



# The Pilates Connection Weight Loss Challenge

## NEWSLETTER

April 19, 2010

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### THIS WEEK'S TOPIC...

## SET GOALS FOR TODAY, THE WEEK, AND THE MONTH

*-From Sparkpeople.com, Fast Break Strategies*

### Strategy # 5

#### KEEPING GOALS TOP OF MIND

Ingrid Bergman once said, "Happiness is good health and a bad memory." But without a good memory, good health may not even be possible.

You've got a lifestyle with its own routine, a regular way of doing things. Part of you is comfortable with it. Any change to that status quo and those routines, no matter how small, takes mental alertness. If your new goals and new habits aren't kept top of mind, you can sink back into those old routines without even realizing it.

It's easy to be focused in the first couple of weeks. It's also easy to get distracted or discouraged before your new healthy habits take root. Some days in your dieting future, it'll be tough. You'll search desperately for a single reason to close the fridge, a good excuse to lace up those gym shoes. Just something – anything – to get you through the day with your diet and confidence intact.

If you could just bottle up that "first two weeks" freshness, enthusiasm and momentum, and take a swig from that magical bottle whenever you wanted, the temptation to give in or forget wouldn't be a problem. You can do the next best thing by regularly reminding yourself of what you need to do and why.

#### THINGS TO DO

Your goals are competing for brain space with phone numbers, sports scores, secretaries' names, favorite songs, kids' birthdays and bad jokes. And your goals don't always win out.

To stay consistent long enough to become a creature of healthy habits, surround yourself with visual, written and well-placed reminders that steady the course and help you refocus. Use positive images and words. Find a visual that shows why you want to lose weight in the first place, or what you'll be doing with your weight loss. A picture of your kids, the new dress you want to wear, a basketball.

Every day is a chance to build momentum or to slack. Every day, you have to decide to make the right choices. Keeping your goals and motivators close by helps you make that decision and feel good about it. Remember, this is a positive experience! You're doing something good for yourself, your loved ones and your future. Don't waste any opportunity to remind yourself of that fact and congratulate yourself on progress.

***Thanks to all who wrote down and turned in your goals last week. If you haven't done your yet, please send them to me by email. Also, I'm interested to hear if you have any particular topics you would like for me to cover in upcoming Nutrition Lectures.***

**Next Week: Meal Planning 101. How to stay on track by planning ahead.**

### **Weight Loss Challenge Winner of the Week:**

Due to the temporary absence of the newsletter publisher, Julia will announce last week's winner at Tuesday's Nutrition Lecture and it will be in next week's newsletter. Thanks for understanding!

## **RECIPES**

### **HEALTHIFIED OATMEAL PEANUT BUTTER BREAKFAST COOKIES**

Nonstick cooking spray  
1/2 cup mashed banana (about 1 large)  
1/2 cup chunky natural peanut butter (unsalted and unsweetened)  
1/2 cup honey  
1 teaspoon vanilla  
1 cup rolled oats  
1/2 cup Gold Medal® whole wheat flour  
1/4 cup nonfat dry milk powder  
2 teaspoons ground cinnamon  
1/4 teaspoon baking soda  
1 cup dried cranberries or raisins

1. Preheat oven to 350°F. Lightly coat two cookie sheets with cooking spray; set aside. In a large bowl, stir together banana, peanut butter, honey, and vanilla. In a small bowl, combine oats, flour, milk powder, cinnamon, and baking soda. Stir the oat mixture into the banana mixture until combined. Stir in dried cranberries.
2. Using a ¼-cup measure, drop mounds of dough 3 inches apart on prepared cookie sheets. With a thin metal or small plastic spatula dipped in water, flatten and spread each mound of dough to a 2¾-inch round, about ½ inch thick.
3. Bake, one sheet at a time, for 14 to 16 minutes or until browned. Transfer to wire racks to cool completely. Store in an airtight container or resealable plastic bag for up to 3 days or freeze for up to 2 months; thaw before serving.

Servings 12. 220 Calories, 2 Starches, 1 Fat, 1 Fruit

## "HEALTHIFIED" GARLIC SHRIMP PASTA

- 8 oz uncooked multigrain angel hair (capellini) pasta or spaghetti
  - 4 cups fresh baby spinach leaves
  - 1 1/2 cups halved cherry tomatoes
  - 3 teaspoons olive oil
  - 1 medium onion, finely chopped (1/2 cup)
  - 1 1/2 lb fresh medium shrimp, peeled, deveined and tail shells removed
  - 3 cloves garlic, finely chopped
  - 1/4 teaspoon crushed red pepper flakes
  - 1/2 cup dry white wine or Progresso® reduced-sodium chicken broth (from 32-oz carton)
  - 1/4 cup Progresso® reduced-sodium chicken broth (from 32-oz carton)
  - 1/4 teaspoon salt
  - 1/8 teaspoon pepper
  - 3 tablespoons chopped fresh parsley
  - 2 tablespoons butter
1. In 5-quart saucepan or Dutch oven, cook pasta as directed on package. Drain; return to saucepan. Stir in spinach, tomatoes and 2 teaspoons of the oil. Cover to keep warm.
  2. While pasta is cooking, in 12-inch nonstick skillet, heat remaining 1 teaspoon oil over medium-high heat. Add onion; cook and stir 1 minute. Add shrimp, garlic and pepper flakes; cook and stir 2 minutes.
  3. Stir in wine, broth, salt and pepper; cook 2 minutes or until shrimp are pink and firm. Remove from heat; stir in parsley and butter until butter is melted. Add shrimp mixture to pasta mixture in saucepan; toss to mix.

Servings 6. 300 Calories, 2 Starches, 2.5 oz. Protein, 4 g. Fiber, 1 Vegetable

Recipes from [eatbetteramerica.com](http://eatbetteramerica.com).

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