

ORANGE TEAM



You want me to do what ??

Well, week 4 is upon us, and I am feeling 100% better than I did last week.

The cardio workouts are the secret! Even though I feel that I am breathing heavier during the workouts, my recovery times are getting less and less.

This is a good sign! My weigh-in was another positive aspect, having lost another 3.5 pounds!



Woohoo.....That makes almost 10lbs! I am well on my way to the goal set out at the onset of this journey.

We tried Buffalo burger for the 1st time and boy was it delicious! Thanks Helene! You rock! Anyways, that's all I have for now. See you all next week!



That's right girl !! KICK IT

TIP: Deep breaths through your nose and exhale out your mouth! Works like a charm!

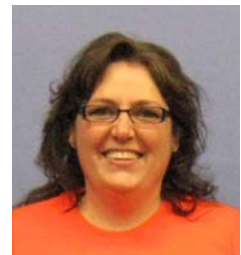
Have a fantastic week everyone!



Team work !! You make it look fun !!

Man oh man, the time flies when you are having fun!!! We have done our 4th boot camp and I tell you I am still finding muscles that have been hiding for years. Whatever we did last night sure has my lower ribs, shoulders and abs alert to-day.

This is a good thing. J I love the feeling of knowing that the workouts show results and successes of committing to the challenge. Even the meal plans, are feeling more and more natural. I am curious to know what will come next. I guess we will wait and see!!!!!! Till next time, be happy and smile as even that burns calories JJJ, not to mention it always makes you and those around you feel better.



Happy Heart Month: Helene

Start reading labels. I know it sucks, but you have to do it – and there’s no way to avoid this tip. If you don’t know what you’re putting in your mouth, you’re flying blind. Don’t assume, either – triple-check the ingredients list and serving sizes. You must rely on yourself for this; nobody else is going to be able to lose the weight or do the math for you. It’s not that complicated a task, but it will require effort. If nothing else, just pay attention to the calorie count.