

ORANGE TEAM



No blog was submitted this week from Chris but I can assure you he's working hard and starting to look trim and muscular.



**Knees Up
and only 48 more to go**



I can't believe how fast the time has passed us by. The momentum from every week seems to catapult us into the next. It really is about digging deep now and pushing out the best I have within me.

I had a loss of 2 lbs this week which now puts me at a total of 13 lbs lost as we cross over the halfway mark of the challenge. I am still in awe over the changes in my body. My clothes are all fitting loose and I am seeing muscle definition in places that I have never seen before.

I am so very grateful for the continued support of my family, friends, Zach at Simply for Life, Penny and the staff at Big Bears, the gang at Extreme Pita and of course my best friend and partner in life, Chris. To "Here's the scoop" I would like to applaud you for taking on the challenge of making sure we all have our blogs in (I know this can be like pulling teeth some weeks) and writing them in your weekly paper so we and others can follow the stories as they unfold.

I could not have the success in which I am experiencing without all these key components. Weight loss, healthy nutrition, and commitment to exercise truly works better with a team approach.

My message for the week: As the spring breeze brushes across your face this week think of it as a gentle nudge from those important in your life, to stop, take a breath and enjoy the many blessings you have in your life. It may motivate you to make a change you've been resisting!!!

Stay Happy and Healthy, Helene

