

Week 4 done and 3.5lbs lighter! This is awesome, I can't believe how easy this is. Eat right, move more and lose weight. Jamie at simply for life gave us some new recipes this week. My favourite is the Chicken Cacciatore it's delicious. I'm still enjoying eating out at Extreme Pita and my kids enjoy it to. A big thanks to Extreme Pita for making eating out healthy and delicious.

Workouts are still going good, we threw in a few swim sessions with our kids, who knew treading water could be such a great workout.

I am so proud of my partner Bill for doing such a great job while he was away. Eating out at restaurants everyday and he still lost 7.5lbs. It's all about making the right choices...way to go Bill!

I'm looking forward to another great week but not the boot camp, boy Penny's getting tougher and tougher. But we still love her!

~ Donna

Hey everyone, Bill here again. What a week! As in my last blog, I was on the road last week to Edmonton. I was very worried about being on the road and how I would eat. Danielle from Simply for Life gave me great take-out choices. So, along with Extreme Pita's grilled chicken pita, it was easy. I lost a whopping 7.5lbs. I took Penny's advice from Big Bear's Fitness and did the treadmill and pool at the hotel I was staying at. It worked!! The best part of the week was getting home and losing while I was on the road. I can't believe we are into week 5. A third of the competition behind us and a lifetime to look forward to. Thanks everyone. See ya next week.
GO YELLOW GO!

~ Bill