

## Twenty Questions With BECKY!



**Hello Friends!**

**The long-awaited return of the "Twenty Questions" feature is here!**

**I apologize for taking the summer (and September) off, but we're back now with one of my super favorite ladies. Becky is INSANELY positive and upbeat and she's successfully navigated Weight Watchers before AND after children, so she's got some great life experiences to share, especially with other busy mommas!**

**Each Tuesday we feature a different success story from the Trading Cardio for Cosmos community in a segment called ?Twenty Questions With?? Young, young at heart, marathon runners and those who can't exercise at all, vegetarians, pescatarians, working mommas, work-from-home professionals and retirees. We're going to showcase them all, because when you read about someone like you succeeding, I think it gives you the confidence that you too can succeed!**

**The Questions:**

**Give us the basics about you ? your first name, age, region you live in, etc.**

**My name is Becky and I am 38 years old. I live Placerville, CA which is between Sacramento and Lake Tahoe. I am a mommy to Jordyn (6), Jonathan and Christopher (both 4) and wife to James.**

**When did you start your weight-loss journey?**



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**This is a two part answer. I originally started my weight loss journey 15 years ago using Weight Watchers and I went from 163 pounds to 122 pounds over 3 years. I started Weight Watchers again after I quit nursing my twins 2 years ago.**

**What was the "tipping point" that made you start?**

**The first time my tipping point was my boyfriend breaking up with me for being overweight. The second time was just trying to lose the baby weight after having twins.**

**What is one piece of advice you wish you had known when you started out?**

**Be kind to yourself. It is more about the journey than about the end result. You'll have good days and bad days. Just keep moving forward. This is just life; I won't ever go back to the way I ate before.**

**How much weight have you lost? If you are done losing, and are on to maintaining? How long have you been maintaining your loss?**





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**My motivation is my children. I want to teach them healthy habits. When my 6 year old holds up a banana and a slice of cheese singles and says ?Which of these is healthier, Mommy?? and then answers it with ?I think Weight Watchers would say a banana,? or when she asks if she can go for a run with me that shows me that my journey is not just my own.**

**How do you handle cravings?**

**I'm still working on this one. Moderation is key in anything, I think. If I refuse to let myself have what I like I tend to binge the next time, so I'm learning to just portion it out and be okay with that. I use my weeklies and at times use my Fit Points, too. All in all I want to make sure that I'm eating because I'm hungry, not because I'm emotional.**

**What are your top three tips for success?**

**I've found that journaling my emotions, getting enough sleep and taking it one day at a time is best.**

**Do you exercise? If so, how often, for how long and what type of exercises do you do?**



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**I do, but not really consistently. I run a mile once, maybe twice a week. I walk on my breaks and my lunch at work, so my Fitbit tracks an average of 5,000-6,000 steps daily.**

**This has changed recently and I'm trying to run a mile every day, on top of walking on my breaks to reach my Fitbit goal of 10,000 steps or more!**

**What is your favorite breakfast?**

**My favorite breakfast is egg whites topped with salsa and with 1-2 slices of turkey bacon. I also have a banana for breakfast every day to keep muscle cramps away.**

**What is your go-to lunch?**



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**I LOVE my Mason Jar salads. I use Bolthouse Raspberry Merlot dressing (2SP for 2 Tbsp), cherry tomatoes, 5 ounces of tuna, and spinach. I usually have a bag of oven baked sour cream and cheese ruffles (4 sp) also and if I'm still hungry I'll add a fruit or vegetable.**

**What does a typical week night dinner look like? What about a weekend dinner?**

**I do a side of vegetables (to be honest, it's usually one of the microwave steam veggies), and some type of protein (chicken or ground turkey is my go to). Having kids I have been making two meals, but I'm working really hard to change their meals to ?real? food, too, not processed ?favorites? like chicken nuggets or fish sticks.**

**What kind of snacks do you like?**

**I really like sugar snap peas, carrots, Granny Smith apples and Pretzel Crisps. I also like the Mint Chocolate cookie bars from Weight Watchers.**

**What kind of desserts do you eat?**

**My desserts are frozen berries. I have a hard time putting the brakes on with most sweets, so I just avoid them.**

**What kind of adult beverages do you enjoy?**

**I really enjoy my wine, so I budget for red wine every night in my Weight Watchers wine glass.**

**What is your favorite meal to eat in a restaurant?**

**It depends on how many points I have left. If I have a lot of points I usually go for a turkey burger with a side of sweet potato fries. If I'm low on points I will go for a chicken tortilla soup or a salad without cheese, croutons and with chicken OR bacon.**

**Do you have a favorite fast food/casual dining meal?**

**Taco Bell is my go-to fast food. I am able to easily track there and get two items, one chicken taco and one Dorito Locos taco, and it makes me feel like I'm indulging without breaking my SP bank.**

**Do you have a favorite weight loss blog/website/FB group that you visit for inspiration?**

**I love [Trading Cardio for Cosmos](#), [Cross Training Couture](#), [Hungry Girl](#) and [Clare Smith Official](#). I also like Connect feature on the WW app, which helps me see other members' Before & After photos. I've recently started listening to the [?Half Size Me?](#) podcast and it's really helped me stay focused during the work day.]**

**Do you have a favorite website for healthy recipes?**

[Skinnytaste](#) has been really helpful for this non-cooking momma.]

**Do you have a favorite quote, meme or thought that keeps you motivated?**

**I don't have one favorite, but a few that I really like are:**

**?She thought she could, so she did.?**

**?Strong is the new skinny.?**

**?One day at a time, one hour at a time, one minute at a time, one second at a time, one choice at a time.?**

**What's one final thought you can share with someone who's interested in losing weight or maintaining a healthy weight?**

**We didn't gain the weight overnight, so we can't expect ourselves to lose it overnight. This is a lifetime journey for me. I want to live healthy habits and pass on healthy habits to my family. If that means going to Weight Watchers meetings for the rest of my life, then that's what I want to do. I'm learning to be the best version of myself that I can be and this is just another tool to help!**