

ORANGE TEAM



Well, another week has passed by and although the weight loss numbers were not as expected, my energy is great and the motivation to attain my end goals are clear as ever.

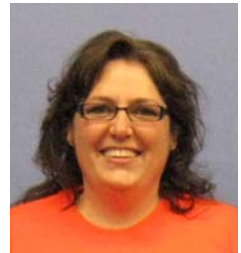
My eating habits have changed a little bit this week, eating smaller portion sizes. This I thought would help with the weight loss but, no such luck. I'll keep plugging away! As far as workouts go, I made it to the gym 4 times last week, including the Boot Camp, so that is good. I am starting to notice muscles I haven't seen in 20 years! Woohoo! My routine at the gym changed a little as I am no longer working the legs, and have substituted 3 sets of abdominal exercises. My abs feel like a rock these days! I know I am starting to bulk up, so I have lowered my weights and added another rep. This should help tone me more. Well, as the saying goes: That's all for now Folks!

Have a great week!



**Lunges
Upper cuts
Feel the burn**

This has been a tough week for me health wise. I was one of the unfortunate many to come down with the cold and flu bug that has been circulating. Needless to say it really has knocked the wind out of my sails and



I have spent the majority of the week confined to home due to a cold that attached itself to my lungs and made even a simple breath difficult at times. The only bonus has been that due to the major coughing and sneezing spells my abs have had a great workout. Oh there's always a bright side!!!!!!

As we approach the final 3 weeks of the challenge I am hopeful to still see some good losses. I have challenged myself to work even harder as we enter the completion of this wonderful experience.

There is still time to reach my desired goal; I am determined to give it all I have! Till next time; Stay Healthy and Happy

Helene



**Good old
sit twists**