



Azure Beachcomer & Cabana News

"ABC News"

Aloha Azuritas and welcome to Week #9! This marks 4 weeks left of our challenge, so make the most of it! There's no better time to secure a few extra pounds lost, than right before the Holiday Season!

Speaking of the Holidays... do you have a plan in place for the big showdown? You vs. Holiday Food? Let's keep in mind that the holidays actually consist of less than a handful of days. Of course the amount of food provided can last for many days. Try to enjoy your holiday, but not all the food during the everlasting days that follow. Chances are your body won't react so well to the "foreign food" anyway, causing lethargy, bloating, maybe even jittery-ness! Extra glasses of water at this time would be very helpful to flush out what your body has trouble with. Maybe try some added fiber by the glass as well.

Choose your treats wisely. If you could have "x" food any old time, then have it another time. If it's Aunt Doris's once-a-year-there's-nothing-in-the-world-that-compares-and-she-ain't-getting-any-younger-"dish"... then indulge. Also consider smaller portions, and maybe even freezing a larger portion to enjoy later in the year, so you don't feel you've missed out. You don't have to eat it all in 1 day!

Keep on weighing yourself every week- I know we don't WANT to know the damages, but if you can nip it in the bud quickly by assessing each week, it will be easier in the long run, than trying to attack a HUGE number later on.

The "Buddy System"... you have built in buddies right on SparkPeople, and right here on the BLC! Make a pact with a buddy to check in often, support each other, and keep yourselves in check this holiday season!

Other little tips... eat something before a party to lessen your hunger for all the high calorie stuff. Avoid alcohol or limit yourself to 1 drink. Alcohol can add calories pretty fast. Keep your stress in check: get enough sleep and continue doing your exercise program, or even just some walking, if you can't make it to the gym or "home gym".

Food pushers on your tail? Remember these little excuses: "I'm on medication and I can't have that." "My stomach has been off all day, but I wish I could." "I couldn't eat another bite!" Agree to take something home if you can't get them to back off. Then give it away or dispose of it if you have to.

Ideas taken from : <http://www.webmd.com/diet/features/how-to-get-through-the-holidays>



Important News:

1. **Weigh-in is Wednesday, November 7th! 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=-1x57695x49526873

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. **Passport to HappiNESS Challenge- Cruise to New Zealand!**
If you have earned your passport stamps and goodies, click here to claim them!
(And print to cut out and put in your passport!)

<http://azuredestinations.weebly.com/week-8-cruise-to-new-zealand.html>

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 is your first week going? Don't give up!! If you find you had a rough day, bring yourself back to where you want to be. Each day is an opportunity to begin again. Keep trying to meet your goals of clean eating or whatever your commitment is! We can do this! Think of Nov 30th, and the progress we will have worked so hard for!

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>



This week’s challenge will be posted in the chat thread.

“Theme: At the Movies”

Please stay tuned!



Azurita Travel & Cabana News:

Week #9 Travel TBA! Keep an eye on the Chat Thread for more info. Thanks for being such great hosts this past weekend too! You all definitely promote the best of Azure!



Motivation Station!

Word of the week: **Balance!**

- “A good plan is like a road map: it shows the final destination and usually the best way to get there.” ~*H. Stanley Judd*
- “A goal without a plan is just a wish.” ~*Larry Elder*
- “Planning is bringing the future into the present so that you can do something about it now” ~*Alan Lakein*

Well, all my quotes relate to planning, so I am going to make the obvious leap here! In order to achieve **Balance**, you must make a plan! Do you find yourself feeling overwhelmed, or out of time to spend with loved ones? Are many of your days “rush-rush-rush”? Do you have things you’d LIKE to spend time on, but can’t fit them in?

When you learn how to plan and then stick to your plan, you are in control of your life! You become more efficient and able to enjoy the things you really want to. Take a few moments to identify the areas of your life that seem to be “suffering”. (See the wheel below for ideas.) Then make a plan to take back control of those areas. Even if you start with 1 thing and build on that, you are making progress!

You can start living the life you envision, and make some strides toward future successes!





Island Extras:

Quote: *“You are braver than you believe, stronger than you seem, and smarter than you think.” ~Christopher Robin*

Funnies!

<p>GLASBERGEN © 2009 by Randy Glasbergen. www.glasbergen.com</p>  <p>A black and white cartoon showing a witch on the left holding a wand with a star at the tip, pointing it towards Cinderella on the right. Cinderella is wearing a dress and a necklace. There is a lit candle on a table between them.</p>	 <p>A cartoon showing a brown dog on the left and a yellow cat on the right. The dog is eating from a red bowl. The cat is holding a black rectangular object, possibly a phone or a piece of paper. There is a bone on the floor next to the dog.</p>
<p>“Have a wonderful time at the ball, Cinderella, but remember — at midnight the hors d’oeuvres turn into hips and thighs!”</p>	<p>GLASBERGEN</p> <p>“Today I ate two bowls of dog food, a sandwich crust, some spaghetti that fell on the floor, half of your cat food, a wet tea bag, three bugs and the inside of a sneaker. How many grams of fat is that?”</p>

Have an awesome Week #9! 4 more weeks- keep rockin' it!

~Ursula/ Seven~

**** (The picture at the top is my niece at the 1000 Islands.)**