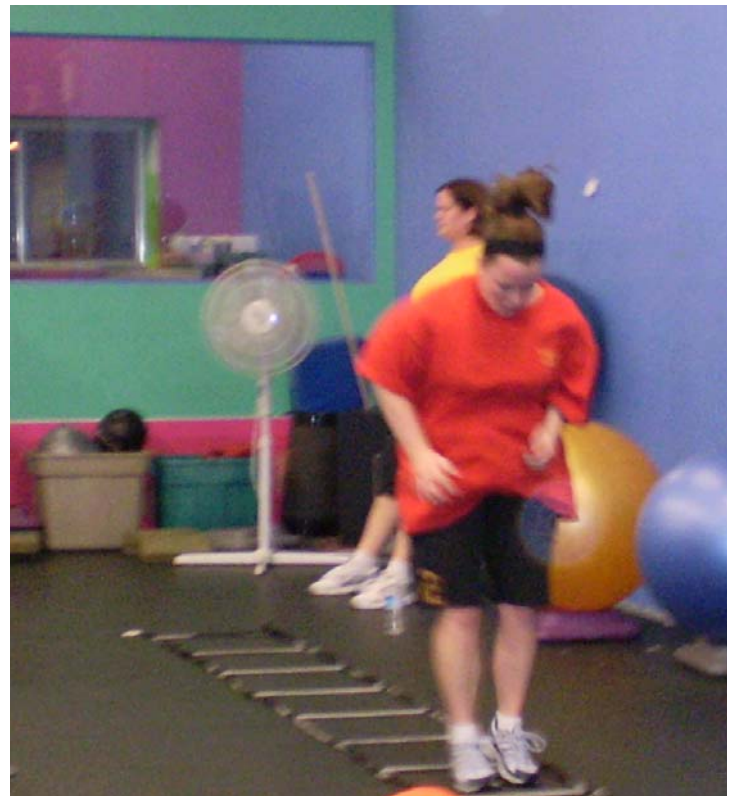


Well its week 9, and coming to an end. Shawn my partner has had more cravings than he has expressed. Why do I say this well, we were at Cosco this weekend and as you know they give out samples. Our son was there and as we shopped he came back with some pretty yummy stuff....we can't have. So picture this Tyler has this stuffed homemade perogy with cheese dripping off it. As my son lifts up his fork, he has it hovering above his mouth so he can catch the cheese, I look over at Shawn and his tongue is out as if he was going to catch the cheese himself. I have never laughed so hard, Shawn caught himself and started laughing too. "It just seemed so Yummy" he said. "Ya I see that", I replied back.

The cravings have been on and off throughout the challenge. Sometimes you can even smell the foods your craving. But what keeps our strength up is each other and the success of how we look and feel. I keep a picture in my head of what I would like to feel and look like, and on those not so good days I picture it! It's definitely is paying off, because we won again last week.....massages. It couldn't have come at a better time "Thank you" Optimum Wellness!

~ Corrinna



Corrinna and I have upped our working out to 2-3 times a day. Its amazing how much time you have when its scheduled. That has been our success, making this our #1 priority. Designate time and stay committed. If we were given this opportunity, we better be able to give 110% back. The challenge creators, nutritionists, trainers and sponsors give their time, we better give back ours and more. To date I am passed my original goal and made a new one....feels GREAT! I lost another 6.75lbs this week and Corrinna another 2lbs GO RED TEAM GO!

~ Shawn

