

ORANGE TEAM



Here's the Scoop missed this bootcamp so we get to make stuff up !! Chris, do you take this woman to be your lawfully wedded wife ??



**You put your right leg in...
You take your right leg out :)
You put your right leg in
and you shake it all about !!**

We are officially half way through the challenge which meant it was measurement time. What a difference 6 weeks makes. I am officially 10 pounds lighter and I have had a loss of 16.25 inches in total. It is wonderful to be able to fit into the smallest clothes that I own, however, that will mean a shopping trip in the future which will in turn create a lighter wallet!



My greatest challenge this week seemed to be making it to the gym for my regular weight routines although with the weather so nice, the bike certainly got a workout and I enjoyed the fresh air. It always amazes me how many km. a person can put on bike riding when they are enjoying themselves. It is a great workout. I look forward to the spring and summer months and challenging myself with some of the hills in the area.

Till next time; keep smiling, stay healthy and if you get a chance add a little ginger to your recipes to add some new zip...it adds one heck of a yummy punch!!!!

Helene

Well, halfway through the program and halfway to my desired end goal weight! Right on!!!!!!

We had our official Halfway point measurements done on Friday and I can say I was surprised.

I had to take a minute to actually put all the numbers into perspective but, once the fog and dust had settled, I was very happy.

I lost a total of 6" overall and lost approximately 12 lbs. of fat. It has not been without hard work, and also the encouragement from my fiancée, as well as, Penny (Big Bears) and the other team members.

I also owe a big thanks to the "Simply For Life" crew (Thanks Zach!), who have made the transition and life change bearable, educational, and most of all, FUN!!!!!!!!!!!!!! Last but not least, my once a week treat from Extreme Pita!!!!!! The Rustic Italian!!!!!!!!!! It rocks, especially with extra Hot sauce and Banana Peppers!

Well, that's all for now folks! Until next week: Be good! And if you can't be good, be like me: It leaves it all open!

Cheers!

Chris

