

### Lara – week 4 – competition and a GIVEAWAY (CLOSED)

Posted on [September 11, 2010](#) by [Lara](#)

#### UPDATED: Congratulations to Mel Gallant – winner of the cookies!

I wish I were the kind of person who could be self-motivating, but I'm so not. I need to be held accountable for my actions. I need deadlines with consequences. I need people to care if I follow through or not and to cheer for me if I don't follow through.

Despite the fact that I wish I weren't this way, in some ways, it's really motivational if I do have people to hold me accountable. That's why making my weight loss journey so public is good for me. Because I know that I told you all that I would work hard; I told you all that I would lose weight and stay motivated, so I do.

For me, having to admit that I fell off the wagon is enough to get me back on track. Oh sure, I would have preferred not to, but I wouldn't. But ultimately, I think that knowing you're all out there keeps me on track. PLUS people who care about me support me almost constantly. If I feel I'm slipping, or I don't want to exercise, I post it on twitter and my Facebook Group and BLAM someone has told me I have to do it anyways. And then I do. Competition is so motivating and amazing.

And then there's the other part – competition. At least two friends (one part of the Losing it team) decided to follow along with us (and I'm so proud of her!) have lost over 10 lbs in the first four weeks. She did this on Monday when I still had almost my whole week ahead of me. That, on top of no loss last week, has got me in gear like nobody's business. I want those kinds of results!!!

And I did it! No takeout, I stayed on plan, and I exercised. I did those 3 hours of exercise I promised, I did my Wii workout, I went for a hike on the weekend with the family (weekly challenge complete!) and I signed up for the couch to 5K program. Yay me! I was pretty proud of myself.

And the results? I lost **3.5 lbs** this week! So my new total is 9 lbs in 4 weeks. Yay to payoff! And the fact that I have a friend that has kept me on track when I was starting to wish we'd never started to begin this journey is so motivating.

This week I challenge myself again:

- Another 3 hours of exercise

- Create a real meal plan. I'll post it on my other blog (in case you're interested) on Sunday

I don't expect another loss this high – I think I must have evened out some of the lack of loss from before. But if I can keep losing 1-2 lbs a week, I will be thrilled beyond belief!

## Giveaway

I was lucky enough to be offered the opportunity to review some cookies. Cookies huh? That doesn't sound like it's helping. Losing it in Ottawa friendly does it?



Well, I think it is. Let me tell you a little bit about [New Moon Kitchen](#). Their cookies have a lot of things going for them:

- Dairy and Egg free
- Peanut and Nut free
- Cholesterol free
- Preservative free

That's a lot of stuff I'm happy to have them missing. They are made with organic spelt flour, and they are hand-made.

With so many people with allergies and intolerances, I love that these are safe to give to so many people.

I got to try out three kinds, Bite Me, Oatmeal blondies, and Ginger snappers. They were all DELICIOUS. For ~150 calories for two cookies (with only 6 grams of fat) for the kinds I had, I felt my need for a cookie. I didn't want to go back and eat 10 more (evil Oreos!). They were filling and satisfying!

I gave some to my son, my husband, and the rest of the Losing it Ottawa team and everyone agreed they were delicious and healthy – two thumbs up! They are available in Ottawa at Ottawa at Herb & Spice, Market Street, and [Rainbow Natural Foods](#).

And New Moon Kitchen has agreed to give two boxes and two snack packs to one of you!

All you have to do is go to their [web site](#) and let me know which three kinds of cookies you'd like to leave it in the comments. You can get two extra entries into the contest by joining our [Facebook](#) following us on [twitter](#) (leave a comment for each of the things you've done).

We'll pick a winner on Tuesday September 14. Good luck!

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## 44 Responses to *Lara – week 4 – competition and a GIVEAWAY (CLOSED)*



[hMama](#) says:

September 11, 2010 at 7:21 am

Fabulous week Lara!!! So happy that you had a good loss to keep you motivated. Don't be surprised if in the beginning of your journey that the losses are usually higher, when you first make the changes and so on. What a great week and your halfway mark is great!

[Reply](#)



says:

September 11, 2010 at 7:46 am

Thanks! I'm really thrilled I've lost so much by the half way mark. Here's to a second as successful!

[Reply](#)



[squires](#) says:

September 11, 2010 at 7:31 am

WOOT WOOT !!!!!!! WAY TO GO!!!!

[Reply](#)



*says:*

ber 11, 2010 at 7:46 am

😊 Thanks

[Reply](#)



**feofleslie** *says:*

ber 11, 2010 at 7:42 am

Amazing Lara, keep up the most excellent job you're doing. You're inspiring!!

[Reply](#)



*says:*

ber 11, 2010 at 7:47 am

Aw! THanks Leslie. It really helps that people are inspired by us. More motivation for me!

[Reply](#)



*says:*

ber 11, 2010 at 8:14 am

Ooh, that's awesome progress! Yay you!

As for the cookies, I would pick only one. Ginger Snapper! I'm really excited about a nut/egg/dairy free

[Reply](#)



*says:*

ber 11, 2010 at 8:15 am

(oops forgot to add, I follow you on Twitter too. I really want some of those cookies!)

[Reply](#)



**a** *says:*

ber 11, 2010 at 8:20 am

I want the cookies! But first i wanted to tell you that is a wonderful weekly wrap-up. Congrats for getting totals so far. You can consider me among the inspired on the sidelines too 😊

re cookies. I'd like to try all three , but if I had to make a choice, the ginger ones!

[Reply](#)

 **a says:**  
ber 11, 2010 at 8:23 am

I follow you on twitter! I am excited by these cookies, will get some for my lil allergy boy to try.

[Reply](#)

 **a says:**  
ber 11, 2010 at 8:23 am

I also just followed you on FB. I thought I was, but apparently not.

[Reply](#)

 **ie says:**  
ber 11, 2010 at 8:30 am

Your first few sentences describe me to a T!!!

I need a good swift kick in the butt and need to be accountable and for sure the reason I am trying to be "healthy"publicly" is so that I do my best to stay on track... and when i do "fall off the wagon" so to speak proves i am human...but what makes us successful is when we get back up and start again...

what a wonderful read and a high five for your great success so far!!!!

[Reply](#)

 **y B says:**  
ber 11, 2010 at 8:36 am

Way to go Lara! That's awesome progress! I, on the other hand, ate about 10 Toy Story cookies last night as a little exercise in my week. I'm inspired by your progress! I've been talking about meal planning for a while now, back to work around the corner, I've got to get my butt in gear!

now off to enter the contest!

[Reply](#)



**y B says:**

ber 11, 2010 at 8:38 am

Mmmm... would love to try the Goldies, the Mokas and Momints. With a nut allergy in the family, the

[Reply](#)



**auseous says:**

ber 11, 2010 at 8:41 am

Hey Lara – I'm all over those cookies! the gingers, the chocolate chips, and the goldies would be aweso

[Reply](#)



**y B says:**

ber 11, 2010 at 8:42 am

i'm fan on Facebook!

[Reply](#)



**says:**

ber 11, 2010 at 8:43 am

I have come to realize that the long term payoff of losing weight and fitting into smaller clothes is not c  
for me to keep up with eating right and exercising.

For me, keeping a food and exercise diary is essential. Mostly, I need to use it because I am terrible ab  
choices without a running tally keeping me in line. In the past, I have used a food diary for up to 6 wee  
that the good habits had become ingrained. The habits may have been established, but an infinite know  
had not, and that started me on the slippery slope to my eventual downfall. The secondary, hidden ben  
about keeping a food and exercise diary is that at the end of the day I can see results in the form of my  
have to wait a week to get on the scale and see whether or not I lost any weight when I can see a 750 ca  
also love that at the end of every day, MyFitnessPal tells me how much – how little – I would weigh if I  
5 weeks is soon enough to keep me motivated from day to day. Add up a dozen 5 week intervals and th  
eventually lead to losing weight and fitting into smaller clothes.

\* \* \*

Please enter me in the contest.  
I'd pick the Mokas, Momints, and Ginger Snappers.  
Facebook & Twitter – check

[Reply](#)



**y B says:**

ber 11, 2010 at 8:46 am

and a twitter follower too!

[Reply](#)



**cb says:**

ber 11, 2010 at 11:15 am

Way to go. When you find something that works stick with it.

And no cookies for me. I'm sure they're delish but I'll pass 😊

[Reply](#)



**a says:**

ber 11, 2010 at 11:21 am

Yay! I'm so proud of you for your great loss, but most of all for fitting in your exercise! I know that was challenges! You are doing awesome! I just know we are going to feel and look better and better! It's so

Also, I have to say, that reading each of your blogs every morning helps keep me focused on my goals and achieve. It inspires me and keeps my motivation going. You ladies rock!

[Reply](#)



**oc says:**

ber 11, 2010 at 1:36 pm

Congratulations on kicking it into gear! 3.5 is fantastic.

[Reply](#)



**says:**

ber 11, 2010 at 1:41 pm

Fabulous week! And so glad you're doing Couch 25k. Starting the week of the 20th I can run mornings the monkey off at Preschool.

[Reply](#)



**elle says:**

ber 11, 2010 at 4:21 pm

Fab giveaway ladies!! My fave to win would be Chocolate Chip for sure!! I've got a bit of a weakness for (I don't know if it counts, but it doesn't?!)

Keep up the great work!! Your weight-loss journeys are inspiring!! 😊

[Reply](#)



**elle says:**

ber 11, 2010 at 4:22 pm

I also follow you in Twitter!

[Reply](#)



**elle says:**

ber 11, 2010 at 4:23 pm

And Facebook! 😊

[Reply](#)



**tal says:**

ber 11, 2010 at 7:03 pm

Wow that is awesome! YAY for you! That is an excellent week. You rock, and have motivated me to re-

I would love cookies, Ginger, Bite Me and Mo mint sound yummers!

[Reply](#)



*says:*

ber 12, 2010 at 9:26 am

I'm also in for cookies! My son is egg, peanut, and milk allergic and the thought of actually buying over BOGGLES MY MIND. Even if I don't win, I am going to pick these babies up during our next (FREQU Foods.

I'd personally try the peppermint or the moka ones, but since they are for my son and he's not into tha Goldies. He is SO going to love them.

[Reply](#)



**B (annbac9)** *says:*

ber 12, 2010 at 8:39 pm

These cookies look so amazing!

I would love to try the Chocolate Chip, MoMints and Mokas. This is a great giveaway 😊

[Reply](#)



**B (annbac9)** *says:*

ber 12, 2010 at 8:40 pm

I already follow you on Twitter 😊

[Reply](#)



**B (annbac9)** *says:*

ber 12, 2010 at 8:42 pm

And I also "like" you page on FaceBook. I want these cookies lol.

[Reply](#)



**al Mom** *says:*

ber 12, 2010 at 9:00 pm

I want to try Bite Me, Chocolate Chips and Ginger Snaps. Yum.

[Reply](#)



**hermother** says:

ber 13, 2010 at 8:29 am

ok first. yeah you! 9lbs? awesome!

second. can i just get three bags of the momints? but if i absolutely had to pick three then i would thro  
chip and goldies.

[Reply](#)



says:

ber 13, 2010 at 11:32 am

Great job! Ginger Snappers, Mo Mints & Bite Me

[Reply](#)



says:

ber 13, 2010 at 11:33 am

Just joined your FB group

[Reply](#)



says:

ber 13, 2010 at 11:34 am

And I'm now following on Twitter

[Reply](#)



says:

ber 14, 2010 at 3:25 pm

Ooo! Pick me!!!

I love ginger, and IT'S MY BIRTHDAY!!!

[Reply](#)



**Gallant** says:

ber 14, 2010 at 3:34 pm

ok yum, yum! i would like to try the Ginger Snappers, the MoMints and the Choco Chips. but who am i try them all! 😊

ps: already followed on Twitter but hadn't like LosingItOttawa on Facebook (gasp!) have done so now!

[Reply](#)



says:

ber 15, 2010 at 7:27 am

YOU WON! 😊

[Reply](#)



**Gallant** says:

ber 15, 2010 at 8:35 am

Hooray! Thank you – can't wait to try out the tasty cookies! And share them of course.



**ergrrl** says:

ber 14, 2010 at 3:46 pm

Are you paying your calories forward? LOL

These sounds incredible. Mmmm... I think Goldies, Mo-Mints, and Mokas would be hits in my house.

Good on you (again!) for your progress. You guys are doing so well! (And so brave to be doing it public

[Reply](#)



**ergrrl** says:

ber 14, 2010 at 3:47 pm

Following on Twitter too. 😊

[Reply](#)



**a Peters** says:

ber 14, 2010 at 8:22 pm

I visited their site and my top three picks would be MoMints, Mokas and Chocolate Chip.

It was really hard to pick only three... the Bite Me! are VERY tempting... but I stayed with the chocolate

[Reply](#)



[a Peters](#) says:

ber 14, 2010 at 8:22 pm

I now follow you on facebook.

[Reply](#)



[a Peters](#) says:

ber 14, 2010 at 8:22 pm

I'm a follower on Twitter, I'm @EkoBearToys

[Reply](#)