



Azure Beachcomer & Cabana News
“ABC News”

Aloha Azuritas, and welcome to your final week of BLC20! Week #12! Rock it, Azure!!!

Be sure to pick out your stocking above, no fighting, there's one for each of you, including our Floaters, whom we've missed!

We hope you've enjoyed your Round on Azure, and look forward to BLC21 in January 2013! Please be sure to let your Team Leaders know what your thoughts are about the round, where we could improve, what you enjoyed the most, and anything you'd like to share.

Enjoy the break with your families and friends during this Holiday Season, and think of ways you can celebrate and still keep in line with your Healthy New Lifestyle. Keep your vision alive and make your journey a successful one. Your BLC20 newsletters will remain on our www.azuredestinations.weebly.com website, as I know you'll all want to refer to them for future pep talks and motivation! Hee hee! I will have a final wrap up for you next week as well.



WEEKLY TRACKING SHEET

WED. 11/28 - TUES. 12/4

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	XXX	XXX	XXX	XXX	____/3
CICO								XXX
Steps Tracker								_____ STEPS



Important News:

1. **Weigh-in is Wednesday, November 28th! 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=-1x57695x49526894

2. **Fitness Minutes Challenge through Thursday! 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



3. **No Excuses Clean Eating Challenge! November 1st -30th !** http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=24268x57695x50624042

Still going, but almost done! Keep those healthy changes going!

4. **CICO!! “Calories In, Calories Out”** – Are you participating? If not, 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! 10000 steps 5 days/week until 1/1/2013 Club:** Track your steps through 1/1/2013, and feel free to join anytime!
http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=24268x57695x50787659

Azurita Travel & Cabana News:



We are currently traveling now, while participating in our Fitness Minutes Challenge. (Nov 26th – Nov 29th)

As a reminder, Cabana assignments are as follows:

Island Blossoms – Midnight Mustangs

http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=24174x57683x49710708

Sunny Beaches – Rockin' Rose Rangers

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

Coconut Queens – Blazing Blue Bombshells

http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=24174x57683x49533904

Passport to HappiNESS Challenge, Week #12

TONGA!!



Azure Destinations Passport to HappiNESS Challenge

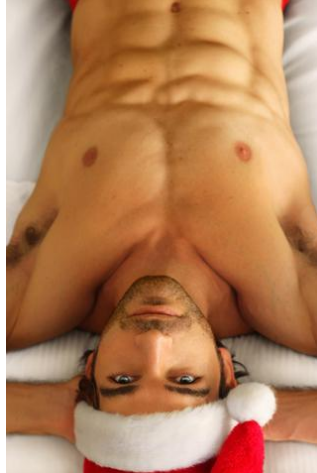


This week we are docking at the "Friendly Islands" now known as Tonga! The last "S" in HappiNESS stands for Spark Friends. We can FOCUS on the finish line together! Finishing with friends is fun!

Earn your Tonga passport stamp in three ways:

- 1) Make new friends! Visit the spark pages of at least 4 BLC members that aren't already your friends. Remember to comment on their page or blog and friend them!
- 2) Give out at least 4 Spark Goodies to encourage your Azure teammates to finish strong.
- 3) Visit the Azure chat thread at least 3 times this week and share what you are doing to stay strong to the end!

Bonus: Visit & comment on all the Azure team members' spark pages to earn bonus goodies!



Motivation Station!

What? He isn't inspiring?

Beachie Lisa B has the right idea!!

Word of the week: INSPIRATION!

"Do what you can, with what you have, where you are." ~Theodore Roosevelt

"We can do anything we want as long as we stick to it long enough." ~Helen Keller

This week, I am going to **INSPIRE** you!! Not just for today, or this week, but forever! I know, I'm amazing!! 😊

ACTUALLY, I am going to show you who REALLY is amazing. Visit the links below, and be inspired to do what you have come here to do. Don't be afraid to ask them the secrets of their success. You may learn a thing or 2 to help you on your way, and even make some new friends!

Let's start with our own Azure SparkPeople Motivators!

**FITLIKENIC, JENS_DOIN_IT, KRISTA-GIRL, ZANNACHAN,
FITNHEALTHYKAL, SMERTZ, 4-1HEALTHYCYNDI, 1LBDOWN, &
KRZYKAT3 !!!**

Way to go, Azuritas! You are out there motivating us all, everyday!





Here are some of our “Superstars” within the BLC!

- Starting here at home, Kal is 50 lbs down and at goal!
<http://www.sparkpeople.com/mypage.asp?id=FITNHEALTHYKAL>
- Sandy has lost over 100 lbs and is getting so close to goal!
<http://www.sparkpeople.com/mypage.asp?id=SMERTZ>
- Krista has lost 65 lbs and is also so close to goal!
<http://www.sparkpeople.com/mypage.asp?id=KRISTA-GIRL>
- Jenny has lost 43 lbs and goal is around the corner!
<http://www.sparkpeople.com/mypage.asp?id=FITNFUNJEN>
- Kim has lost 65 lbs and is well over ½ way to goal!
<http://www.sparkpeople.com/mypage.asp?id=SWEETMNTING>
- Moving on around the BLC, Suzanne (Sapphires) has lost 77 lbs!
<http://www.sparkpeople.com/mypage.asp?id=PINKHOPE>
- Nell (Mochas) has lost 131 lbs!
<http://www.sparkpeople.com/mypage.asp?id=NELLZIE04>
- Jenn (Rangers) has lost 80 lbs!
<http://www.sparkpeople.com/mypage.asp?id=PEACEJENN>
- Chelle (Spies) has lost 142 lbs!
<http://www.sparkpeople.com/mypage.asp?id=JUSTCHELLE75>
- Barbara (Bombshells) has lost 129 lbs!
<http://www.sparkpeople.com/mypage.asp?id=ARKPLE>
- “Z”(Camo) has lost 83 lbs!
<http://www.sparkpeople.com/mypage.asp?id=ZMONEY>

And that’s just a small sample of our BLC members in action! I KNOW our BLC has done much for all of us, whether in weight loss, emotional support, Non-Scale Victories, and great friendships!



Island Extras:



Funnies!



Have an awesome Week #12! To your Health!
~Ursula/ Seven~