

Hi everyone, Bill here again. I had a great week I'm down 4.5 lbs for a total of 27.5 lbs. I've lost 12 inches and 5.7% body fat. I really can't believe this is working, but it is. Penny is keeping us on track with the workouts and Jamie continues to give us lots of food choices. Both Donna and I are increasing our weights. This fat burning stage is working well. I'm sure loving Extreme Pita. It's nice to be able to treat ourselves to a meal off in the kitchen. Congratulations to the orange team for winning last week's challenge. Keep reading Here's the Scoop for more updates on the yellow team.
Go Yellow Go!

~ Bill

Hello again, this is week 5 and I didn't do as well as I hoped. I lost ½ a pound. I guess that's better than gaining ½ a pound. My total weight loss to date is 16.5 lbs. I have lost 14 inches and 4.8% body fat. I feel great. I think this has been the toughest week yet for cravings, but instead of reaching for chips or chocolate I kept with the smart pop and the fudge sticks. I am still enjoying Extreme Pita for lunch, Bill and I make a lunch date once a week and it's great. I enjoyed my massage this week which was awesome. A big thank you to Sonya at Optimum Wellness Centres. I'm going to up my cardio this week and work a little harder. Stay tuned for the results.
Go Yellow Team!

~ Donna