Nov 23rd – Nov 26th, as we are doing the **Rockin' Drumstix Dash, a.k.a. Turkey Trot** with. (voluntary, of course) It's a challenge to do a 5K (or 3.11 miles) over the weekend!

Personally, I will be splitting mine up, but participating just the same, to get that 5K in, and work off those Thanksgiving calories!!

Please go to the **Rockin' Rose Rangers'** chat thread and find the sign up post-then copy, paste, add your name, and post, if you are interested! Here is the link to their chat thread:

http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=24174x57683x49503846



Fitness Minutes Challenge!

November 26th – 29th: All fitness activity counts!! Rack up those fitness minutes, tally your total for the 4 days, and post it here:

http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=24268x57695x50918116

***We may be traveling during this period also, so stay tuned for Cabana assignments.**



Motivation Station!

Word of the week: **PARTICIPATE!** (As in, “participation, not perfection.”)

“Perfectionism doesn’t make you feel perfect. It makes you feel inadequate.” ~Maria Shriver

“You don’t have to be perfect in order to be successful.” ~Anonymous

**This probably would have been a good word (or phrase) to start off our round.
Hindsight is 20/20 you know!**

Really think about the quotes above. They ring very true to me. And our goal of weight loss is a journey to (hopefully) long lasting health- there is no perfect way of getting there. This is not Biggest Loser TV where you can dedicate all your days and nights to being perfect for this one project and go home after a few months, having completed your transformation. We all need to work at changing our lifestyle for the better on a permanent basis. Work-at-it. Temporary won’t cut it- unless you are only looking for temporary weight loss.

We CAN be successful without being perfect all the time, and we need to see our wonderful qualities outside of being the perfect dieter/exerciser. Participation in your life is one of the keys to really LIVING. Show up. Make efforts. Be yourself and share your gifts. Enjoy who you are, whatever your weight is, right now. Be not only a “team player”, but also a team “leader”. Set the example for others around you. Participate in this thing called life. You will get so much more out of it!

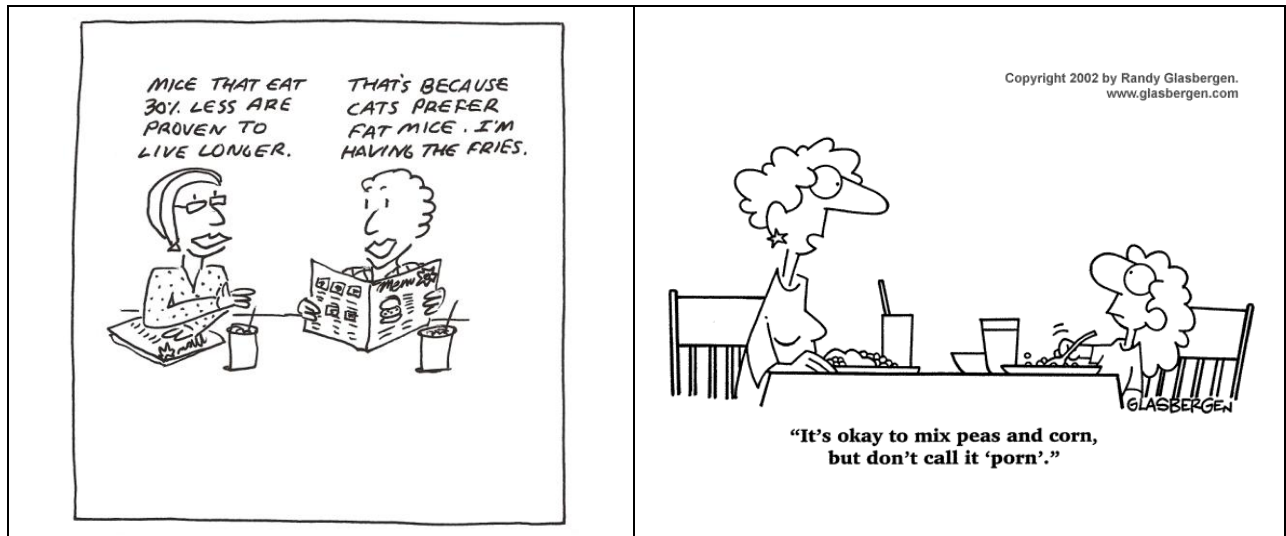
All the best~



Island Extras: Woohoo!!



Funnies!



Have an awesome Week #11! To your Health!
~Ursula/ Seven~