



The Pilates Connection Weight Loss Challenge

NEWSLETTER

February 28, 2011

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THIS WEEK'S TOPIC...

I GAINED WEIGHT THIS WEEK. WHAT'S GOING ON?

-by weightwatchers.com

Our Take: First off, you're not doing anything wrong. Gaining weight is part of the journey, and just like any journey, it doesn't necessarily follow a linear path from point A to point B. Sometimes you have to stop for gas, sometimes you get off at the wrong exit and need to loop back in order to get back on the road. Your goal is *not* to go straight through the process without gaining a pound, but rather to aim to lose the majority of the time. Do realize your body might not let go of weight on *your* schedule. Research proves weight loss is an intricate combination of many factors. So forget about gauging your progress from week-to-week and look at one-month snapshots instead. This simple change in perspective will prevent you from becoming discouraged. or worse, giving up. Stop, take a deep breath, and stay the course.

Need tough love?

Let's be honest, it stinks to gain, especially when you know you did everything correctly. But the truth is you have nothing to worry about, so don't use this as an excuse to throw in the towel and quit your plan. So here's some straight talk: Your goal is *never* to go straight through the process without gaining a pound, but rather to aim to lose the majority of the time. Face it—your body might not let go of weight on *your* schedule because weight loss is an intricate combination of many factors. So forget about gauging your progress from week-to-week and look at one-month snapshots instead. This simple change in perspective will prevent you from becoming discouraged.

What you can do about it today

Focus on the Good Health Guidelines, not your scale.

for the next couple of days, focus on your health instead of the scale. Try to check off all the boxes.

Be your own best friend.

Remind yourself of all the healthy choices you made during the week. Speak to yourself the way you might a close friend who is troubled about something.

Look to the future.

Take a deep breath and focus your sights on next week, understanding that not allowing your efforts to be sidetracked is the most important thing. Read through some of our success stories. These people achieved their goals simply because they didn't quit.

Reminder: The studio will be closed and classes cancelled March 4, 5 and 6 for a Continuing Education seminar. Thanks for your understanding.

MAKE SOMEDAY TODAY!

RECIPE

TOASTED QUINOA SALAD WITH SCALLOPS & SNOW PEAS

- 12 ounces dry sea scallops, cut into 1/2-inch pieces, or dry bay scallops (see Note)
 - 4 teaspoons reduced-sodium tamari, or soy sauce, divided
 - 4 tablespoons plus 2 teaspoons canola oil, divided
 - 1 1/2 cups quinoa, rinsed well
 - 2 teaspoons grated or minced garlic
 - 3 cups water
 - 1 teaspoon salt
 - 1 cup trimmed and diagonally sliced snow peas, (1/2 inch thick)
 - 1/3 cup rice vinegar
 - 1 teaspoon toasted sesame oil
 - 1 cup thinly sliced scallions
 - 1/3 cup finely diced red bell pepper
 - 1/4 cup finely chopped fresh cilantro, for garnish
1. Toss scallops with 2 teaspoons tamari (or soy sauce) in a medium bowl. Set aside.
 2. Place a large, high-sided skillet with a tight-fitting lid over medium heat. Add 1 tablespoon canola oil and quinoa. Cook, stirring constantly, until the quinoa begins to color, 6 to 8 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute more. Add water and salt and bring to a boil. Stir once, cover and cook over medium heat until the water is absorbed, about 15 minutes. (Do not stir.) Remove from the heat and let stand, covered, for 5 minutes. Stir in snow peas, cover and let stand for 5 minutes more.
 3. Meanwhile, whisk 3 tablespoons canola oil, the remaining 2 teaspoons tamari (or soy sauce), vinegar and sesame oil in a large bowl. Add the quinoa and snow peas, scallions and bell pepper; toss to combine.
 4. Remove the scallops from the marinade and pat dry. Heat a large skillet over medium-high until hot enough to evaporate a drop of water upon contact. Add the remaining 2 teaspoons canola oil and cook the scallops, turning once, until golden and just firm, about 2 minutes total. Gently stir the scallops into the quinoa salad. Serve garnished with cilantro, if desired.

Yields 6 Servings. Per Serving: Calories 326, Fat 15g, Carbohydrates 32g., Protein 16g., Fiber 4g.
Exchanges, 2 Starch, 1 Lean Meat, 2 Fat

Recipe from eatingwell.com

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