

AZURE BEACHCOMER & CABANA NEWS “ABC NEWS”



Aloha Azuritas! We are on the heels of week 3! Yeah! Are you still making it happen or did week 2 throw you for a loop? If you are finding success, good for you! Stick with it! If you are not- take a step back and organize your thoughts. Put aside 15-30 min, or more if you can, to put some things down on paper, to formulate a new plan of attack. The goal is still the same, but “getting there” has an infinite number of possibilities. Think about reworking your plan, or maybe starting on a brand new one, if you want something fresh!

Also consider this- are you slipping into a boring routine? Is that good for you? Or did you need to make a few slight adjustments to keep up your excitement and motivation? Sometimes we end up eating the same foods, day after day- so maybe try a new SparkRecipe, some different fruits/ veggies/ salads/ spices, or cook using a recipe from a cookbook you have.

As for your exercise habits, how about a new fitness class or dvd? If you go to a gym and always use the treadmill, try the elliptical, or one of the bicycles for a few minutes. Don't be embarrassed to try new things! If you walk, try a different route or location.

Some of us are moving into colder weather too- that means if you rely on outdoor activities, you may need to make a new plan to move it indoors. What is your plan for the changing season? Think, plan, revise, re-work, organize..... and time! Take a deep breath and give yourself a little time to work through this. It's a Journey, otherwise known as Living your Life. Give your life the attention it deserves and your mind and body the proper rest and “down” time. Multi-tasking is over-rated!! (and stressful!)



WEEKLY TRACKING SHEET

WED. 9/26 - TUES. 10/2

WEEKLY DATA:

	WED	THU	FRI	SAT	SUN	MON	TUE	TOTAL
WEIGH-IN		XXX	XXX	XXX	XXX	XXX	XXX	XXX
STRONGend GOAL MET?:	XXX	XXX	Y/N	Y/N	Y/N	Y/N	XXX	____/4
POSTED IN CHAT:	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	____/7
CHALLENGE:	XXX	XXX	/225	/225	/225	/225	XXX	____/900
FITNESS MINUTES: STILL A STREAKER? (5X per week, 20 min +)								____ MINUTES



Important News:

- 1. Weigh-in is Wednesday, Sept 26th! 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=1x57695x49526838

Example:

**Current weight: 213

PREVIOUS WEIGHT: 215 (my example, from 9/19)

WEEKS +/- -2

BLC 20: -8.5

9/12 - 221.5

9/19- 215


9/26 - 213

10/3 -

etc.

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.
This is a BLC rule!

3. **Passport to HappiNESS Challenge!** How did you do this week? Did you enjoy Hawaii?

- **How was your FOCUS – Back to Basics?**
 - Nutrition
 - Exercise
 - Sleep & Stress Relief
 - SparkFriends
- **Follow this link to print out your Passport!**
<https://docs.google.com/open?id=0B3LD1oWQRRDCcWNySU5XZkRRdE0>
- **Did you report back on the Azure chat thread with the  for “goals met” to earn your Hawaii passport?**
 - If so, then follow this link to print out your Passport Stamp for Hawaii to tape/glue into your passport!
<https://docs.google.com/open?id=0B3LD1oWQRRDCakJab3paQUJIZ1k>
- **Did you Blog or post in the Azure chat thread about the FOCUS topic** and either how you planned to, or how you DID work the topic into your happiNESS goals for this week, so that you could earn some extra island goodies too?
 - If so, then follow THIS link to print out your extra goodies!
<https://docs.google.com/open?id=0B3LD1oWQRRDCU3NabjZKWTRlaDA>

4. **Back to School Challenge Results from Week 2!**

100% Participation in the Challenge:

SILVER SPIES, CAMO CREW, GOLDEN PHOENIX, ONYX OUTLAWS, COURAGEOUS COPPER COUGARS, SPARKLING SAPPHIRES and FOREST GREEN PIXIES!!

Winners are determined by the Highest AVERAGE points per ACTIVE teammate.



FIRST PLACE: SILVER SPIES with 892.24 average pts (25,875 pts with 29 Active Spies)!!



SECOND PLACE: CAMO CREW with 843.75 average pts (20,250 pts with 24 Active Crew Members)!!



THIRD PLACE: GOLDEN PHOENIX with 791.94 average pts (24,550 pts with 31 Active Phoenix members)!!



AZURE DESTINATIONS came in 7th! with 21 out of 22 members participating (so close to perfect participation!) Way to go!
And an average of 759/1000 points per person. That's pretty awesome, girls!
Give yourselves a pat on the back, a margarita, and an afternoon in a hammock with a great book! (or a night out with your favorite bartender!)
Woohoo!

5. 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!

- 6. Contact Info** (optional, but requested): If you have not filled in your contact info, please do so on the following thread. Remember this info is kept only for our own Azure Team. Thanks!
http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=0x57695x49535582



**Weekend Challenge! Week #3: Sept 28th- Oct 1st (Friday- Monday):
“The Long and Winding Road”**

**In honor of the Beatles, we will be doing a Beatles “RINGO” Challenge or
“Weekend Ringo Bingo” as a Travel Challenge with other Teams!**

FITNFUNJEN (Jenny) and SMERTZ (Sandy) have provided this week's challenge!

Details: Adapting to a healthy lifestyle can be long and winding. In honor of the Beatles, we will be doing our Beatles “RINGO” Challenge. Why not try to tackle some of those winding challenges by playing R(B)INGO? Each Beatle song title has an accompanying healthy challenge. The link below will take you to the template, which is also on the next page of this newsletter.

https://docs.google.com/document/d/11fnJJUjR8pUCprliMDU7xn19Bv_XBcXgVRvLO466m8k/edit

We will be going up against several other teams, by Cabana! Your Cabana's travel assignment will be to participate in this challenge with the other team you are assigned to. So that means, you will be competing AGAINST the other Cabanas and THEIR assigned teams. Feel free to talk some (fun) SMACK and rev up the competitive spirit among all the teams we are participating with! But don't forget to support your own Cabana-mates and your assigned team!



Beatles "Ringo"

The Long and Winding Road

R	I	N	G	O
You Can't Do That - Do something you think you CANT do	I Should Have Known Better – Log your nutrition	Savory Truffle - Cut out your temptation food for one day	Twist & Shout - do a GOYBAD	A Hard Day's Night – Work out hard for at least 20 min
The Long & Winding Road - Take a walk	Strawberry Fields Forever – Eat at least 5 servings of fruits and veggies	Octopus' Garden - Eat seafood (or other foods) rich in omega 3 fatty acids (salmon, flax, walnuts, etc)	Yellow Submarine – Go for a swim (or other aerobic activity) 30 min	I'm a Loser – Lose one bad habit you still have for a day
I'm Only Sleeping – Get 7-8 hours of sleep	Carry That Weight – Do strength training	Free as a bird Space	I Feel Fine – Treat yourself to something that makes you feel fine	Here Comes the Sun – Spend 20 minutes outside
With a Little Help From My Friends – Help a spark friend with a comment or goodie	I'm Happy Just to Dance With You – Post a GOYBAD	Paperback Writer – Write a blog post	Think For Yourself – Choose one healthy habit to work on today	Run For Your Life – Go for a run (or walk/run)
Ob-la-di Ob-la-da - Have some fun!	How Do You Do It? – Get good advice about your health by reading a health article on Spark	I'll Keep You Satisfied – Write down 10 things you are grateful for	Let It Be – Let go of something (or forgive someone) that's holding you back	Old Brown Shoe – Get rid of those old clothes that don't fit or make you feel frumpy

Please print out a copy (4) of the BINGO card for each day of the challenge.

POINTS are as follows:

5 pts per square covered. (Up to 25 squares- a total of 125 possible points.) The free square counts.

10 pts per BINGO (5 in a row across, down, or diagonal) Max 50 points per day.

50 pt bonus for BLACKOUT (fill in every square on the card)

Tracker Template (Each day you can earn up to 225 pts.)

Beatles RINGO: F (0 /225), S (0 /225), S (0 /225), M (0 /225), Total: (0 /900)

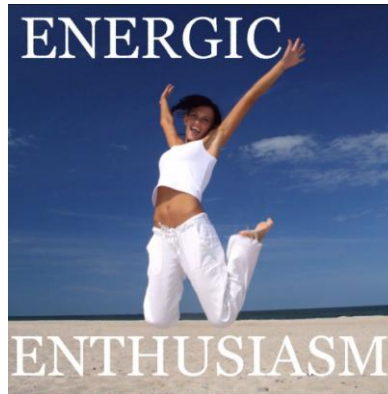
Azurita Travel & Cabana News:



Week 3 Travel News!

This will be our first week of travel outside of Azure! As mentioned in the Challenge section, we will be traveling to other teams to participate in the Weekend Challenge.

- **Each Cabana will be assigned a different team to participate with. Assignments for each Cabana will be announced later this week!**
 - **Sunny Beaches Cabana**
 - **Coconut Queens Cabana**
 - **Island Blossoms Cabana**
 - **Ohana Cabana**
- **Remember your travel training and tips!** Introduce yourself, connect with someone you already met (if possible), and read the current conversation to get the “mood”. Include that you are **EXCITED** to be hanging out with their team and participating in the challenge this weekend with them! If you need to review the Travel Training tips, etc. Please follow this link:
http://www.sparkpeople.com/myspark/team_messageboard.asp?board=24267x57695
- **Please make your B*E*S*T effort to work on the challenge to support your host team!**
- **Don't forget your Azurita home base! Stop by the Azure chat thread and share how things are going with your Host team for the weekend, and see how everyone else is doing too! Please share what is working well for you with traveling.**



Motivation Station!

Word of the week: **ENTHUSIASM!**

“Nothing great was ever achieved without ENTHUSIASM.” ~Ralph Waldo Emerson

Our Challenge this week is based on the theme “The Long and Winding Road”. While we are mainly focusing on a healthy lifestyle, it really applies to all facets of your life. Hopefully, we will all enjoy a long life, and be able to navigate that long and winding road. Surely it’s not easy, but one thing that helps is to bring your ENTHUSIASM with you!

ENTHUSIASM will help you face each day with a spirit of adventure, an excitement for living your life. Do you want that kind of life, or would you prefer complaining, big sighs, and resignation to another lonnnnnng day? In the end, it’s really your choice.

Whether or not you are going to a job you love, or maybe you’re at home with kids all day, or recovering from an illness/ injury, retired, etc.--- How you go about your day, determines your mental well being, and many times, your success in your goals. Each day may just be about the same as the next, but you CAN make it special.

Do you want to look back on your life and not think much of it? Are you supposed to wait for those precious few vacation days to have some great times? Don’t wait. Today is an AWESOME day, just like every day you are given to be here with us on this Earth!

Give your job (whatever it may be- away from home or in the home) your very best- your smiles, your energy... find the “special” in each day. Your coworkers and family will be uplifted by your ENTHUSIASM for life and it catches on!! Wouldn’t it be great to be surrounded by positive, energetic people? Yeah!!

Bring that same outlook to your workouts! I CAN DO THIS, and I’M GOING TO ROCK IT TODAY! Turn up the music, feel the energy! Make yourself great meals- make them beautiful AND tasty! Just because it’s healthy food, doesn’t mean it can’t be fabulous!

So turn up the ENTHUSIASM, and bring IT to every aspect of your life! You will FEEL happier inside and FEEL like you are living your life on purpose, not just existing or surviving each day. Let us know on the chat thread how you are bringing ENTHUSIASM into your day!





Island Extras:

Special News!!

Saturday, September 29th is Clarissa's birthday (CLAREEASA)

Tuesday, October 2nd is Kal's birthday (FITNHEALTHYKAL)

Stop by the chat thread or their SparkPages to wish them a Happy Birthday!

Quote: "The past is behind, learn from it. The future is ahead, prepare for it. The present is here, live it." ~*Thomas S. Monson*

Tips:

From *Woman's World* magazine:

"Rx for stubborn pounds! An apple a day keeps the pounds away? Yes! A new University of Iowa study suggests that a compound in apple peels (called ursolic acid) increases calorie-gobbling brown fat and muscle, reducing your risk of obesity, Type 2 diabetes, and fatty liver disease. Just be sure to opt for organic apples, since pesticides tend to concentrate in the peel."

Interesting, huh?

Top 10 Foods for Healthy Hair- Check it out!

<http://www.webmd.com/healthy-beauty/features/top-10-foods-for-healthy-hair>

Funnies!



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

**Aloha, and have an ENTHUSIASTIC
week #3!**

~Ursula/ Seven~