

## *Azure Beachcomer & Cabana News - "ABC News"*



Aloha Azuritas! Welcome to Week #5. How did your Freggie Challenge go? We are now 1/3 of the way through the BLC20 Round - 4 weeks are GONE. Are you on track to hit the goal you set for yourself at the beginning of the round? You may or may not be.

If so, keep on doing it right for you! It's working!! If not, there are two options - revise the target (something achievable within the remaining time) - or revise the effort. If you set a conservative goal at the beginning, you may want to FOCUS on revising your efforts. If you went a little overboard with your target, scale back your expectations a bit. You didn't put the weight on overnight, right? It's going to take time to get it off- the healthy way. (S-L-O-W-L-Y) There are no fairy godmothers here- just plain old hard work! But we can do it together. So keep bringing yourself back to your end goal, visualize your success, and help your fellow Azuritas along the way. You make a difference to all of us!

This week's Challenge is "International Travel Week SparkPage Decorating Challenge", and it is focused more as a fun challenge to lighten things up a bit. BUT, it gives you a great chance to explore other cultures and cuisines! Try some International food this week to liven up your meals, the healthy way. (For example, consider the benefits of the Mediterranean diet!) And just because we are having a fun challenge this week, doesn't mean you can lose track of your regular nutritional and exercise plans. Don't forget those STRONGends either! Keep your planning active, changing with your needs, and keep plugging away towards goal!

So have fun, let loose the "International" you, dress up your SparkPage, and continue to keep your FOCUS on tracking, planning, exercise, and portion control.





**WEEKLY TRACKING SHEET**

WED. 10/10 - TUES. 10/16

**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
INTERNATIONAL TRAVEL WEEK SPARKPAGE DECORATING CHALLENGE Did you decorate your page and post a reply in the sign-up?								Y / N
FITNESS MINUTES: STILL A STREAKER? (5X per week, 20 min +)								_____ MINUTES



## Important News:

1. **Weigh-in is Wednesday, October 10<sup>th</sup>! 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=-1x57695x49526855](http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=-1x57695x49526855)



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](http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=24174x57683x49504004)  
**This is a BLC rule!**
3. **Visitors to AZURE: From Coach /Captain Jen:** "I know we each try our best to welcome and interact when Azure has visitors....but I want to express the importance of embracing them. Welcome them, on the thread, AND by visiting their SparkPage to thank them for their visit to the Island. Take a look around at the visitor's SparkPage and engage if you can, with a photo comment, read a blog, or comment on something on their page. We want to make sure all our Island guests feel special and welcome to return any time :)"  
**This is part of who we are, that sets us apart from the standard BLC Teams. This is what we want to be known for!**
4. **From the desk of Captain Nicole:** Also on that note..."One of AZURE's tasks is reading blogs. If there is a blog that stands out that you think the Leaders should know about, whether is positive or needing help, please post either in the Cabana thread, the chat thread, or SparkMail the leaders.  
**Again, this is what we want to be known for - reaching out to the individual, NOT just the group."**

## 5. Last week's Passport to HappiNESS Challenge: Over the Rainbow Freggie Round-up

- **Did you:** 1) Eat a rainbow of freggies on at least four days of the Focus week: Red, Orange/Yellow, Green, and Blue/Purple? AND 2) Eat 5+ servings of freggies on at least four days of the Focus week?
- If so, don't forget to report back on the Azure chat thread using this seashell  saying that you participated.
- Also if you made a meal plan for the Focus week, you have earned some personal attention from a special bartender and some island goodies too!
- Click here for your passport stamp to FIJI, to collect it for your Passport book, your special bartender, AND Island goodies.  
<http://azuredestinations.weebly.com/passport-stamps--island-goodies--bartenders.html>  
Remember to take only what you earned. Feel free to show off your passport stamps/goodies on your SparkPage too!

## 6. Last week's Tighten N' Tone Challenge, against the Spies and Hunters!!

If you missed it, here are the results of our head to head challenge!

- First place goes to the Spies with a team average of 26 and 96% participation (27 out of 28)!
- Second place goes to Azure with a team average of 25 and 89% participation (17 out of 19)!
- Third place goes to the Mighty Mocha Hunters with a team average of 18 and 71% participation (17 out of 24)!
- Congratulations to the 61 out of 71 BLC participants who earned 1621 points to Tighten N' Tone this week!
- **WAY TO GO, AZURITAS- it was a close one!**

## 7. 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!

## Azurita Travel & Cabana News:



**Week #5: Please see #3 & #4 above in the News section for our travel focus this week. Also, additional travel may be announced later on! Our **Blazing Blue Bombshells** may need some Azure love. ♥ Stay tuned for more instructions. Gather your belongings and prepare the Cabanas for departure!!**



## **Week #5: BLC - International Travel Week SparkPage Decorating Challenge** **Oct 10<sup>th</sup> - Oct 14<sup>th</sup>:**

SMERTZ (Sandy) has provided this week's challenge!

### **Link to online document:**

<http://azuredestinations.weebly.com/week-5-blc---international-travel-week-sparkpage-decorating-challenge.html>

This week we will be focusing on International Travel, and you all may have some International activity you enjoy....It may be Food (possibly include an ethnic recipe!), Dance/ Music, Attire/ Costume, Travel/ Geography (tourist spots, places you would like to visit, beautiful international landscapes or architecture), People, or an "Other" category. Make your SparkPage your International Masterpiece, and if you want, include a brief paragraph on your page telling everyone why you chose your page's theme.

The rules are simple:

1. Sign up by posting a reply to this blog:

[http://www.sparkpeople.com/mypage\\_public\\_journal\\_individual.asp?blog\\_id=5093383](http://www.sparkpeople.com/mypage_public_journal_individual.asp?blog_id=5093383)

with your SparkName, BLC20 Team, and tell us what category your SparkPage decorations are:

- \* Food
- \* Dance/ Music
- \* Attire/ Costume
- \* Travel/Geography
- \* People
- \* Other

Extra points for originality!

2. You may enter and decorate your page anytime before Sunday evening. Judging will take place Monday and Tuesday, with winners being announced Wednesday evening.

3. Please leave your page up until Thursday to allow everybody time to come by and congratulate our winners!



**Motivation Station!**

**Word of the week: [NEW!](#)**

**“Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending.” ~ Carl Bard**

**When you figure “it”<sup>\*</sup> out and embrace your journey, you will find NEW things in your path. The movement around us, be it people, weather, the earth itself, is ever changing, and creating NEW things. This is life. Everything around us is alive!**

**Some of the NEW is perceived as “good” or “bad”, exciting, challenging, refreshing, difficult, etc. How are you perceiving the NEW You?**

**Do you like how you are changing? Take a moment to see the NEW in yourself~ everything you have done thus far in the last 4 weeks. Don't forget to look for those NSV's too! (Non-Scale Victories) Examples: How your clothes fit, trying NEW healthier foods, your NEW attitude, your NEW fitness regimen, better stamina, more energy, etc.**

**You are pretty amazing, huh?**

**\* it = your plan for success**







**Island Extras:**

**Quote:** “There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them.” ~*Dr. Denis Waitley*

**Funnies!**

<p>I will have Bacon wrapped in Bacon with a side of Bacon Please</p>  <p>someecards user card</p>	 <p>Fed up with how her diet is going, Charlene takes a more serious aim at her target weight.</p>
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**Questions!** As always, feel free to ask any of us questions, anytime.

**Aloha, and have a wonderful week #5!**

**~Ursula/ Seven~**