





DEB9021

The thing that made me decide I had to lose weight was when I sat down to fill out a form, realized I didn't have a pen. Caught myself huffing as if getting up was the biggest inconvenience. Thought When did this happen to me? So much more product 1982 days ago

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SWEDE_SU

sounds like a good start to the day! my DH prepares my coffee for me to push the button (i have been known to do weird things to coffee machines before i have my coffee, like not put the receptacle under the spout:-). i know what you mean about rural satellite internet connections! btw, i ate very well in durham - DS carefully searched out restaurants with vegan options for DD and me when we visited. so NC does have some good healthy food options to offer! travel safe! 1982 days ago

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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.