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relaxing
MORNINGS DESERVE THOMAS' PRODUCTS

Everyone loves those weekend mornings when you can enjoy a delicious breakfast or brunch without being rushed. Learn simple ways to make those days even more relaxing.
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QUICK RELAXING HEALTHY

DISCOVER THE "NOOKS & CRANNIES" GOODNESS
The secret is in the splitting





KIDS RECIPES
Personal English Muffin Pizzas
Learn how to make this and other unique Kids Recipes



TOAST TO PERFECTION
Learn what your toast level says about you



Thomas'® Mini Pretz-a-bagels™
The soft pretzel taste you love in a mini bagel shape. Try them with cream cheese, peanut butter, or right out of the bag as a salty snack. Now available in select markets.
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...mornings can, with help from Thomas' products. From the Original "Nooks & Crannies"ish Muffins to soft, delicious Bagels and more, we have it all. See how there's a perfect kfast match for you, no matter when you get up.

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Thomas'® Cinnamon Raisin Bagel Thins™ Bagels (8-pack)

[Nutrition Facts and Ingredients](#)
4812113541

...ghtful taste of juicy raisins, and sweet cinnamon
...r favorite 110 calorie bagel. *Available in limited
...rtion.

PRODUCT IS:

...g Trans Fat
...holesterol Free
...xcellent Source of Fiber
...w Fat



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Thomas'® Everything Bagel Thins™ Bagels (8-pack)

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... of the everything bagel will love this light-ed, delicious twist with 110 calories.

PRODUCT IS:

0g Trans Fat
cholesterol Free
Excellent Source of Fiber
Low Fat



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Thomas® Everything Bagel Thins™ Bagels (16-pack)

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Everyone who loves the everything bagel will love this lightened, delicious twist with 110 calories. Get twice as much tastiness with our bigger 16-pack.

PRODUCT IS:

0g Trans Fat
Cholesterol Free
Excellent Source of Fiber
Low Fat



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Thomas® Plain Bagel Thins™ Bagels (8-pack)

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...texture and delicious taste in a 110 calorie bagel.

PRODUCT IS:

0g Trans Fat
0g Cholesterol Free
Good Source of Fiber
0g Sodium Fat



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Thomas® Plain Bagel Thins™ Bagels (16-pack)

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texture and delicious taste in a 110 calorie bagel.
6-pack is perfect for sharing or freezing for fresh
s later.

PRODUCT IS:

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holesterol Free
ood Source of Fiber
ow Fat



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Thomas® Plain Bagel Thins™ Bagels (24-pack)

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... texture and delicious taste in a 110 calorie bagel.
... could feed an entire office or classroom with our
24-pack.

PRODUCT IS:

0g Trans Fat
Cholesterol Free
Good Source of Fiber
Low Fat

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Thomas'® 100% Whole Wheat Bagel Thins™ Bagels (8-pack)

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...texture and delicious whole wheat in a 110
...e bagel.

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...g Trans Fat
...0% Whole Wheat
...holesterol Free
...xcellent Source of Fiber
...ow Fat



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[Turkey and Swiss Bagel Thins Melts](#)
[The Classic Egg with Canadian Bacon Bagel Thin](#)

Healthy:

[Sweet Almond Orange Cream Cheese Bagel Thin](#)

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[Egg White Florentine Bagel Thins Bagels](#)

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Exhibit B



AT 110 CALORIES, IT'S THE PERFECT FIT FOR YOUR MORNING.*

Fall in love with bagels all over again. Thomas'® Bagel Thins™ Bagels are full of the soft, bagel taste you crave in a perfect size that's just right. Try them in Cinnamon Raisin, 100% Whole Wheat, Plain, and Everything. Find out more at thomasbagelthins.com

*Calorie count doesn't include toppings. But at 110 calories per bagel, top away.



Thomas'® Cinnamon
Raisin Bagel Thins™ Bagel

Calories
110

Fiber
5g

Fat
1g



Exhibit C



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Thomas' English Muffins and Bagels

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Food/Beverages

Basic Information

Company Overview

From the bakers you've trusted for years, Thomas' English Muffins and Bagels are the satisfying way to know you've started the day off right, Thomas' offers choices the whole family can enjoy in a variety of sizes and flavors! From the nooks and crannies of English Muffins, to bagels in all shapes and sizes, we hope there is something everyone loves!

Products

Traditional English Muffins:

Original, Original Made with Whole Grains, Cinnamon Raisin, Honey Wheat

Hearty English Muffins:

100% Whole Wheat, Multi-Grain Fiber Goodness, Light Multi-Grain, Triple Health

Seasons Best English Muffins:

Cranberry

Traditional Bagels:

Plain, Plain with Whole Grains, 100% Whole Wheat, Honey Wheat, Cinnamon Raisin, Cinnamon Swirl, Double Fiber Multi-Grain, Harvest Fruit, Cranberry, Blueberry, Onion, Everything

Mini Bagel:

Plain, Plain with Whole Grains, 100-Calorie Plain, 100% Whole Wheat, Cinnamon Raisin, Brown Sugar Cinnamon, Blueberry, Maple French Toast

Bagel Thins:

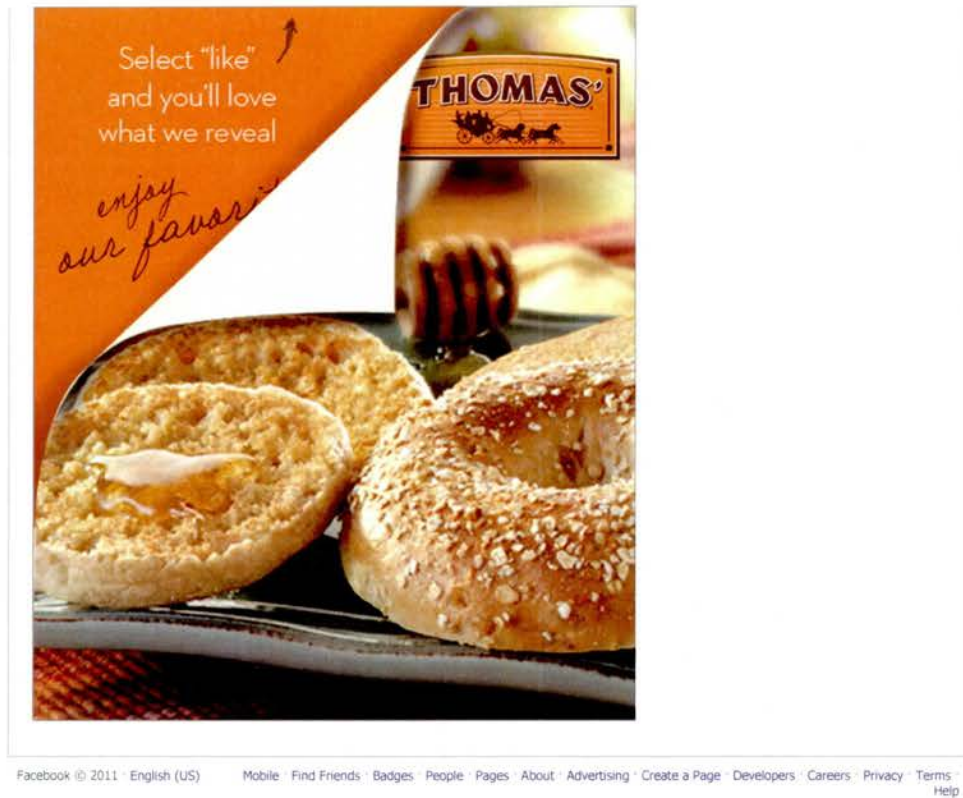
Plain, 100% Whole Wheat, Cinnamon Raisin, Everything

Website

<http://www.thomasbread.com>

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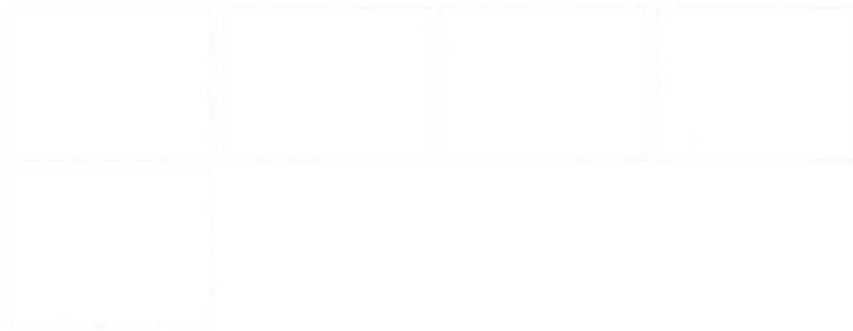
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Bagel Thins

By Thomas' English Muffins and Bagels (Albums) · Updated about 6 months ago



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**Lori Vidal Chavez** Tuna & Jalapeño,

May 3 at 1:19pm



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Thomas' English Muffins and Bagels Recipes

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Food/Beverages

Veggie Scramble Sandwich

1 Thomas'® 100% Whole Wheat Bagel Thins™ Bagel
1 teaspoon olive oil
1 omega-3 fortified egg (or 2 egg whites)
1 tablespoon mushrooms, chopped
1 tablespoon red peppers, chopped
1 tablespoon onions, chopped
Hot sauce, to taste

Toast the Thomas'® 100% Whole Wheat Bagel Thins™ Bagel. Heat oil in large non-stick skillet over medium heat. In mixing bowl, whisk egg. Add veggies. Pour egg and veggie combo over skillet and tilt skillet to distribute evenly. Cook until egg is set, and fold in half twice, to fit Thomas'® Bagel Thins™ Bagel. Remove from heat and place on bagel. Top with hot sauce, to taste. *Makes 1 serving.*

[Print this recipe](#)

Ham and Cheese Muffin Melts

4 Thomas'® Whole Wheat English Muffins, split and toasted
4 tablespoons yellow or spicy brown mustard
6 oz thinly sliced deli ham (about 12 slices), such as Black Forest or Virginia ham
2 oz thinly sliced aged Cheddar or Swiss cheese

Choice of Toppings:

Spread mustard evenly (about 1 1/2 teaspoons each) onto cut sides of each muffin half. Divide ham and cheese, ending with cheese, onto bottom halves of muffins and transfer to a sheet pan; broil 6 inches from heat, until cheese melts, for 1 to 2 minutes. Serve topped with remaining muffin halves mustard sides down.

NOTE: If you want this open face, you could reduce the ingredient list to 2 muffins and 2 tablespoons mustard. Additions: Sliced dill pickle under the cheese, honey mustard or stone-ground mustard instead of regular mustard. *Makes 4 servings.*


[Print this recipe](#)

Ham with Pineapple Cream Cheese Bagel Thins

1 Thomas'® 100% Whole Wheat Bagel Thins™ Bagel
2 tablespoons reduced fat cream cheese, softened
2 tablespoons pineapple in juice, drained and chopped
1 slice ham
1 tablespoon scallions or chives finely sliced

Combine cream cheese, pineapple and chives in small bowl. Toast Thomas' Bagel Thins Bagel. Spread cream cheese mixture over warm bagel. Top with ham. *Makes 1 serving.*



[Print this recipe](#)

Nuts About Breakfast

- 1 Thomas'® Plain Bagel Thins™ Bagel
- 1 tablespoon almond, cashew or peanut butter
- 1 tablespoon walnuts, chopped
- 1 tablespoon raisins, chopped
- 2 tablespoons strawberries, sliced

Toast the Thomas'® Bagel Thins™ Bagel. Layer with nut butter, walnuts, raisins and strawberries. *Makes 1 serving.*

[Print this recipe](#)

Peanut Butter, Banana and Maple Muffins

- 2 Thomas'® Honey Wheat English Muffins, split and lightly toasted
- 2/3 cup chunky or smooth peanut butter
- 1 (6 oz) firm-ripe banana, cut into 1/4-inch thick slices

Choice of Toppings:

Spread peanut butter evenly (about 2 1/2 tablespoons each) and place on a sheet pan. Top each with 1/4 of bananas overlapping them. *Makes 4 servings.*



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Turkey and Swiss Bagel Thins Melts

- 1 Thomas'® 100% Whole Wheat Bagel Thins™ Bagel
- 1 teaspoon Dijon mustard
- 1 slice peppered turkey breast
- 1 slice reduced fat Swiss cheese
- 2 slices tomato
- 3 spinach leaves

Toast Thomas' Bagel Thins Bagel. Spread bagel with mustard. Add turkey, cheese, tomato and spinach. *Makes 1 serving.*



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Personal English Muffin Pizzas

4 Thomas'® 100% Whole Wheat English Muffins, split and toasted
1 1/2 cups pizza sauce
1 to 2 cups shredded Mozzarella or Monterey Jack cheese

Choice of Toppings:

Thinly sliced green pepper, onion, mushrooms, pitted ripe olives, pineapple tidbits, pepperoni, crumbled cooked sausage, or diced smoked turkey

Spread 2 tablespoons pizza sauce on each muffin half; add desired toppings. Sprinkle with cheese. Place on large baking sheet. Bake in 400° F oven for 10 to 12 minutes or until heated through. *Makes 4 servings.*



[Print this recipe](#)

The Classic Egg with Canadian Bacon Bagel Thins

1 Thomas'® 100% Whole Wheat Bagel Thins™ Bagel
1 large egg
1 slice Canadian bacon
1 slice reduced fat American cheese

Beat egg in small bowl. Coat a microwave-safe 5-inch ramekin or small bowl with non-stick spray. Add egg to prepared dish and microwave for 1 minute at 60% power. Actual times may vary slightly due to appliance wattage. Wrap Canadian bacon in a paper towel and place on a small microwave-safe plate. Cook for 1 minute at 50% power. Toast Thomas' Bagel Thins Bagel. Layer bacon, egg and cheese on bagel.

Enjoy a variety of flavors. Why not try a smoked gouda cheese or your favorite reduced fat cheese next time. *Makes 1 serving.*



[Print this recipe](#)

California Turkey and Avocado Muffins

4 Thomas'® Triple Health English Muffins, split and toasted
 1/2 cup ranch-style dressing
 8 oz sliced, smoked turkey
 1 tomato sliced
 1 medium avocado, peeled, pitted and sliced
 Lettuce leaves
 Alfalfa sprout

Spread 1 tablespoon of dressing on each muffin half. Top each bottom half with lettuce, tomato, turkey, avocado and alfalfa sprouts. Top with remaining muffin halves. If desired, serve with additional dressing. *Makes 4 servings.*



[Print this recipe](#)

Mozzarella Cheese and Tomato Bagel Melts

2 Thomas'® Plain Bagels, split and toasted
 8 oz mozzarella cheese, sliced
 6 tablespoons store-bought basil, cilantro or arugula pesto
 16 cherry tomatoes, halved
 8 fresh basil leaves, optional
 Freshly ground black pepper

Preheat broiler. Spread 1 tablespoon pesto onto cut sides of each bagel half. Top each evenly with cheese, tomatoes and remaining pesto. Transfer to a sheet pan and broil 6 inches from heat, until cheese is melted, for 1 to 2 minutes. Garnish with basil and season with black pepper if desired and serve. *Makes 4 servings.*

[Print this recipe](#)

Country Eggs Benedict Muffins

2 Thomas'® Original English Muffins, split and toasted
 8 oz bulk breakfast sausage meat
 2 tablespoons all-purpose flour
 1 1/2 cups milk
 2 tablespoons olive oil
 4 large eggs

Cook sausage in a medium skillet over moderate heat, stirring and breaking up pork with a spoon, until no longer pink, about 4 minutes. Sprinkle sausage with flour and cook, stirring, for 2 minutes. Add milk in a slow stream and simmer, stirring occasionally, until thickened, about 3 minutes. Keep sausage gravy warm and covered over very low heat. Heat oil in a large nonstick skillet over moderate heat until hot; and break eggs into skillet, keeping them in one layer. Cook eggs over moderately low heat, until white on underside is set, about 2 minutes. Flip eggs and continue to cook until whites are set but yolk is still runny, about 30 seconds more. Place muffins cut side up on serving plates and top each with one egg, 1/4 of gravy and serve immediately. Sausage gravy yields about 1 1/3 cups. *Makes 4 servings.*



[Print this recipe](#)

The Southwestern Bagel Thins

2 Thomas'® Plain Bagel Thins™ Bagels
 1 teaspoon olive oil
 1 tablespoon red onion finely chopped
 2 tablespoons roasted red pepper finely chopped (jarred-packed in water)
 2 large eggs, beaten
 2 slices reduced fat pepper jack cheese
 1 tablespoon cilantro finely chopped
 1/4 avocado sliced
 2 tablespoons red or green salsa

Heat oil in large non-stick skillet over medium heat. Add eggs and tilt skillet to distribute evenly. Cook for about 30 seconds. Sprinkle onion and pepper evenly over eggs. Cook for about 30-45 seconds or until eggs have set up. Place 2 slices of cheese in the upper half of the egg mixture on the right and left sides evenly spaced. Using a spatula fold the bottom half of the egg mixture over the top, covering up the cheese. Remove from heat. Toast 2 Thomas' Bagel Thins Bagels. Cut omelet in half and place 1 piece per bagel. Top egg with avocado, a tablespoon of salsa and a pinch of cilantro. *Makes 2 servings.*



[Print this recipe](#)

Reuben Muffins

4 Thomas'® 100% Whole Wheat English Muffins, split and toasted
 1 lb sliced cooked corned beef
 2 cups sauerkraut, well drained
 1/2 cup Russian dressing
 8 slices Swiss cheese, halved

Top each muffin half with corned beef, sauerkraut, dressing and cheese. Broil 6 inches from heat for 2 minutes or until cheese melts. *Makes 4 servings.*

[Print this recipe](#)

Sweet Almond Orange Cream Cheese Bagel Thins

1 Thomas'® 100% Whole Wheat Bagel Thins™ Bagel
 1/4 cup chopped toasted whole almonds
 1/2 cup golden raisins
 1/4 cup honey
 8 oz reduced fat cream cheese
 1 teaspoon orange zest
 1 pinch salt

Preheat oven to 400 degrees. Cook almonds for 5-7 minutes on a cookie sheet until fragrant. Remove and let cool to touch. Into a food processor add cream cheese, raisins, orange zest and honey. Pulse to combine. Scrape down sides if needed. Add almonds and pulse to combine nuts into cream cheese mixture. Refrigerate for an hour or more to allow flavors to combine. Toast Thomas' Bagel Thins Bagels and spread 2 tablespoons of cream cheese mixture. *Makes 2 servings.*



[Print this recipe](#)

Green Peppercorn Chicken Muffins

4 Thomas'® 100% Whole Wheat English Muffins, split and toasted
 2 tablespoons corn oil
 1 medium sweet red pepper, cut in thin strips
 1/4 cup sliced green onions
 1 pound boneless, skinless chicken breasts, cut in 1/2-inch cubes
 1 cup milk
 1 package (1 oz) pepper sauce mix with green peppercorns

In large skillet, heat corn oil over medium-high heat. Add red pepper and green onions; sauté 2 minutes. Add chicken; sauté 3 minutes or until chicken turns white. Stir in milk and sauce mix until well blended. Stirring constantly, bring to boil over medium-high heat and boil 1 minute. Spoon over muffin halves.
Makes 4 servings.



[Print this recipe](#)

Healthy Hummus Bagels

2 Thomas'® Whole Wheat Bagels, split and toasted
 1 can (15 oz) garbanzo beans, rinsed and drained
 1/2 garlic clove, chopped
 2 tablespoons fresh lemon juice
 2 tablespoons extra virgin olive oil
 1/2 teaspoon salt
 1/4 cup chopped fresh flat leaf parsley
 Optional: 1 1/4 cups store-bought hummus
 Suggested Toppers: 1 tablespoon each chopped cucumber, chopped pitted Kalamata olives, quartered cherry tomatoes and 1/2 tablespoon chopped red onion

Pulse first 5 ingredients in a food processor. Transfer hummus to a bowl and stir in parsley. Spread hummus evenly onto split sides of bagel halves and top with suggested toppers if desired. Yield: 1 1/4 cups hummus without toppers. *Makes 4 servings.*

[Print this recipe](#)

Vegetarian Panini Muffins

4 Thomas'® 12 Grain English Muffins, split and toasted
 6 oz sliced fresh Mozzarella
 4 oz roasted pepper or 4 tomato slices
 1/4 cup black olive tapenade or Kalamata olive spread

Place Mozzarella and roasted pepper on bottom English muffin halves. Spread tapenade on remaining muffin halves. Place on top of roasted peppers. Spray large skillet or grill pan with no-stick spray. Heat over medium heat. Wrap brick with foil. Place sandwiches on griddle pan or skillet; top with another skillet and foil-wrapped brick. Grill weighted sandwiches for 5 or 6 minutes turning once or until cheese is melted. (Or, place sandwich on a covered indoor or panini grill; close lid, grill 3 to 4 minutes or until cheese is melted). *Makes 4 servings.*



[Print this recipe](#)

French Toast Mini Bagels

4 Thomas'® Plain Mini Bagels, split
 4 large eggs
 1/2 cup whole milk
 1 teaspoon vanilla extract
 1 1/2 tablespoons unsalted butter
 Optional: maple syrup

Whisk together eggs, milk and vanilla in a shallow dish until combined well. Soak bagels in mixture, turning occasionally for bagels at least 8 to 10 minutes, until softened but not falling apart. Heat butter in a 12-inch, heavy, non-stick skillet or griddle over moderately high heat until foam subsides. Transfer soaked bagel slices to skillet cut sides down with tongs and cook until golden brown on both sides, about 2 minutes total. Serve with maple syrup if desired. *Makes 4 servings.*



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Turkey Salsa Muffin Burgers

4 Thomas'® Light Multi-Grain English Muffins, split
 12 oz lean ground turkey
 1/2 cup store-bought chunky salsa, drained in a sieve
 1 large egg white
 2 oz thinly sliced aged part-skim Cheddar or Swiss cheese (optional)
 4 slices red onion

Combine turkey, 1/4 cup salsa and egg white in a large bowl, tossing with hands to combine well. Form into 4 patties. Preheat a lightly oiled grill over moderate heat and grill onions, turning, until golden brown and tender, about 6 minutes. Transfer to a plate as cooked. Grill burgers until cooked through about 6 to 7 minutes per side, topping them with cheese during the last 2 minutes of cooking. Transfer to plate as cooked. While burgers are cooking, grill split sides of muffins until golden brown, about 2 minutes. Serve burgers on English muffins topped with grilled red onions and remaining 1/4 cup salsa. *Makes 4 servings.*



[Print this recipe](#)

Apple Cinnamon Raisin Bagel Bread Pudding

3 Thomas'® Cinnamon Raisin Bagels, torn into bite-size pieces
 1 tablespoon unsalted butter plus more for buttering dish
 2 small apples, peeled, halved, cored and cut into 1/4-inch thick wedges
 1/3 cup plus 2 tablespoons sugar
 2 1/2 cups half and half
 4 large eggs
 1 tablespoon vanilla extract

Preheat oven to 375° F. Lightly butter a 1 1/2 quart pie plate or ceramic baking dish. Toss apple wedges in a bowl with 2 tablespoons of the sugar. Melt butter in a non-stick skillet over moderate heat and cook apples, turning occasionally, until golden on both sides, about 5 minutes. Transfer to prepared dish with bagel pieces. Whisk together half and half, eggs, 1/3 cup sugar and vanilla in a large bowl until combined well. Pour mixture over apples and bagel pieces. Let stand at room temperature 20 minutes, stirring occasionally. Bake in middle of oven until puffed and golden and toothpick inserted into center comes out clean, about 40 minutes. Cool pudding to warm on rack for about 1 hour (pudding will set as it cools). *Makes 6 servings.*

[Print this recipe](#)

Peanut Butter, Honey and Banana Muffins

2 Thomas'® Honey Wheat Bagels, split and toasted
 1/2 cup chunky or smooth peanut butter
 1 (6 oz) firm-ripe banana, chopped
 4 tablespoons honey

Spread peanut butter evenly (2 tablespoons each) and place on a sheet pan. Top each with 1/4 of bananas, drizzle each with 1 tablespoon honey and broil 6 inches from heat for 1 to 2 minutes, until honey is bubbling and bananas are golden brown. Let stand 5 minutes and serve. *Makes 4 servings.*



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Curried Chicken Salad Bagel Sandwiches

4 Thomas'® Cinnamon Raisin Swirl Bagels, split and toasted
 6 oz cooked chicken, diced (about 1 cup)
 1/4 cup chopped celery
 1/4 cup real or light mayonnaise
 2 tablespoons chopped toasted walnuts
 2 tablespoons raisins
 2 tablespoons chutney
 1/2 teaspoon curry powder
 Baby spinach leaves

Combine chicken, celery, mayonnaise, walnuts, raisins, chutney and curry powder. Line bottom bagel halves with spinach. Top with chicken mixture. Cover with remaining bagel halves. *Makes 4 servings.*

[Print this recipe](#)

Thomas' Egg Muffin Sandwiches

1 Thomas'® Original English Muffin, split
 2 slices bacon/sausage
 1 egg
 Butter or cooking spray
 Diced bell peppers
 1 slice cheese
 Salt and pepper to taste

Butter both halves of the muffin, and toast until lightly brown. Sauté the bacon/sausage; then, place on half of the English muffin. Mix egg, bell peppers and milk. Pour into a nonstick pan and cook as desired. When egg is done, place on top of the bacon/sausage and top with cheese. Place muffin top half to finish. *Makes 1 serving.*

[Print this recipe](#)

Mediterranean Pizza Bagels

6 Thomas'® Everything Bagels, split and toasted
 1 jar (14 oz) pizza sauce
 1/4 cup finely chopped onion
 2 small green peppers, sliced in rings
 1-1/2 cups (6 oz) shredded mozzarella cheese
 2 tablespoons grated Parmesan cheese
 2 cans (2 oz each) anchovies, drained (optional)

In small bowl, combine pizza sauce and onion. Spoon 2 tablespoons mixture on each bagel half. Evenly top with green pepper, mozzarella and Parmesan cheeses. Garnish with anchovy filets. Place on baking sheet and bake in preheated 425° F oven for 15 minutes, or until heated through. *Makes 6 servings.*



[Print this recipe](#)

Turkey Muffin Sandwiches

4 Thomas'® 100% Whole Wheat English Muffins, split and toasted
2 tablespoons cranberry mustard
8 oz sliced, smoked turkey
4 oz Havarti cheese with dill
Thinly sliced onions

Spread bottom muffin halves with cranberry mustard. Top with turkey, Havarti and onions. Cover with remaining muffin halves.

Dilled Smoked Salmon Sandwiches: Substitute sliced, smoked salmon for turkey.

To make your own cranberry mustard: Whisk together equal parts honey mustard and jellied cranberry sauce. *Makes 4 servings.*



[Print this recipe](#)

Eggs Florentine Bagels

2 Thomas'® Plain Bagels, split and toasted
2 tablespoons unsalted butter
1 ½ tablespoons all-purpose flour
1 ½ cups milk, heated
4 large eggs
1/2 cup fresh baby spinach leaves
2 Thomas' Plain Bagels, split and toasted

Melt butter in a small saucepan over moderate heat and whisk in flour. Cook, whisking constantly, for 2 minutes. Whisk in milk in a stream, until smooth. Simmer, whisking, until thickened, about 3 minutes and reduced to 1 ¼ cups. Keep warm, covered, off heat. Fill a medium skillet halfway with water and bring to a boil. Break eggs into separate teacups and pour into water. Cover skillet and remove from heat. Let eggs sit for about 4 minutes until whites are set. Place bagels on serving plates and top each with 1/4 of spinach, using a slotted spoon top with a poached egg and 1/4 of sauce. Serve immediately. *Makes 4 servings.*



[Print this recipe](#)

Peanut Butter Apple Muffins

4 Thomas'® Honey Wheat English Muffins, split and toasted
3/4 cup peanut butter
1 medium apple, cored and thinly sliced
Dark corn syrup

Spread peanut butter on each muffin half. Top with apple slices; brush with corn syrup. Broil 6 inches from heat for 2 to 3 minutes or until bubbly. *Makes 4 servings.*

[Print this recipe](#)

Easy Cheesy Sandwich

1 Thomas'® Everything Bagel Thins™ Bagel
1 hard-boiled omega-3 fortified egg
2 slices reduced fat cheddar cheese
1/4 teaspoon dried basil

Toast the Thomas'® Bagel Thins™ Bagel. Peel and slice egg. Layer cheese slices and egg, then sprinkle with basil. *Makes 1 serving.*

[Print this recipe](#)

Banana-Nut Butter

1 Thomas'® Cinnamon Raisin Bagel Thins™ Bagel
2 tablespoons almond, cashew or peanut butter
1/4 cup thinly sliced banana (about 1/3 banana)
Dash ground cinnamon
1/2 teaspoon honey (optional)

Toast the Thomas'® Cinnamon Raisin Bagel Thins™ Bagel. Spread nut butter and top with banana. Sprinkle cinnamon. If desired, lightly drizzle with honey. *Makes 1 serving.*

[Print this recipe](#)

Exhibit E

OK! WEEKLY

'I'M NOT PERFECT — I DO LIKE POTATO CHIPS'

WHY IT'S OK TO GO FOR IT

Even a super-fit star like **Jessica** admits to having a case of the munchies in her downtime, so why deprive yourself?

Baked chips like Lay's are a great lighter alternative. Another idea: Make your own chips, either from potatoes — sweet potatoes are a good choice — or kale. Joy suggests baking 2-inch slices of kale misted with oil spray.

EXCITING NEWS! Crunchy foods take longer to chew, and chewing may help to improve satiety.



'I LOVE TO LIE IN BED AND EAT MAC 'N' CHEESE'

WHY IT'S OK TO GO FOR IT

"Macaroni and cheese isn't always loaded with fat," Joy says. "If you're eating it from a box, as **Drew** does, dilute it by adding

steamed broccoli. You will be adding fiber and vitamin C. Or you can make it yourself with whole-grain pasta, skim milk and reduced-fat cheese." She also suggests adding hot sauce and soy sauce for a kick.

EXCITING NEWS! Research shows that those who ate more dairy while maintaining their daily calorie intake lost more weight.



'LOVE CHOCOLATE — HATE WORKING OUT'

WHY IT'S OK TO GO FOR IT

Researchers can't seem to stop enabling chocoholics like **Eva** — studies show that chocolate can lower blood pressure, help

muscles recover, improve skin, make your heart healthier and prevent cavities. (They're serious!) For health benefits, go for the dark stuff (70 percent cocoa), which has flavonoids. To go low-cal, try a 90-calorie Special Dark or in Chocolatey Drizzle.

EXCITING NEWS! Scientists, funded by candy makers, have cracked cacao's genetic code in a quest for the finest chocolate.



'BAGELS ARE THE BEST THING EVER!'

WHY IT'S OK TO GO FOR IT

As **Emma** — who favors blueberry, raisin or cinnamon bagels — knows, there's no reason to steer clear of the carbs in your favorite food.

"When you can, enjoy lighter bagel-like options," Joy suggests. "I love Thomas' 110-calorie Whole Wheat Bagel Thins, lightly toasted." Or scoop out a whole-wheat bagel and lightly top with cheese or a butter substitute.

EXCITING NEWS! Eating a combo of carbs and protein for breakfast has been found to help metabolically challenged dieters.



Impressions: 3,015,464
Week of January 17, 2010

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LIVE WELL EVERY DAY

the daily WD

December 22, 2010

Snack Smart: Bagel Thins



Barbara Brody

Attention carb lovers! You can have your bagels without the guilt. The answer is Thomas' Bagel Thins, which are only 110 calories. They come in three flavors (plain, everything and cinnamon raisin), but my favorite is the cinnamon raisin.



They're tasty toasted with a small dab of butter, or try this delicious-sounding serving suggestion from Keri Glassman, RD:

Top 1 toasted Cinnamon Raisin Thomas' Bagel Thins bagel with 2 Tbsp almond, cashew or peanut butter, 1/4 cup thinly sliced banana, dash of ground cinnamon, and 1/2 tsp honey.

Sounds like a great way to satisfy any sweet tooth!

—Barbara Brody, Health Editor

December 22, 2010
Impressions: 1,679,060 UVPM

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Dietician Keri Glassman: 'Take a Deep Breath' When It Comes to Feeding Kids



Courtesy Nutritious Life

When moms at school find out fellow mama **Keri Glassman** is a dietician, they ask all sorts of questions:

Are my kids eating too much? Not getting enough? Are they getting proper nutrients? Ingesting too much mercury?

Her answer to them all? "Take a big deep breath," the *Nutritious Life* writer tells PEOPLE Moms & Babies.

"Your children are probably thriving and growing, so you just have to chill out and stop the talk about it."

In fact, Glassman says a subtle approach to eating right is best. "Be creative with the foods your children eat, then constantly incorporate new foods without the pressure," she adds.

She also shares these tips:

Be a good role model. "You have to eat healthy for yourself," Glassman says. "And you can't just eat well when you're out with friends, but have to let your kids see it, too, even if you're not sitting down to eat with them."

Don't be sneaky. "I believe in incorporating nutrients into foods always," she says. "I make whole-wheat pancakes for my kids, but put in pumpkin, flaxseed — I'm always adding something to beef up the nutrition." She suggests letting your kids learn about and taste different foods, as well as offering them new foods all the time.

Serve whole foods. "Kids are always snacking on these foods that don't provide nutrients: chips, crackers, pretzels," Glassman says. "Replace those with whole grains, veggies, protein, milk, yogurt or cheese."

Eat breakfast. "That's a hugely important habit to build," she says. "Studies show that kids who eat breakfast perform better in school. And it also gets your metabolism going, your energy up, your brain functioning." Glassman serves her children Thomas' Bagel Thins (below), and offers toppings like hummus and cream cheese.

Don't make dessert a nightly treat. "It shouldn't be a big deal," she explains. "It's an indulgence. But don't make it the second part of the meal. If you focus on dessert, it sets you up — you don't want your kids to only be eating dinner so they can have something 'bad' for them afterward."

Skip the fast food. "I hate to say 'never ever,' but there's never a need for it," Glassman says. "If you're on the run, or on a road trip, get the grilled chicken sandwich, not something deep-fried." Though she says there's nothing wrong with the occasional burger and fries, you're obviously better off choosing healthier foods.

Get your kids involved. "Take them to the farmers market or grocery store, let them pick out some items and build a recipe around that," she suggests. "Make it fun in the kitchen, too — they can shake, stir, pour or mix."



Courtesy Thomas' Bagel Thins

Impressions: 946,515
January 23, 2011

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Healthy Eating Tips for the New Year

BY CHARLYN FARGO

If your New Year's resolutions include healthy eating, you might want to try these tips from Katherine Alford of the Food Network. Alford offers five tips:

— Keep lean meat moist. Ground chicken and turkey have a lot less fat than ground beef so they're not as juicy when cooked, but you don't have to settle for a dry burger. The trick is to mix in ingredients that add moisture as well as flavor. Try adding grated onion and carrot or grated apples and diced celery.

— Lighten up your eggs. Using just egg whites can result in a rubbery product, but if you use an equal number of egg whites and whole eggs, you won't even notice the missing yolks.

— Fake fried flavor. To get the crunch of fried food without all the fat, reach for a can of cooking spray. First, bread meat or fish, spritz the crumbs and then bake.

— Choose your cheeses wisely. The best low-fat cheeses tend to be pretty mild — part-skim ricotta, cottage cheese and mozzarella. Use them in a dish when you don't need a super-cheesy flavor. But when you need serious cheese flavor, use stronger cheeses and cut back on calories in other places.

— Try tofu. You can make tofu taste like whatever you want. Puree it with peanut butter for a mousse or sprinkle with taco seasoning to make a low-calorie tortilla filling. To help tofu soak up flavor, drain out the excess moisture before cooking.

— *Food Network Magazine, January/February 2011*

WORTH TRYING

Those big bagels pack a wallop when it comes to calories. A 4-inch bagel can weigh in at 299 calories. Thomas' bagels offer a reasonable alternative: Thomas' Bagel Thins at 110 calories, 4 g fiber and 1 g fat. They are available in plain, whole wheat and "everything."

Q AND A

Q: My usual breakfast includes two slices of whole-wheat toast. Friends tell me that toasting the bread diminishes the nutritional value of the whole wheat. Would you advise me to change my breakfast routine?

A: Cynthia Harriman, director of Food and Nutrition Strategies for the Whole Grains Council, says: Two things happen when you toast bread. First, it browns, which may slightly reduce the digestibility and quality of proteins, according to a 2006 study of young males. Second, the amount of acrylamide (a possible carcinogen) increases. Maillard reaction products and acrylamides are in many of the foods we eat, and the levels of both in toast are very low and likely insignificant. But to be a stickler, eating bread instead of toast is probably a fraction healthier.

— *Tufts University Health & Nutrition Letter, January 2011*

RECIPE

Even if you're not diabetic, it can be a good thing to reduce your sugar intake. Try these Blueberry Muffins made with Splenda with Fiber. It has 3 g of fiber per tablespoon, and it can be used in place of sugar in equal amounts.

Blueberry Muffins

2 cups all-purpose flour
 2 teaspoons baking powder
 1/4 teaspoon salt
 1/2 cup light margarine, softened
 1/4 cup honey
 2 large eggs
 1 cup Splenda with Fiber, granulated
 1 teaspoon vanilla extract
 1/2 cup 1 percent low-fat milk
 1 cup fresh or frozen blueberries, thawed

Preheat oven to 400 degrees. Line



12 muffin cups with paper liners. Lightly spray liners with nonstick cooking spray. Sift together flour, baking powder and salt, and set aside.

Beat margarine at medium speed with an electric mixer until creamy. Gradually add Splenda and honey, beating until light and fluffy. Add eggs one at a time, beating until blended after each addition. Stir in vanilla. Alternately add flour mixture and milk, beginning and ending with flour mixture. Beat at low speed until blended after each addition.

tion. Fold in blueberries.

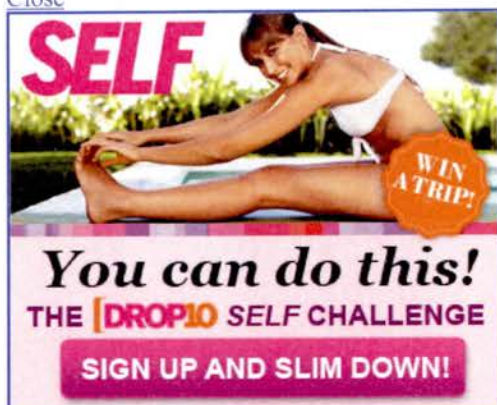
Spoon batter evenly into paper-lined muffin cups. Bake 20 to 22 minutes or until golden. Remove from pan immediately and cool on wire rack. Makes 12 muffins.

Per muffin: 160 calories, 4 g protein, 29 g carbohydrate, 4.5 g fat, 35 mg cholesterol, 5 g fiber, 300 mg sodium.

Charlyn Fargo is a registered dietitian from Springfield, Ill.

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Best Bagel

Thomas' Hearty Grains 100% Whole Wheat Bagels (240 calories, 2 g fat per bagel) A well-rounded winner, Thomas' bagels were dubbed "fresh, chewy and grainy" by one happy nosher. Others highlighted the nutty-wheat flavor. We love that the whole grains bump up the protein: Each bagel has 10 g of it.

F

Devon Jarvis



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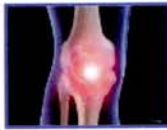
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Do snacks right: These have 80 calories or fewer

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Almost everybody loves to snack. But overindulging is a real problem.

According to a new study by the [International Food Information Council](#), only 9 percent of Americans track the calories they eat every day.

But there are many delicious, satisfying snacks that are way down on the calorie scale, [Health magazine](#) Senior Food and Nutrition Editor Frances Largeman-Roth pointed out on "The Early Show on Saturday Morning."

These all contain 80 calories or fewer:

HALF SOUR PICKLE (5 CALORIES EACH)

This low-cal crunchy and cold treat will satisfy your craving for something salty. Better to leave those kettle-cooked potato chips at home, and grab a jar of fresh pickles! Just be careful - these little snacks pack a big sodium punch, so watch how many you eat at one sitting.

CORONITA LIGHT BEER (43 CALORIES EACH)

There is no better way to celebrate the end of a long week than at Happy Hour with friends. Instead of ordering a fruity and sweet Sex on The Beach that is LOADED with sugar (and extra calories), sip a Coronita Light with a wedge of lime. These smaller-sized bottles (7 oz. to be exact) pack almost 50% fewer calories than one bottle of the typical light beer and are loaded with flavor. Cheers to that!

MALLOWMAR (60 CALORIES EACH)

Ever since 1913, these marshmallow-stuffed cookies fly off store shelves due to their seasonal availability...with good reason! Produced by Nabisco from October through April, Mallowmar fans stock up during the winter months to satisfy their cravings. You may want to stick eating one at a time - since each Mallowmar has 60 calories each.

4 CUCUMBER CUPS WITH HUMMUS (19 CALORIES EACH; 4 CUPS: 76 CALORIES)

Try a few of these cucumber cups when you're hungry after work or between meals: cut 4 (one inch thick) cucumber slices and remove the seeds to make a cup. Fill with your favorite hummus brand - we like Tribe All-Natural Hummus with Horseradish - the cool, crisp flavor of the cucumber is the perfect compliment to the creamy bite of the hummus. 4 cups will only set you back about 76 calories.

CORAZONAS PARMESAN PEPPERCORN POTATO CHIPS (8 ¼ CALORIES EACH; 8 CHIPS: 70 CALORIES)

There is no better way to get a ton of flavor without a ton of calories than to snack on a low-fat potato chip. What we like about Corazonas Parmesan Peppercorn Potato Chips is that you're not sacrificing the flavor. 8 chips will set you back about 70 calories - this kind of snack is great for those of us who can't eat just one of anything!

SMOKED SALMON BAGEL BITE (78 CALORIES)

Who doesn't love a bagel for breakfast to get a head start on your day? If you're watching calories and craving this convenient breakfast, try topping 1/2 a Thomas' 100% Whole Wheat Bagel Thin with 3/4 tablespoons Philadelphia Light Smoked Salmon Cream Cheese - we promise you won't miss the extra bulk of the bagel.

18 ALEXIA SPICY SWEET POTATO JULIENNE FRIES (4.3 CALORIES EACH; 18 FRIES: 78 CALORIES)

It's no secret that everyone loves a good French fry. If you're trying to slim down and tone up in time for bathing suit season, better make your choice count. We love Alexia Spicy Sweet Potato Julienne Fries - they combine the sweet and savory flavor of the traditional sweet potato with spicy chipotle seasoning that packs tremendous flavor. You can have 18 fries and consume only 78 calories.

GRILLED CORN WITH FETA CHEESE (78 CALORIES)

Grilled corn on the cob is a summer barbeque staple, but you could also be consuming hidden calories if those kernels are drowning in butter. Bust those calories with our healthy and flavorful take on grilled corn on the cob: top 1/2 a medium ear grilled corn with 1/2 teaspoon olive oil, 1 teaspoon lime juice, and a dash of cayenne pepper. This updated picnic favorite will set you back only 78 calories - leaving plenty of room for dessert.

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Smoked salmon bagel bite
78 Calories

Top 1/2 Thomas' 100% Whole Wheat Bagel Thin with 3/4 tablespoon Philadelphia Light Smoked Salmon Cream Cheese

Next: Amuse bouche

Credit: Quentin Bacon

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Exhibit F

Date Received	Mfg Code	Date on Product	Subject Desc	Verbatim	Item/UPC	Item/UPC Desc	Location Desc	City Full	State
12/13/2010			Complimentar y	They are delicious!	4812113541	Thomas' Cinnamon Raisin Bagel Thin 8p	Neri's Bakery	Philadelphia	PA
12/20/2010	UNAVAILABLE		Complimentar y	Thank you for the great product.	4812113541	Thomas' Cinnamon Raisin Bagel Thin 8p	General Plant	Chelsea	ME
12/21/2010			Complimentar y	Wow what a knock out truly enjoyed keep them coming and keep them thin.	4812113541	Thomas' Cinnamon Raisin Bagel Thin 8p	General Plant	Stockbridge	GA
1/18/2011	UNAVAILABLE		Complimentar y	Very, very good!	4812113541	Thomas' Cinnamon Raisin Bagel Thin 8p	Neri's Bakery	Schuylkill Haven	PA
2/7/2011	A0272	2/9/2011	Complimentar y	Very delicious.	4812113541	Thomas' Cinnamon Raisin Bagel Thin 8p	Harlan Avon Bagels	Youngstown	OH
2/11/2011			Complimentar y	They were wonderful and my family enjoyed them!	4812113541	Thomas' Cinnamon Raisin Bagel Thin 8p	Neri's Bakery	Central Square	NY
2/18/2011			Complimentar y	Wonderful!	4812113541	Thomas' Cinnamon Raisin Bagel Thin 8p	Neri's Bakery	Ansonia	CT
3/4/2011	NOT AVAILABLE		Complimentar y	Excellent product!	4812113541	Thomas' Cinnamon Raisin Bagel Thin 8p	Toufayan Orlando Bagels	Inverness	FL
3/7/2011	UNAVAILABLE		Complimentar y	Great product.	4812113541	Thomas' Cinnamon Raisin Bagel Thin 8p	Neri's Bakery	Philadelphia	PA
3/17/2011	NOT AVAILABLE		Complimentar y		4812113541	Thomas' Cinnamon Raisin Bagel Thin 8p	Harlan Avon Bagels	Plainfield	IL
3/23/2011			Complimentar y	Perfect for morning coffee.	4812113541	Thomas' Cinnamon Raisin Bagel Thin 8p	Harlan Avon Bagels	Knox	IN
3/28/2011	NOT AVAILABLE		Complimentar y	These are terrific. Great for diet.	4812113541	Thomas' Cinnamon Raisin Bagel Thin 8p	Harlan Avon Bagels	Granville	OH
3/29/2011			Complimentar y	Great product.	4812113541	Thomas' Cinnamon Raisin Bagel Thin 8p	Harlan Avon Bagels	Houston	TX
3/29/2011			Complimentar y	These are wonderful! Thanks for helping me stay on target---they satisfy my sweet tooth!!!	4812113541	Thomas' Cinnamon Raisin Bagel Thin 8p	Toufayan Orlando Bagels	Mt Pleasant	SC
3/30/2011	NOT AVAILABLE		Complimentar y	Whoever came up with this idea is a genius! They are Great!	4812113541	Thomas' Cinnamon Raisin Bagel Thin 8p	Neri's Bakery	Mount Ephraim	NJ
4/4/2011	NOT AVAILABLE		Complimentar y	This is an excellent product!	4812113541	Thomas' Cinnamon Raisin Bagel Thin 8p	Toufayan Orlando Bagels	Winston Salem	NC
4/21/2011			Complimentar y	They are great!	4812113541	Thomas' Cinnamon Raisin Bagel Thin 8p	Neri's Bakery	Fairchance	PA
5/23/2011			Complimentar y	Delicious thank you.	4812113541	Thomas' Cinnamon Raisin Bagel Thin 8p	Neri's Bakery	Capitol Heights	MD
11/1/2010	UNAVAILABLE		Complimentar y	Delicious.	4812113545	Thomas' Plain Bagel Thin 8p	Neri's Bakery	Rochester	NY
11/3/2010	UNAVAILABLE		Complimentar y	Taste better than the regular bagels.	4812113545	Thomas' Plain Bagel Thin 8p	Toufayan Orlando Bagels	Waco	GA
11/5/2010	NOT AVAILABLE		Complimentar y	Will never get deli bagels again.	4812113545	Thomas' Plain Bagel Thin 8p	Toufayan Orlando Bagels	Burlington	NC
11/8/2010	UNAVAILABLE		Complimentar y	Thanks for the great idea.	4812113545	Thomas' Plain Bagel Thin 8p	Caravan Bagels	Chula Vista	CA
11/10/2010	UNAVAILABLE		Complimentar y	I just want to share with you my great pleasure in the new product.	4812113545	Thomas' Plain Bagel Thin 8p	Neri's Bakery	Hampton	VA
11/10/2010	UNAVAILABLE		Complimentar y	Keep up the good work.	4812113545	Thomas' Plain Bagel Thin 8p	Harlan Avon Bagels	Long Grove	IL
11/16/2010	UNAVAILABLE		Complimentar y	We love them!	4812113545	Thomas' Plain Bagel Thin 8p	Caravan Bagels	Yucaipa	CA
11/22/2010	UNAVAILABLE		Complimentar y	Thank you for coupons.	4812113545	Thomas' Plain Bagel Thin 8p	Harlan Avon Bagels	Clinton	MO
12/1/2010			Complimentar y	I can still eat what I like.	4812113545	Thomas' Plain Bagel Thin 8p	Harlan Avon Bagels	Olathe	KS

12/3/2010			Complimentar y	Great for weight watchers.	4812113545	Thomas' Plain Bagel Thin 8p	Bakewise (Fleischer's)	Youngstown	OH
12/9/2010	UNAVAILABLE		Complimentar y	I want to thank you for making the most wonderful products.	4812113545	Thomas' Plain Bagel Thin 8p	Caravan Bagels	Murray	UT
12/14/2010			Complimentar y	They are wonderful. Not all the bread. Don't stop making them.	4812113545	Thomas' Plain Bagel Thin 8p	Neri's Bakery	Silver Spring	MD
12/14/2010			Complimentar y	Great product. Hit the spot.	4812113545	Thomas' Plain Bagel Thin 8p	Toufayan Orlando Bagels	Riverview	FL
12/14/2010	UNAVAILABLE		Complimentar y	Thanks for this product. It's tasty but without all the bread.	4812113545	Thomas' Plain Bagel Thin 8p	Caravan Bagels	Corona	CA
1/3/2011	NOT AVAILABLE	1/11/2011	Complimentar y	Best ever!	4812113545	Thomas' Plain Bagel Thin 8p	Toufayan Orlando Bagels	West Palm Beach	FL
1/3/2011	UNAVAILABLE		Complimentar y	Thank you for wonderful products you make.	4812113545	Thomas' Plain Bagel Thin 8p	Toufayan Orlando Bagels	Madison	AL
1/7/2011			Complimentar y	Very good product.	4812113545	Thomas' Plain Bagel Thin 8p	Neri's Bakery	East Hartford	CT
1/10/2011			Complimentar y	Tried these, very good!	4812113545	Thomas' Plain Bagel Thin 8p	Neri's Bakery	Bronx	NY
1/10/2011	UNAVAILABLE		Complimentar y	Great products and great work thanks!	4812113545	Thomas' Plain Bagel Thin 8p	Caravan Bagels	battle ground	WA
1/10/2011	UNAVAILABLE		Complimentar y	Thank you for a great product.	4812113545	Thomas' Plain Bagel Thin 8p	Neri's Bakery	Pittsburgh	PA
1/11/2011	UNAVAILABLE		Complimentar y	I love it thank you.	4812113545	Thomas' Plain Bagel Thin 8p	Toufayan Orlando Bagels	Duluth	GA
1/11/2011			Complimentar y	Thank you for making a guiltless bagel that can be used in a sandwich style rather than open faced, without so many carbs as traditional bagels.	4812113545	Thomas' Plain Bagel Thin 8p	Caravan Bagels	Canby	OR
1/11/2011			Complimentar y	Great for breakfast sandwiches.	4812113545	Thomas' Plain Bagel Thin 8p	Neri's Bakery	Henryville	PA
1/13/2011	UNAVAILABLE		Complimentar y	Thank you for the great product.	4812113545	Thomas' Plain Bagel Thin 8p	Harlan Avon Bagels	Piano	IL
1/13/2011			Complimentar y	Great idea.	4812113545	Thomas' Plain Bagel Thin 8p	Toufayan Orlando Bagels	Tampa	FL
1/17/2011			Complimentar y	I eat Thomas Bagels because they allow me have a sandwich or my morning bagel, but I don't feel as guilty because the amount of bread consumed is less.	4812113545	Thomas' Plain Bagel Thin 8p	Neri's Bakery	Coatesville	PA
1/17/2011	UNAVAILABLE		Complimentar y	Thank you for the great bagel.	4812113545	Thomas' Plain Bagel Thin 8p	Harlan Avon Bagels	Chicago	IL
1/19/2011			Complimentar y	Love this product very much.	4812113545	Thomas' Plain Bagel Thin 8p	Toufayan Orlando Bagels	Oldsmar	FL
1/19/2011	UNAVAILABLE		Complimentar y	Thank you for a great product.	4812113545	Thomas' Plain Bagel Thin 8p	Neri's Bakery	East Longmeadow	MA
1/24/2011			Complimentar y	Love these, they are excellent!	4812113545	Thomas' Plain Bagel Thin 8p	Toufayan Orlando Bagels	Pinellas Park	FL
1/25/2011	UNAVAILABLE		Complimentar y	Great idea!	4812113545	Thomas' Plain Bagel Thin 8p	Neri's Bakery	Harrisburg	PA
1/25/2011			Complimentar y	I love them. They are the perfect size for sandwiches.	4812113545	Thomas' Plain Bagel Thin 8p	Caravan Bagels	Portland	OR
1/31/2011	UNAVAILABLE		Complimentar y	This is a great product that you have developed.	4812113545	Thomas' Plain Bagel Thin 8p	Harlan Avon Bagels	Chicago	IL
2/1/2011	NOT AVAILABLE		Complimentar y	They are the best!	4812113545	Thomas' Plain Bagel Thin 8p	Caravan Bagels	Hoquiam	WA

2/8/2011	NOT AVAILABLE		Complimentar y	These are excellent!	4812113545	Thomas' Plain Bagel Thin 8p	Toufayan Orlando Bagels	Montgomery	AL
2/11/2011			Complimentar y	Thanks for your wonderful products. Keep up the good work.	4812113545	Thomas' Plain Bagel Thin 8p	Harlan Avon Bagels	Temple	TX
2/11/2011			Complimentar y	I just tried, these are great! a	4812113545	Thomas' Plain Bagel Thin 8p	Harlan Avon Bagels	Aurora	IL
2/21/2011			Complimentar y	Love the size	4812113545	Thomas' Plain Bagel Thin 8p	Harlan Avon Bagels	Fort Worth	TX
2/22/2011			Complimentar y	Our family really loves these for breakfast sandwiches.	4812113545	Thomas' Plain Bagel Thin 8p	Toufayan Orlando Bagels	North Port	FL
2/28/2011			Complimentar y	Great taste.	4812113545	Thomas' Plain Bagel Thin 8p	Harlan Avon Bagels	Oscoda	MI
3/2/2011			Complimentar y	They are great.	4812113545	Thomas' Plain Bagel Thin 8p	Neri's Bakery	Windsor	CT
3/7/2011	THREW AWAY		Complimentar y	Very good and great for diet.	4812113545	Thomas' Plain Bagel Thin 8p	Harlan Avon Bagels	Fort Wayne	IN
3/24/2011			Complimentar y	Thank You for these! I love this product!	4812113545	Thomas' Plain Bagel Thin 8p	Neri's Bakery	Fayette City	PA
3/24/2011	NOT AVAILABLE		Complimentar y	Excellent product.	4812113545	Thomas' Plain Bagel Thin 8p	Harlan Avon Bagels	Corsicana	TX
3/24/2011			Complimentar y	They are so yummy even my kids love them.	4812113545	Thomas' Plain Bagel Thin 8p	Bakewise (Fleishcher's)	New Lexington	OH
3/31/2011			Complimentar y	These are delicious.	4812113545	Thomas' Plain Bagel Thin 8p	Neri's Bakery	Danville	VA
3/31/2011			Complimentar y	You deserve a pat on the back	4812113545	Thomas' Plain Bagel Thin 8p	Caravan Bagels	Newport Beach	CA
4/1/2011			Complimentar y	Delicious.	4812113545	Thomas' Plain Bagel Thin 8p	Caravan Bagels	Hawthorne	CA
4/5/2011			Complimentar y	Love them!	4812113545	Thomas' Plain Bagel Thin 8p	Neri's Bakery	Middle Island	NY
4/7/2011	NOT AVAILABLE		Complimentar y	I just wanted to let you know that I recently tried your Thomas' Bagel Thin's product for the first time - and I really liked them a lot!	4812113545	Thomas' Plain Bagel Thin 8p	Neri's Bakery	Fairfax	VA
4/11/2011			Complimentar y	They are so delicious and always fresh! Thanks for making these awesome products!	4812113545	Thomas' Plain Bagel Thin 8p	Toufayan Orlando Bagels	Maryville	TN
4/13/2011			Complimentar y	Great product.	4812113545	Thomas' Plain Bagel Thin 8p	Caravan Bagels	Janesville	CA
4/18/2011			Complimentar y	Great idea.	4812113545	Thomas' Plain Bagel Thin 8p	Neri's Bakery	Evans Mills	NY
4/25/2011			Complimentar y	Best idea ever.	4812113545	Thomas' Plain Bagel Thin 8p	Neri's Bakery	Boston	MA
4/29/2011			Complimentar y	They are wonderful.	4812113545	Thomas' Plain Bagel Thin 8p	Caravan Bagels	Belgrade	MT
5/5/2011	30333 40827	5/13/2011	Complimentar y	Thank You, they are wonderful!	4812113545	Thomas' Plain Bagel Thin 8p	Bakewise (Fleishcher's)	Fort Wayne	IN
5/5/2011			Complimentar y	Love them.	4812113545	Thomas' Plain Bagel Thin 8p	Harlan Avon Bagels	Fort Wayne	IN
5/31/2011			Complimentar y	Keep up the great work!	4812113545	Thomas' Plain Bagel Thin 8p	Neri's Bakery	Branchburg	NJ
6/2/2011			Complimentar y	keep up the good work.	4812113545	Thomas' Plain Bagel Thin 8p	Caravan Bagels	Santee	CA
6/6/2011			Complimentar y	They are the best addition to my morning!	4812113545	Thomas' Plain Bagel Thin 8p	Harlan Avon Bagels	Exira	IA
6/7/2011			Complimentar y	Thank you for an excellent product!	4812113545	Thomas' Plain Bagel Thin 8p	Toufayan Orlando Bagels	Lincolnton	NC

6/8/2011	NOT AVAILABLE		Complimentar y	This is an excellent product!	4812113545	Thomas' Plain Bagel Thin 8p	Caravan Bagels	Lathrop	CA
11/1/2010			Complimentar y	I just wanted to let you know that we love these!	4812113546	Thomas' Whole Wheat Bagel Thin 8p	Toufayan Orlando Bagels	Spring Hill	TN
11/5/2010	UNAVAILABLE		Complimentar y	Have stopped eating bread because these are so good.	4812113546	Thomas' Whole Wheat Bagel Thin 8p	Harlan Avon Bagels	Bivins	TX
11/8/2010	UNAVAILABLE		Complimentar y	Love it.	4812113546	Thomas' Whole Wheat Bagel Thin 8p	Harlan Avon Bagels	Clinton	MO
11/18/2010			Complimentar y	We absolutely love them!	4812113546	Thomas' Whole Wheat Bagel Thin 8p	Caravan Bagels	Visalia	CA
12/22/2010			Complimentar y	Excellent product!	4812113546	Thomas' Whole Wheat Bagel Thin 8p	Neri's Bakery	Branford	CT
1/6/2011	UNAVAILABLE		Complimentar y	Very good product.	4812113546	Thomas' Whole Wheat Bagel Thin 8p	Toufayan Orlando Bagels	Saint Petersburg	FL
1/12/2011			Complimentar y	Great idea.	4812113546	Thomas' Whole Wheat Bagel Thin 8p	Neri's Bakery	Manchester	NH
2/2/2011			Complimentar y	Great for managing weight.	4812113546	Thomas' Whole Wheat Bagel Thin 8p	Caravan Bagels	Meadow Vista	CA
2/4/2011	UNAVAILABLE		Complimentar y	Thank you. I am so pleased with this product.	4812113546	Thomas' Whole Wheat Bagel Thin 8p	Harlan Avon Bagels	O Fallon	MO
3/7/2011	NOT AVAILABLE	3/10/2011	Complimentar y	We can now enjoy a whole bagel and not have to eat tons of dough. Great!	4812113546	Thomas' Whole Wheat Bagel Thin 8p	Harlan Avon Bagels	Stanwood	MI
3/17/2011			Complimentar y	These are wonderful. Don't stop making them!	4812113546	Thomas' Whole Wheat Bagel Thin 8p	Toufayan Orlando Bagels	Nashville	TN
3/25/2011			Complimentar y	I absolutely love them! They are my favorite thing ever.	4812113546	Thomas' Whole Wheat Bagel Thin 8p	Caravan Bagels	Chico	CA
3/25/2011			Complimentar y	Wonderful.	4812113546	Thomas' Whole Wheat Bagel Thin 8p	Toufayan Orlando Bagels	Saint Petersburg	FL
4/28/2011			Complimentar y	Just tried, very good.	4812113546	Thomas' Whole Wheat Bagel Thin 8p	Harlan Avon Bagels	Mountain Home	AR
5/4/2011			Complimentar y	I love this product. It is great for my diet. Thanks!	4812113546	Thomas' Whole Wheat Bagel Thin 8p	Toufayan Orlando Bagels	Pearl	MS
5/6/2011	NOT AVAILABLE		Complimentar y	Excellent product!	4812113546	Thomas' Whole Wheat Bagel Thin 8p	Bakewise (Fleischcher's)	Greenville	OH
5/23/2011			Complimentar y	My deepest thanks for making a quality product you guys are awesome.	4812113546	Thomas' Whole Wheat Bagel Thin 8p	Toufayan Orlando Bagels	Fort Bragg	NC
11/3/2010			Complimentar y	Fantastic product.	4812113547	Thomas' Everything Bagel Thin 8p	Toufayan Orlando Bagels	Miami	FL
11/4/2010	UNAVAILABLE		Complimentar y	These taste great and freeze very well.	4812113547	Thomas' Everything Bagel Thin 8p	Harlan Avon Bagels	Troy	MO
11/5/2010	UNAVAILABLE		Complimentar y	I love these bagels.	4812113547	Thomas' Everything Bagel Thin 8p	Caravan Bagels	Bend	OR
11/15/2010	UNAVAILABLE		Complimentar y	I love them.	4812113547	Thomas' Everything Bagel Thin 8p	Toufayan Orlando Bagels	Raleigh	NC
11/23/2010			Complimentar y	They are wonderful and help me make it thru the morning without snacking. I eat these for breakfast every morning.	4812113547	Thomas' Everything Bagel Thin 8p	Harlan Avon Bagels	Bowling Green	KY
11/30/2010	UNAVAILABLE		Complimentar y	Love, love, love it.	4812113547	Thomas' Everything Bagel Thin 8p	Harlan Avon Bagels	Saint Joseph	MI
12/7/2010	UNAVAILABLE		Complimentar y	How much I enjoy it. Thank you	4812113547	Thomas' Everything Bagel Thin 8p	Harlan Avon Bagels	Granite City	IL
12/7/2010	UNAVAILABLE		Complimentar y	Great product.	4812113547	Thomas' Everything Bagel Thin 8p	Harlan Avon Bagels	Strongsville	OH

12/8/2010			Complimentar y	I WANTED TO LET YOU KNOW HOW HAPPY I AM WITH YOUR BAGEL THINS PRODUCT.	4812113547	Thomas' Everything Bagel Thin 8p	Toufayan Orlando Bagels	Hollywood	FL
12/9/2010	UNAVAILABLE		Complimentar y	Keep them coming.	4812113547	Thomas' Everything Bagel Thin 8p	Toufayan Orlando Bagels	Palm Harbor	FL
12/13/2010			Complimentar y	These are great!	4812113547	Thomas' Everything Bagel Thin 8p	Toufayan Orlando Bagels	Boca Raton	FL
12/15/2010	UNAVAILABLE		Complimentar y	Thank you for make the everything bagel don't stop.	4812113547	Thomas' Everything Bagel Thin 8p	Neri's Bakery	Erie	PA
1/4/2011			Complimentar y	These are the best!	4812113547	Thomas' Everything Bagel Thin 8p	Neri's Bakery	Warren	NJ
1/4/2011			Complimentar y	Spectacular!	4812113547	Thomas' Everything Bagel Thin 8p	Harlan Avon Bagels	Evanston	IL
1/5/2011		1/11/2011	Complimentar y	They made my day.	4812113547	Thomas' Everything Bagel Thin 8p	Toufayan Orlando Bagels	Chattanooga	TN
1/7/2011			Complimentar y	Very good! Perfect product!	4812113547	Thomas' Everything Bagel Thin 8p	Harlan Avon Bagels	Monroe	MI
1/12/2011			Complimentar y	Loves them, He makes breakfast sandwiches every morning for his family with them.	4812113547	Thomas' Everything Bagel Thin 8p	Toufayan Orlando Bagels	Loris	SC
1/17/2011	UNAVAILABLE	1/19/2011	Complimentar y	Love it thank you for a great product	4812113547	Thomas' Everything Bagel Thin 8p	Toufayan Orlando Bagels	Fernandina Beach	FL
1/28/2011			Complimentar y	We love the size and flavor.	4812113547	Thomas' Everything Bagel Thin 8p	Neri's Bakery	East Aurora	NY
2/2/2011	UNAVAILABLE		Complimentar y	Please continue to make these.	4812113547	Thomas' Everything Bagel Thin 8p	Neri's Bakery	Tamaqua	PA
2/7/2011			Complimentar y	Oh my heck, is this a win! I am absolutely THRILLED that this line of products now exists.	4812113547	Thomas' Everything Bagel Thin 8p	Toufayan Orlando Bagels	Holiday	FL
2/7/2011			Complimentar y	Great that they are low in calories.	4812113547	Thomas' Everything Bagel Thin 8p	Harlan Avon Bagels	Dyer	IN
2/10/2011			Complimentar y	Delicious!	4812113547	Thomas' Everything Bagel Thin 8p	Harlan Avon Bagels	Warren	OH
2/15/2011	UNAVAILABLE		Complimentar y	Thanks so much for a great product.	4812113547	Thomas' Everything Bagel Thin 8p	Harlan Avon Bagels	Mount Vernon	OH
2/23/2011	NOT AVAILABLE		Complimentar y	Great product!	4812113547	Thomas' Everything Bagel Thin 8p	Harlan Avon Bagels	North Canton	OH
3/1/2011	UNAVAILABLE		Complimentar y	The most enjoyable piece of bread.	4812113547	Thomas' Everything Bagel Thin 8p	Neri's Bakery	Stauvelt	NY
3/2/2011			Complimentar y	Love your product.	4812113547	Thomas' Everything Bagel Thin 8p	Neri's Bakery	Hackensack	NJ
3/3/2011	UNAVAILABLE		Complimentar y	Great product!	4812113547	Thomas' Everything Bagel Thin 8p	Harlan Avon Bagels	Westland	MI
3/9/2011	UNAVAILABLE		Complimentar y	They taste great.	4812113547	Thomas' Everything Bagel Thin 8p	Harlan Avon Bagels	Newark	OH
3/23/2011	NOT PROVIDED		Complimentar y	Thank you so very much for this new addition to your line.	4812113547	Thomas' Everything Bagel Thin 8p	Harlan Avon Bagels	Wanatah	IN
3/29/2011			Complimentar y	Love these they are great.	4812113547	Thomas' Everything Bagel Thin 8p	Neri's Bakery	Bellmore	NY
4/11/2011			Complimentar y	Love these.	4812113547	Thomas' Everything Bagel Thin 8p	Neri's Bakery	Westampton	NJ
4/20/2011	NOT AVAILABLE		Complimentar y	These are excellent!	4812113547	Thomas' Everything Bagel Thin 8p	Neri's Bakery	Hackensack	NJ
5/6/2011			Complimentar y	These are very good!	4812113547	Thomas' Everything Bagel Thin 8p	Toufayan Orlando Bagels	Miami	FL
5/10/2011			Complimentar y	Awesome, don't stop making these.	4812113547	Thomas' Everything Bagel Thin 8p	Harlan Avon Bagels	Morehead	KY

5/17/2011	CANT READ		Complimentar y	Very good and like that not a lot of bread.	4812113547	Thomas' Everything Bagel Thin 8p	Neri's Bakery	Fairview	PA
5/20/2011	THREW AWAY		Complimentar y	The most wonderful thing you ever done!	4812113547	Thomas' Everything Bagel Thin 8p	Toufayan Orlando Bagels	Spring Hill	FL
6/1/2011	THREW AWAY		Complimentar y	Loves especially for diabetic diet.	4812113547	Thomas' Everything Bagel Thin 8p	Toufayan Orlando Bagels	Hudson	FL
3/10/2011	NOT AVAILABLE		Complimentar y	Delicious!	4812113548	Thomas' Plain Bagel Thin 16 pk	Toufayan Orlando Bagels	Sebastian	FL
3/3/2011	UNAVAILABLE		Complimentar y	It was delicious.	4812113549	Thomas' Whole Wheat Bagel Thin 16 pk	Neri's Bakery	Jersey City	NJ
1/26/2011			Complimentar y	Thank you for thinking of that! I am so happy to be able to eat my bagel again.	4812113550	Thomas' Everything Bagel Thin 16 pk	Neri's Bakery	Buellton	CA

Exhibit G

halfmarathon

PROMOTION & EXPOSURE

PRE-RACE PROMOTION

• PRINT ADVERTISEMENTS

- More: February – April 2011 (3 issues x 2,031,000 imp.)
- Fitness: January 2011 – April 2011 (4 issues x 7,641,000 imp.)
- NY Runner: Results, Spring 2011 issue (56,000 imp.)

PRE-RACE PROMOTION

• ONLINE & SOCIAL MEDIA

- Event subsite on NYRR.org (TBT logo on site)
- Splash pages on MoreMustHaves.com (pick up of in-book half-marathon ad)
- Splash pages on FitPicks.com (pick up of in-book half-marathon ad)
- iPhone Event App (TBT logo)
- No impression information available

halfmarathon

PROMOTION & EXPOSURE



Dedicated Email

PRE-RACE PROMOTION

EMAIL MARKETING

- New York Road Runners (NYRR)
 - Email #1 to 9,822
 - Email #2 to 9,854
 - Email #3 to 9,889
 - Post-event congratulations to 7,500

halfmarathon

PROMOTION & EXPOSURE

More fitness

health & wellness expo

SCHEDULE OF EVENTS

RETROPLETION PARKWAY / 433 W 11th Street, NYC
THURSDAY APRIL 1 11am-5pm / SATURDAY APRIL 2 9am-5pm

FRIDAY APRIL 1

10:00 AM - 11:00 AM
Run Track for a Better Body - Runners Day 11th Mile Mileage
Runners Day 11th Mile Mileage is a special event for runners who have completed 11th mile of their marathon. Runners will receive a special gift and a commemorative T-shirt. Runners will also receive a special gift and a commemorative T-shirt.

12:00 PM - 1:00 PM
Run Track for a Better Body - Runners Day 11th Mile Mileage
Runners Day 11th Mile Mileage is a special event for runners who have completed 11th mile of their marathon. Runners will receive a special gift and a commemorative T-shirt. Runners will also receive a special gift and a commemorative T-shirt.

1:00 PM - 2:00 PM
Run Track for a Better Body - Runners Day 11th Mile Mileage
Runners Day 11th Mile Mileage is a special event for runners who have completed 11th mile of their marathon. Runners will receive a special gift and a commemorative T-shirt. Runners will also receive a special gift and a commemorative T-shirt.

2:00 PM - 3:00 PM
Run Track for a Better Body - Runners Day 11th Mile Mileage
Runners Day 11th Mile Mileage is a special event for runners who have completed 11th mile of their marathon. Runners will receive a special gift and a commemorative T-shirt. Runners will also receive a special gift and a commemorative T-shirt.

3:00 PM - 4:00 PM
Run Track for a Better Body - Runners Day 11th Mile Mileage
Runners Day 11th Mile Mileage is a special event for runners who have completed 11th mile of their marathon. Runners will receive a special gift and a commemorative T-shirt. Runners will also receive a special gift and a commemorative T-shirt.

HEALTH & WELLNESS EXPO SIGNAGE

HEALTH & WELLNESS EXPO

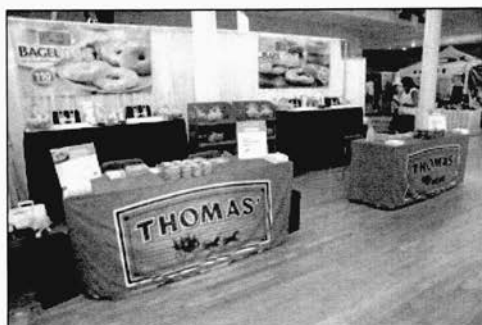
- Commemorative T-shirt (9,000)
- TV Screen logo exposure
- Expo Schedule
- Expo Guide
- Welcome Wall

Approximate number of Expo attendees:
12,000



PROMOTION & EXPOSURE

CUSTOM OPPORTUNITIES AT THE EXPO



- Thomas' Bagel Thins (TBT) received a 10' x 20' booth in a high-traffic location at the Expo
- Four flavors of TBTs (plain, whole wheat, cinnamon raisin and everything) were on display in the booth and sampled by enthusiastic attendees all day long
- Branded banners and tablecloths provided by TBT were prominently displayed
- TBT table-top signs were also displayed
- TBT recipe cards, literature and magnets were distributed
- TBT coupons and literature were included in the runners' bags distributed upon check-in (quantity = 9,000)

Approximate number of Expo attendees: 12,000

halfmarathon

PROMOTION & EXPOSURE



RUNNERS' DINNER SIGNAGE

- Sponsor Welcome Blow Up
- Sponsor Thank You Blow Up
- Good Luck Table Tents
- Logo exposure on stage

Approximate number of dinner attendees: 1,000



halfmarathon

PROMOTION & EXPOSURE



RACE DAY SIGNAGE

- Start and Finish Towers (TBT logo exposure)
- Start, Finish and Awards Stage Backdrop (TBT logo)
- Sponsor Thank You Blow Up (TBT logo)

Approximate number of runners: 10,000

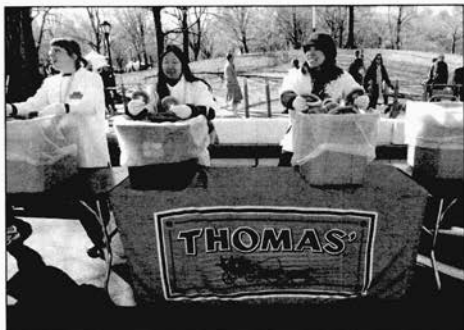


Q2- Start/Finish backdrop & bandshell backdrop

halfmarathon

PROMOTION & EXPOSURE

CUSTOM OPPORTUNITIES ON RACE DAY



- Thomas' Bagel Thins were made available to all Race Day runners in the food chute located at the end of the half-marathon course

- TBT branded table cloths were displayed on the tables in the food chute and volunteers wore TBT branded polo shirts

- TBT magnets were distributed in the More tent

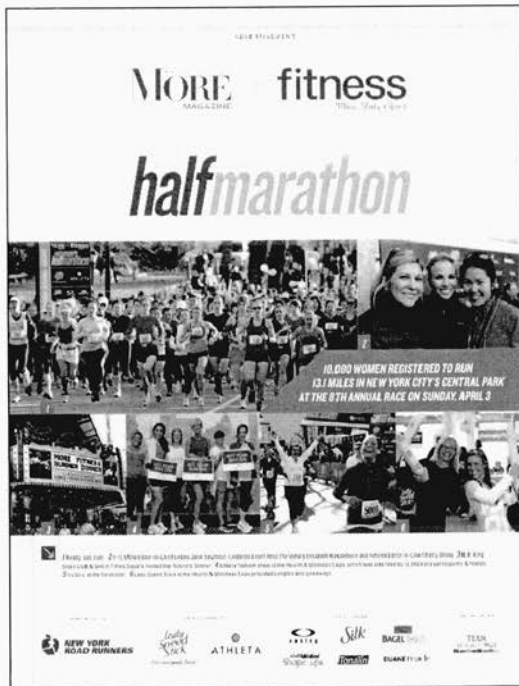
- TBT contributed coupons to the VIP bags distributed to celebrities, elite runners and other guests

- TBT sponsored a "Team Thomas" running team with branded shirts



halfmarathon

PROMOTION & EXPOSURE



POST-RACE PROMOTION

PRINT ADVERTISEMENTS

- More magazine: Recap ad in July/August 2011 issue
- Fitness magazine: Recap ad in July/August 2011 issue



EGG WHITE FLORENTINE

Made with cracked pepper, feta cheese and spinach, our Egg White Florentine is a delicious way to spice up breakfast.

INGREDIENTS

1 Thomas[™] 100% Whole Wheat Bagel Thins[™] bagel
2 teaspoons olive oil
1 clove garlic, thinly sliced
2 tablespoons finely diced mushrooms
1 cherry tomato, finely chopped
2 tablespoons finely chopped baby spinach
1 pinch salt
Fresh cracked black pepper to taste
2 large egg whites
1 tablespoon feta cheese, crumbled

YIELD: 1 SANDWICH | PREP TIME: 5 MINUTES | COOK TIME: 3 MINUTES

PREPARATION

1. Heat olive oil over medium heat in an 8-inch non-stick skillet. 2. Add garlic and mushrooms and cook for about 1 minute. 3. Add tomatoes, spinach, salt & pepper and cook for about 20-30 seconds or till spinach is wilted and bright green in color. 4. Reduce heat to low. Add eggs and cover pan with lid. Cook for approximately 2 minutes or until set. 5. Flip egg mixture with large spatula. Add cheese and cover, cooking for an additional 30 seconds or until cheese melts. 6. Toast Thomas[™] Bagel Thins[™] bagel.

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NUTRITION: SERVING SIZE: 1 SANDWICH

Calories: 260, Total Fat: 12g, Cholesterol: 10mg, Sodium: 550mg,
Total Carbohydrate: 28g, Dietary Fiber: 6g, Protein: 15g



BAGEL THINS



THE SOUTHWESTERN

Topped with pepper jack cheese, red peppers and salsa,
The Southwestern is a kick to the taste buds.

YIELD: 2 SANDWICHES | PREP TIME: 10 MINUTES | COOK TIME: 3 MINUTES

INGREDIENTS

2 Thomas™ Plain Bagel Thins™ bagels
1 teaspoon olive oil
1 tablespoon red onion, finely chopped
2 tablespoons roasted red pepper,
finely chopped (jarred packed in water)
2 large eggs, beaten
2 slices reduced fat pepper jack cheese
1 tablespoon cilantro, finely chopped
1/4 avocado, sliced
2 tablespoons red or green salsa

PREPARATION

1. Heat oil in large non-stick skillet over medium heat. 2. Add eggs and tilt skillet to distribute evenly. Cook for about 30 seconds. 3. Sprinkle onion and pepper evenly over eggs. Cook for about 30-45 seconds or until eggs have set up. 4. Place 2 slices of cheese in the upper half of the egg mixture on the right and left sides evenly spaced. 5. Using a spatula fold the bottom half of the egg mixture over the top, covering up the cheese. Remove from heat. 6. Toast two Thomas™ Bagel Thins™ bagels. 7. Cut omelet in half and place 1 piece per Thomas™ Bagel Thins™ bagel. 8. Top egg with avocado, a tablespoon of salsa and a pinch of cilantro.

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NUTRITION: SERVING SIZE: 1 SANDWICH

Calories: 300, Total Fat: 15g, Cholesterol: 225mg, Sodium: 630mg,
Total Carbohydrate: 32g, Dietary Fiber: 5g, Protein: 16g



BAGEL THINS



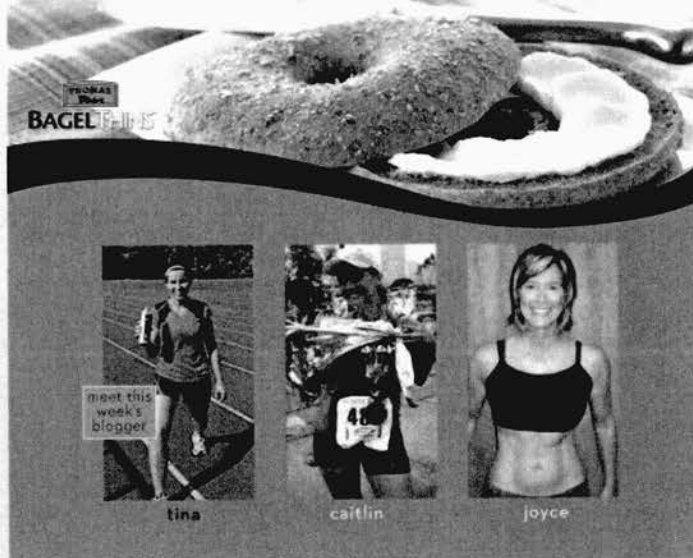


run, don't walk, to like us!

MORE fitness
MAGAZINE Most Body • Sport

halfmarathon

It's not easy to train for a half marathon. Thomas'® Bagel Thins™ enlisted 3 of your favorite health & wellness bloggers to help you stay motivated to cross the finish line.



february 28 morning moments

by tina *author of the blog "Carrots 'n' Cake," where it's all about finding a healthy balance in life*

Lorem ipsum dolor, consectetur adipiscing elit. Suspendisse cursus felis quis eros pharetra a faucibus dolor egestas. Duis id est ac tortor auctor tristique. Suspendisse dapibus viverra erat at faucibus. Morbi mollis ornare quam, ac sodales eros pretium ut. Etiam feugiat ligula dolor, quis feugiat eros. Ut vitae turpis urna. [READ MORE](#)

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THOMAS'
Bagel
BAGEL THINS

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FOR WOMEN OF STYLE & SUBSTANCE
MORE + **fitness**
MAGAZINE Mind, Body + Spirit

women's halfmarathon



10,000 WOMEN REGISTERED TO RUN
13.1 MILES IN NEW YORK CITY'S CENTRAL PARK
AT THE 8TH ANNUAL RACE ON SUNDAY, APRIL 3



1 Ready, set, run! 2 (l-r) More Editor-in-Chief Lesley Jane Seymour, Celebrity Event Host *The View*'s Elisabeth Hasselbeck and Fitness Editor-in-Chief Betty Wong 3 B.B. King Blues Club & Grill in Times Square hosted the Runners' Dinner 4 Athleta fashion show at the Health & Wellness Expo, which was attended by 12,000 race participants & friends 5 Victory at the finish line! 6 Lady Speed Stick at the Health & Wellness Expo provided samples and giveaways

IN PARTNERSHIP WITH



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PRODUCT SPONSORS



CHARITABLE PARTNER



Exhibit H



Thomas'® Bagel Thins™ BzzGuide

All the flavor, 110 calories - finally a bagel you'll feel good about eating!



What's the Bzz?

Just the Facts

The Scoop

BzzActivities

BzzActivities

Spread the Thomas'® brand Bzz like cream cheese on a 110 calorie bagel by trying these suggested activities:

- Share the coupons from your BzzKit so people can try Thomas'® Bagel Thins™ bagels for themselves
- Bring your favorite variety to work to show colleagues how Thomas'® brand is baking breakfast better with 110 calories
- Like Thomas'® brand on Facebook; then suggest friends do, too
- Share photos of your tastiest Thomas'® Bagel Thins bagels creations with friends on Facebook
- Post a review of Thomas'® Bagel Thins bagels on your favorite review sites, like Amazon.com and Viewpoints.com



However you Bzz, remember to follow the BzzAgent Code of Conduct and let people know you're a BzzAgent and that you received the product for free.

Continue to: [Find the Bzz](#)

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amyboyle_QA's Status? Sweet

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Campaign Homepage

Thomas'® Bagel Thins™ BzzGuide

All the flavor, 110 calories - finally a bagel you'll feel good about eating!



What's the Bzz?

Just the Facts

The Scoop

BzzActivities

Just the Facts

Try it for the 110 calorie count, stay for the amazing taste. Then give your friends the skinny about Thomas' Bagel Thins™ bagels.

Thomas' Bagel Thins 100% Whole Wheat Bagels

- 110 calories
- 21 grams of whole grains
- Excellent source of fiber (5 grams)
- Low in fat



Thomas' Bagel Thins Everything Bagels

- 110 calories
- Excellent source of fiber (5 grams)
- Low in fat



Thomas' Bagel Thins Plain Bagels

- 110 calories
- Good source of fiber (4 grams)
- Low in fat



Thomas' Bagel Thins Cinnamon Raisin Bagels

- 110 calories
- Excellent source of fiber (5 grams)
- Low in fat
- Available everywhere in February!



Find Thomas' Bagel Thins bagels in the bread aisle of supermarkets and mass stores nationwide and online at thomasbagels.com.

Bzz on the Go:

PDF and printable BzzGuides for agents on the move.

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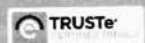
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Thomas'® Bagel Thins™ BzzGuide

All the flavor, 110 calories - finally a bagel you'll feel good about eating!

BAGEL 

What's The Bzz?

It took us nearly 100 years to find the perfect bagel, and now it's here. Introducing the new Thomas' Bagel Thin. A bagel that's just what you need when you're on the go. It's the perfect size for a quick, easy snack. And it's the perfect size for a quick, easy snack.

Bagel Thin is the perfect size for a quick, easy snack. It's the perfect size for a quick, easy snack. It's the perfect size for a quick, easy snack. It's the perfect size for a quick, easy snack. It's the perfect size for a quick, easy snack.

Like the famous company in your town, the Thomas' Bagel Thin is the perfect size for a quick, easy snack. It's the perfect size for a quick, easy snack. It's the perfect size for a quick, easy snack. It's the perfect size for a quick, easy snack.

110 calories and 10g fat

Just the Facts

To show the 110 calorie count, start the amazing team. Then give you the facts. About Thomas' Bagel Thins.

Thomas' Bagel Thin 100% Whole Wheat Bagels

- 110 calories
- 21 grams of whole grain
- 100% whole wheat flour
- 100% whole



Thomas' Bagel Thin Everything Bagels

- 110 calories
- 21 grams of whole grain
- 100% whole wheat flour
- 100% whole



Thomas' Bagel Thin Plain Bagels

- 110 calories
- 21 grams of whole grain
- 100% whole wheat flour
- 100% whole



Thomas' Bagel Thin Cranberry Raisin Bagels

- 110 calories
- 21 grams of whole grain
- 100% whole wheat flour
- 100% whole



Find Thomas' Bagel Thins in the bread aisle of supermarkets and food stores nationwide and online at thomaspkg.com

The Inside Scoop

More than a bagel

Like Thomas' Bagel Thins, bagels are more than just a snack. They're a part of the morning routine. They're a part of the morning routine. They're a part of the morning routine. They're a part of the morning routine.

- Toast and top with your favorite toppings. It's the perfect size for a quick, easy snack.
- Spread on a slice of cream cheese. It's the perfect size for a quick, easy snack.
- Bake it up. It's the perfect size for a quick, easy snack.
- Thomas' Bagel Thins are the perfect size for a quick, easy snack.



Go online for the inside scoop on our latest products to grab them first. Visit thomaspkg.com or Facebook.

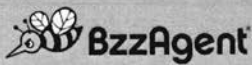
BzzActivities

Spread the Thomas' Bagel Thin. It's the perfect size for a quick, easy snack. It's the perfect size for a quick, easy snack. It's the perfect size for a quick, easy snack.

- Share the Thomas' Bagel Thin. It's the perfect size for a quick, easy snack.
- Give your friends and family a quick, easy snack.
- Give your friends and family a quick, easy snack.
- Give your friends and family a quick, easy snack.
- Give your friends and family a quick, easy snack.



Head to thomaspkg.com to learn the BzzAgent Code of Conduct and how to use it. Join a BzzAgent and you'll be part of the BzzAgent team.

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Thomas'® Bagel Thins™ BzzGuide

All the flavor, 110 calories - finally a bagel you'll feel good about eating!

[What's the Bzz?](#)[Just the Facts](#)[The Scoop](#)[BzzActivities](#)

The Inside Scoop

More than a bagel

Sure, Thomas'® Bagel Thins™ bagels are great on their own. But sometimes you're in the mood for something a little different. Check out all the tasty things you can do starting with 110 calories of soft, yummy bagel.

- Toast 'em up nice and crispy (they're thinner so they take less time)
- Spread on a little extra cream cheese — you can afford to!
- Get creative — visit thomasbagels.com for recipe ideas like The Classic Egg with Canadian Bacon and The Southwestern
- Try the Everything bagel with, well, everything



Give other fans the inside scoop on your own tasty creations by sharing them on the Thomas' Bagels Facebook wall!

Bzz on the Go:

PDF and printable BzzGuides for agents on the move.

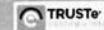
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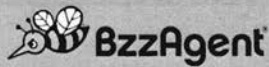
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Thomas'® Bagel Thins™ BzzGuide

All the flavor, 110 calories - finally a bagel you'll feel good about eating!



What's the Bzz?

Just the Facts

The Scoop

BzzActivities

What's The Bzz?

If you're anything like us, 2010 isn't the only thing you're saying goodbye to this New Year. Calories, fats, sweets — there sure are a lot of 'thou shall nots' when it comes to a healthy eating plan. Fortunately, bagels aren't up on the chopping block.

Really? Thanks to Thomas'® breakfast experts, bagels can be a delicious part of healthy mornings. With four soft, wholesome and flavorful varieties at 110 calories each, Thomas'® Bagel Thins™ bagels deliver all the taste, texture and size of your favorite bagel, only thinner. Now that's a breakfast we can get behind!



Use the included coupon to try your favorite flavor for free — 100% Whole Wheat, Everything, Plain or Cinnamon Raisin — and see for yourself how each Thomas' Bagel Thins bagel is just the right size. Toast it, butter it, jam and cream, cheese it — enjoy it just like you would your favorite bagel. Then help us get the word out about this great new breakfast experience!

110 calories and full of flavor

Just the Facts

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Thomas'® Bagel Thins™ Campaign Homepage

All the flavor, 110 calories - finally a bagel you'll feel good about eating!



Campaign Status:

Days Remaining: 55
Your BzzContact BzzAgent Jono... contact him anytime!

What do you want to do right now?



Create Bzz
on
Facebook



Write a
Review



Submit a
BzzReport



Share on
Twitter



Upload a
Photo

[How to Participate](#) [Additional Info](#)

Additional Info

Visit thomasbagels.com

Visit thomasbagels.com to learn more about these deliciously thin 110 calorie bagels, find retail locations and discover tasty recipes. Be sure to share the link with your friends!

Helpful updates in your inbox

Check your e-mail inbox during the campaign for important campaign news, tips, reminders and more.

**Thomas' Bagels** on Facebook

 Like

Thomas' Bagels Happy Holidays everyone! Everyone here at Thomas' wishes you a happy and healthy new year. What are some of your 2011 resolutions?

December 28, 2010 at 5:51pm

Thomas' Bagels What spells out warmth and happiness during the winter season? A great holiday recipe. Our Classic Egg with Canadian Bacon recipe features eggs, Canadian bacon, reduced fat American cheese and a 100% Whole Wheat Thomas' Bagel Thins bagel. See this recipe and more at www.thomasbagels.com



PERFECTION
Created with the new tool
over 1000 views

1,113 people like Thomas' Bagels

 Alice

 Cary

 Chris

 Drew





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Campaign Status:

Days Remaining: 59

Your BzzContact BzzAgent Jono...contact him anytime.

What do you want to do right now?



Create Bzz on Facebook



Write a Review



Submit a BzzReport



Share on Twitter



Upload a Photo

How to Participate Additional Info

How to Participate

Getting the conversation started

Need some help starting a discussion with friends on Facebook? Try some of these conversation starters:

- Let friends know you joined the BzzCampaign and ask them if they've ever heard of the product
- Write a review and share it with friends; post an update later
- Share photos of your tastiest Thomas'® Bagel Thins™ bagels creations
- Like Thomas'® Bagel Thins™ Facebook, then suggest your friends do, too!
- Post your own Thomas'® Bagel Thins™ bagels creations on the Thomas' Bagels Facebook

Redeem your coupon

As soon as your BzzKit arrives, try 110-calorie Thomas' Bagel Thins bagels for free by redeeming the included coupon. Do it for the flavor, do it for the calories, do it because trying the product is the most important step in forming and sharing your honest opinion!

A word-of-mouth must

Word of mouth needs to be honest, open and sincere - it just doesn't work otherwise. So every time you share about a product online or off, be sure you:

- Let people know you're a BzzAgent and received samples or coupons
- Give them your honest, hype-free opinion
- Follow the BzzAgent Code of Conduct
- Include the hash tag #imabzzagent (if spreading Bzz on Twitter)



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Code of Conduct

Privacy

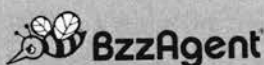
Terms

Site Map



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amyboyle_QA's Status
Sweet Bee

My BzzAgent

Frogpond

BzzCampaigns

BzzScapes

Agent Support

My Profile

What are BzzCampaigns?

BzzMap

Share: Like Be the first of your friends to like this.



Read BzzGuide

Thomas' Bagel Thins™ Campaign Homepage

All the flavor, 110 calories - finally a bagel you'll feel good about eating!



Campaign Status: Days Remaining: 55
Your BzzContact BzzAgent, Jone - contact him anytime

What do you want to do right now?



Create Bzz on Facebook



Write a Review



Submit a BzzReport



Share on Twitter



Upload a Photo

Share on Twitter

Fill in your followers

Thin down your experience with Thomas' Bagel Thins bagels to 140 characters or less, then pass it on to Twitter followers. Remember to include the hash tag #imabzzagent to disclose your BzzAgent status.

Earn up to 15 **TMypoints** points for completing this activity.

How are points awarded?

What's happening?



#imabzzagent http://u.bzz.com/q50s

Post to Twitter



If the Twitter account above is not yours, please do not post. Visit [Twitter.com](#) and make sure the account information we have is correct.

How to Participate Additional Info

How to Participate

Getting the conversation started

Need some help starting a discussion with friends on Facebook? Try some of these conversation starters:

- Let friends know you joined the BzzCampaign and ask them if they've ever heard of the product.
- Write a review and share it with friends; post an update later.
- Share photos of your tastiest Thomas' Bagel Thins™ bagels creations.
- Like Thomas' Bagel Thins™ on Facebook, then suggest your friends do, too!
- Post your own Thomas' Bagel Thins™ bagels creations on the Thomas' Bagels Facebook page.

Redeem your coupon

As soon as your BzzKit arrives, try 110 calorie Thomas' Bagel Thins bagels for free by redeeming the included coupon. Do it for the flavor, do it for the calories, do it because trying the product is the most important step in forming and sharing your honest opinion!

A word-of-mouth must

Word of mouth needs to be honest, open and sincere - it just doesn't work otherwise. So every time you share about a product, online or off, be sure you:

- Let people know you're a BzzAgent and received samples or coupons.
- Give them your honest, hype-free opinion.
- Follow the BzzAgent Link Kit Coupon.
- Include the hash tag #imabzzagent if spreading Bzz on Twitter.



About BzzAgent

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Site Map

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Thomas' [®] Bagel Thins[™] Campaign Homepage

All the flavor, 110 calories - finally a bagel you'll feel good about eating!


Campaign Status:

Days Remaining: 55

Your BzzContact BzzAgentJone - contact him anytime

What do you want to do right now?


Create Bzz
on
Facebook

Write a
Review

Submit a
BzzReport

Share on
Twitter

Upload a
Photo

Submit a BzzReport

Submit a BzzReport

The folks at Thomas' Bagels are eager to hear your feedback, so share all the juicy details each time you spread Bzz.

Earn up to 75 [™]MyPoints
points for completing this activity

How are
things
going?
Awarded?

How or Where did you spread Bzz?

Please Select one

-SELECT ONE-


[How to Participate](#)
[Additional Info](#)

How to Participate

Getting the conversation started

Need some help starting a discussion with friends on Facebook? Try some of these conversation starters:

- Let friends know you joined the BzzCampaign and ask them if they've ever heard of the product
- Write a review and share it with friends; post an update later
- Share photos of your tastiest Thomas' Bagel Thins[™] bagels creations
- Like Thomas' Bagels on Facebook, then suggest your friends do, too!
- Post your own Thomas' Bagel Thins[™] bagels creations on the Thomas' Bagels Facebook page!

Redeem your coupon

As soon as your BzzKit arrives, try 110 calorie Thomas' Bagel Thins bagels for free by redeeming the included coupon. Do it for the flavor, do it for the calories; do it because trying the product is the most important step in forming and sharing your honest opinion!

A word-of-mouth must

Word of mouth needs to be honest, open and sincere - if it just doesn't work otherwise. So every time you share about a product, online or off, be sure you:

- Let people know you're a BzzAgent and received samples or coupons
- Give them your honest, hype-free opinion
- Follow the BzzAgent [™]Code of Conduct
- Include the hash tag #imabzzagent if spreading Bzz on Twitter!


[Read BzzGuide](#)

Thomas'® Bagel ThinsTM Campaign Homepage

All the flavor. 110 calories - finally a bagel you'll feel good about eating!


Campaign Status:

Days Remaining: 59
Your BzzContact BzzAgent Jono - contact him anytime

What do you want to do right now?



Create Bzz on Facebook



Write a Review



Submit a BzzReport



Share on Twitter



Upload a Photo

Create Bzz on Facebook

Spread some Facebook Bzz right now

What's on your mind? Share the latest Thomas' brand Bzz on your Facebook wall.

 Share on Facebook

[How to Participate](#) | [Additional Info](#)

How to Participate

Getting the conversation started

Need some help starting a discussion with friends on Facebook? Try some of these conversation starters:

- Let friends know you joined the BzzCampaign and ask them if they've ever heard of the product
- Write a review and share it with friends; post an update later
- Share photos of your tastiest Thomas'® Bagel ThinsTM bagels creations
- Like Thomas'® Bagel ThinsTM Facebook page, then suggest your friends do, too!
- Post your own Thomas'® Bagel ThinsTM bagels creations on the Thomas' Bagels Facebook page

Redeem your coupon

As soon as your BzzKit arrives, try 110 calorie Thomas' Bagel Thins bagels for free by redeeming the included coupon. Do it for the flavor, do it for the calories, do it because trying the product is the most important step in forming and sharing your honest opinion!

A word-of-mouth must

Word of mouth needs to be honest, open and sincere - it just doesn't work otherwise. So every time you share about a product, online or off, be sure you:

- Let people know you're a BzzAgent and received samples or coupons
- Give them your honest, hype-free opinion
- Follow the BzzAgent Code of Conduct
- Include the hash tag #imabzzagent (if spreading Bzz on Twitter)



Thomas' Bagel Thins™ Campaign Homepage

All the flavor, 110 calories - finally a bagel you'll feel good about eating!



Campaign Status: Days Remaining: 35
Your BzzContact Bzz-agent.com - contact anytime

What do you want to do right now?



Create Bzz on Facebook



Write a Review



Submit a BzzAgent



Share on Twitter



Upload a Photo

Write a Review

Write a review of Thomas' Bagel Thins bagels
Go on, influence other consumers. You know you want to!

Earn up to 75 **BzzPoints** points for completing this activity

How are you earning?

Required fields are marked like this *

Your Rating:



Title:

(?) tips on writing a good title

Tags:

 Separate tags with a comma

What search words or phrases will help people find this?

Write your review here:

(?) tips on writing a good review

Image (optional):

 Browse...

Please upload an image of the product, packaging or other items and keep your image under 5 MB

Disclosure

☒ I received a product sample, coupon, collateral or other special premium from Bzz-agent

Submit Review



How to Participate | Additional Info

How to Participate

Getting the conversation started

Need some help starting a discussion with friends on Facebook? Try some of these conversation starters:

- Let friends know you joined the BzzCampaign and ask them if they've ever heard of the product.
- Write a review and share it with friends, post an update like:
- Share photos of your tastiest Thomas' Bagel Thins™ bagels creations.
- Like "I'm new to a BzzCampaign" then suggest our friends do too!
- Post our own Thomas' Bagel Thins™ bagels creations on the Thomas' Bagels Facebook...

Redeem your coupon

It's good as... our BzzAgent gives you 110 calorie Thomas' Bagel Thins bagels for free by redeeming the included coupon. Do it for the flavor, do it for the calories, do it because being the product is the most important step in forming and sharing your honest opinion!

A word-of-mouth must

Word of mouth needs to be honest, open and sincere - it just doesn't work otherwise. So when time, you share about a product online or off be sure you:

- Let people know you're a BzzAgent and received samples or coupons
- Give them our honest, unbiased opinion
- Follow the BzzAgent
- Include the hash tag #bzzagent or #spreadingBzz on Twitter

Thomas'® Bagel Thins™ Campaign Homepage

All the flavor. 110 calories - finally a bagel you'll feel good about eating!



Campaign Status: Days Remaining: 09
Your BzzContact Bzz-agent just contacted me anytime

What do you want to do right now?



Create Bzz on Facebook



Write a Review



Submit a BzzReport



Share on Twitter



Upload a Photo

Upload a Photo

Upload a photo of your best bagel creation

How do you enjoy your 110 calorie Thomas' Bagel Thins bagels? Upload your photos here, then share them with friends on Facebook.

Required fields are marked like this: *

Image Title:

Tags:

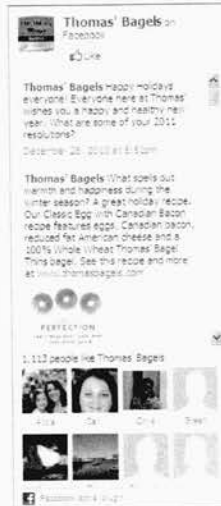
Separate tags with a comma

What search words or phrases will help people find this?

Description:

Upload Image:

Please upload an image at 1000x1000 pixels and less than 2 MB



[How to Participate](#) | [Additional Info](#)

How to Participate

Getting the conversation started

Here's some help starting a discussion with friends on Facebook™. Try some of these conversation starters:

- Let friends know you joined the BzzCampaign and ask them if they've ever heard of the product
- Write a review and share it with friends; post an update later
- Share photos of your tastiest Thomas' Bagel Thins™ bagels creations
- Like Thomas' Bagel Thins™ on Facebook and suggest our friends do too!
- Post your own Thomas' Bagel Thins™ bagels creations on the Thomas' Bagels Facebook

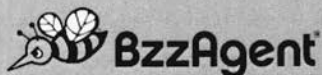
Redeem your coupon

Redeem as your BzzContact for 110 calorie Thomas' Bagel Thins bagels for free by redeeming the included coupon. Do it for the flavor, do it for the calories, do it because trying the product is the most important step in forming and sharing your honest opinion.

A word-of-mouth must

Word of mouth needs to be honest, open and sincere - it just doesn't work otherwise. So every time you share about a product, online or off, be sure you:

- Let people know you're a Bzz-agent and received samples or coupons
- Give them your honest, unbiased opinion
- Follow the Bzz-agent
- Include the hash tag #BzzAgent if spreading Bzz on Twitter



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Sweet Bee

My BzzAgent

Frogpond

BzzCampaigns

BzzScapes

Agent Support | My Profile

My Surveys

Inside BzzAgent

Our Blog

My Activities Today



Join This BzzCampaign



Thomas'® Bagel Thins™

All the flavor. 110 calories - finally a bagel you'll feel good about eating!

Click to learn more and join!



Join!



My BzzCampaigns (?)

Philips SatinPerfect
Epilator

The Frogpond (?)



BzzScapes (?)

Agent Savings

Recent Activity



Andy Roebuck liked Driving Starbucks Sales with Social Marketing « The BzzAgent Beelog » about 2 weeks ago



Cat Ganim liked A Party With Rudolph and a Lot of Bzz « The BzzAgent Beelog » about a month ago



Taylor Chartier liked A Party With Rudolph and a Lot of Bzz « The BzzAgent Beelog » about a month ago



Andy Roebuck liked How Are You Measuring Social Media? « The BzzAgent Beelog » about a month ago



Cat Ganim liked How Are You Measuring Social Media? « The BzzAgent Beelog » about a month ago



Andy Roebuck liked Using Social Media to Drive Sales « The BzzAgent Beelog » about a month ago



Jennifer Reilly liked Using Social Media to Drive Sales « The BzzAgent Beelog » about a month ago



Sample products to help spread the word when you join BzzAgent

55 people shared this.



HTC Windows 7 Phone

161 people shared this.

[Agent Savings > Send](#)

What's a Campaign?

Participating in a campaign is one of the most important activities you can do as an Agent.

[► Learn more](#)

Thomas'® Bagel Thins™ Campaign Invitation



All the flavor, 110 calories - finally a bagel you'll feel good about eating!

Would you like to join?

- ☐ Yes, sign me up!
- ☐ No thanks, I'll pass.

[Continue](#)**Learn more before you join**

Thanks to Thomas'® breakfast experts, bagels can be a delicious part of healthy mornings. With four soft, wholesome and flavorful varieties at 110 calories each, Thomas'® Bagel Thins™ bagels deliver all the taste, texture and size of your favorite bagel, only thinner. All the flavor, 110 calories? Now that's a breakfast we can get behind!

- Available in 100% Whole Wheat, Everything, Plain and Cinnamon Raisin
- Low in fat
- Good to excellent source of fiber

As part of this campaign, you'll receive a coupon to try this product for free. Since experiencing the product is the first step to forming and sharing your honest opinion (the most important part of participating in this campaign), please join only if you're willing to redeem your coupon.



Bzz Now!

Redeem your coupon!

Greetings BzzAgent,

Your BzzKit is on its way

Waiting for your Thomas® Bagel Thins™ Bagels BzzKit? Don't worry, it's on the way. Once it arrives, redeem your personal coupon to try these soft and delicious 110 calorie bagels absolutely free!

Bzz from Campaign Home

We'll always be fond of sharing Bzz in person, but sharing your experiences and opinion online can be helpful, too. Plus, it's simple: use our sharing tools on the [Campaign Homepage](#) to upload and share photos, write reviews and tweets and post Bzz straight to your Facebook wall. [Get the Bzz started!](#)

Submit your Bzz

Each time you Bzz, let people know you're a BzzAgent and that you received coupons to try the product for free. Then, [submit a BzzReport](#) to fill us in on all of the details.

Keep up the Bzz.

Jana

© 2009

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[Contact Us](#)

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[Terms of Service](#)



Bzz Now!

Give friends the skinny on Thomas[®] Bagel Thins[™] bagels

Greetings BzzAgent,

Update Facebook friends

Now that you've had a chance to experience the amazing taste and texture of 110 calorie Thomas' Bagel Thins bagels, start a conversation with Facebook friends by posting your favorite features on your wall. Psst, you can do it straight from the [Campaign Homepage!](#)

A quick refresher

What will friends want to know most?

- All the taste, texture and size of your favorite bagel with 110 calories
- Low in fat
- Available in 100% Whole Wheat, Everything, Plain and Cinnamon Raisin

Submit your Bzz

Each time you Bzz, let people know you're a BzzAgent and that you received coupons to try the product for free. Then, [submit a BzzReport](#) to fill us in on all of the details.

Keep up the Bzz.

Jana

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Add jana@bzzagent.com to your address book to ensure delivery.



Bzz Now!

What do you think of Thomas'(R) Bagel Thins(TM) bagels?

Greetings BzzAgent

Share your review

How do you enjoy your 110 calorie Thomas' Bagel Thins bagels? Share your thoughts about this delicious new breakfast experience with others by posting a review on your favorite review websites, including Amazon.com and Viewpoints.com. Then return to the [Campaign Homepage](#) to share it with us and the breakfast experts at Thomas'(R), too!

Redeem your coupon

Obviously, you can't review the product until you've tried it. And you can't try it until you've redeemed your coupon! So if you haven't used your coupon yet, grab it from your BzzKit and head on down to the store to try Thomas' Bagel Thins bagels for free. It's a really important part of participating in this campaign!

Submit your Bzz

Each time you Bzz, let people know you're a BzzAgent and that you received coupons to try the product for free. Then, [submit a BzzReport](#) to fill us in on all of the details.

Keep up the Bzz.

Jono

powered by: [Home](#) [Contact Us](#) [BzzKit](#) [BzzAgent](#)

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Add jono@bzzagent.com to your address book to ensure delivery.

BzzAgent®

Campaign Update



Bzz Now!

"Like" Thomas'® on Facebook and share your thoughts

Greetings BzzAgent,

Like Thomas'? Prove it!

Are you a fan of 110 calorie Thomas'® Bagel Thins™ bagels? Show the world by liking [Thomas' on Facebook](#). Have friends who might be into perfectly-sized soft, wholesome and flavorful bagels? Suggest they like Thomas', too!

Share your favorite bagel creation

Visit [Thomas' Facebook page](#) to discover delicious recipes featuring Thomas' Bagel Thins bagels then give other fans the inside scoop on your own tasty creations by sharing them on the Thomas' Bagels Facebook wall!

Submit your Bzz

Each time you Bzz, let people know you're a BzzAgent and that you received coupons to try the product for free. Then, [submit a BzzReport](#) to fill us in on all of the details.

Keep up the Bzz,

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Add jbj@bzzagent.com to your address book to ensure delivery.

From: BzzAgent Jono <jono@bzzagent.com>
Sent: Monday, February 28, 2011 11:43 AM
To: Jake Minton
Subject: Thomas'® Bagel Thins™ BzzCampaign Ends March 10!

BzzAgent
Campaign Update



Bzz Now!

Last chance checklist for the Thomas'® Bagel Thins™ Bagels BzzCampaign

Greetings BzzAgent,

What's left to do before the Thomas'® Bagel Thins™ Bagels BzzCampaign ends on March 10?

- Post a review of Thomas' Bagel Thins bagels on your favorite review sites, like Amazon.com and Viewpoints.com, then visit the [Campaign Homepage](#) to share it with us, too
- Share or use your coupons before they expire on April 3rd— be sure to redeem your coupon to try the product for free, if you haven't already
- "Like" [Thomas' on Facebook](#)
- Upload photos of your tastiest Thomas' Bagel Thins bagels creations on Facebook
- Submit any remaining BzzReports
- Look for our e-mail announcement in a few days, so you know when the Post-Campaign Survey is available to complete

Bzz Tip: Make sure to [submit your final BzzReports](#) before March 11! After all, we want to make sure you get credit for all of your great help spreading Bzz!

Keep up the Bzz,

Jono

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BzzActivities

Spread the Thomas® brand Bzz like cream cheese on a 110 calorie bagel by trying these suggested activities:

- Share the coupons from your BzzKit so people can try Thomas' Bagel Thins™ bagels for themselves
- Bring your favorite variety to work to show colleagues how Thomas' brand is baking breakfast better with 110 calories
- Like Thomas' brand on Facebook, then suggest friends do, too
- Share photos of your tastiest Thomas' Bagel Thins bagels creations with friends on Facebook
- Post a review of Thomas' Bagel Thins bagels on your favorite review sites, like Amazon.com and Viewpoints.com

However you Bzz, remember to follow the BzzAgent Code of Conduct and let people know you're a BzzAgent and that you received a way to try the product for free.

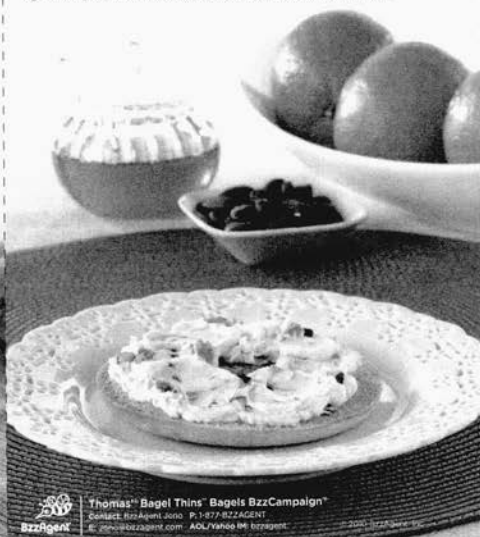


Each time you share your opinion please take a minute to tell us what happened by submitting a detailed and honest BzzReport. To show our appreciation we offer two types of perks you can enjoy:

STATUS: Earn Early Invites and bonus access to campaigns

STUFF: Receive ongoing credits towards cool gifts from popular merchants

Login to BzzAgent.com to submit BzzReports, complete activities and to learn more.



Thomas' Bagel Thins® Bagels BzzCampaign™
 Contact: BzzAgent.com P: 1-877-BZZAGENT
 E: join@bzzagent.com AOL/Yahoo IM: bzzagent



BAGEL THINS™



Official BzzGuide

What's the Bzz?

If you're anything like us, 2010 isn't the only thing you're saying goodbye to this New Year. Calories, fats, sweets - there sure are a lot of "thou shalt not's" when it comes to a healthy eating plan. Fortunately bagels aren't up on the chopping block.

Really? Thanks to Thomas' breakfast experts, bagels can be a delicious part of healthy mornings. With four soft, wholesome and flavorful varieties at 110 calories each, Thomas' Bagel Thins® bagels deliver all the taste, texture and size of your favorite bagel, only thinner. Now that's a breakfast we can get behind!

Use the included coupon to try your favorite flavor for free - 100% Whole Wheat, Everything, Plain or Cinnamon Raisin - and see for yourself how each Thomas' Bagel Thins bagel is just the right size. Toast it, butter it, jam and cream cheese it - enjoy it just like you would your favorite bagel. Then help us get the word out about this great new breakfast experience!

110 CALORIES AND FULL OF FLAVOR!



Just the Facts

Try it for the 110 calorie count, stay for the amazing taste. Then give your friends the skinny about Thomas' Bagel Thins® bagels:



Thomas' Bagel Thins 100% Whole Wheat Bagels
110 calories
21 grams of whole grains
Excellent source of fiber (5 grams)
Low in fat



Thomas' Bagel Thins Everything Bagels
110 calories
Excellent source of fiber (5 grams)
Low in fat



Thomas' Bagel Thins Plain Bagels
110 calories
Good source of fiber (4 grams)
Low in fat



Thomas' Bagel Thins Cinnamon Raisin Bagels
110 calories
Excellent source of fiber (5 grams)
Low in fat
Available everywhere in February!

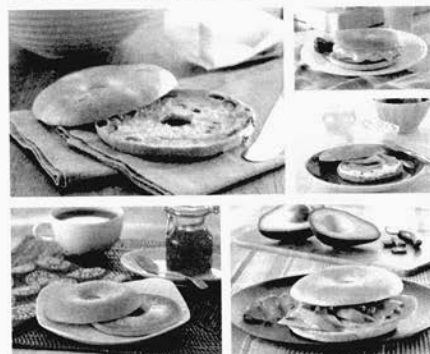
FIND THOMAS' BAGEL THINS BAGELS IN THE BREAD AISLE OF SUPERMARKETS AND MASS STORES NATIONWIDE AND ONLINE AT THOMASBAGELS.COM.

The Inside Scoop

MORE THAN A BAGEL

Sure, Thomas' Bagel Thins® bagels are great on their own. But sometimes you're in the mood for something a little different. Check out all the tasty things you can do starting with 110 calories of soft, yummy bagel:

- 1 Toast 'em up nice and crispy (they're thinner so they take less time)
- 2 Spread on a little extra cream cheese - you can afford to!
- 3 Get creative - visit thomasbagels.com for recipe ideas like "The Classic Egg with Canadian Bacon" and "The Southwesterns"
- 4 Try the Everything bagel with, well, everything



GIVE OTHER FANS THE INSIDE SCOOP ON YOUR OWN TASTY CREATIONS BY SHARING THEM ON THE THOMAS' BAGELS FACEBOOK WALL!

BzzAgent[®]
Special Offer



Get Coupon Now

Save \$1 on Thomas'[®] Bagel Thins[™] bagels

Greetings BzzAgent,

Of course you eat right all year long, but with summer coming sooner than you think, it's time to, you know, *do it for real*. Fortunately, Thomas'[®] breakfast experts are making it a little easier.

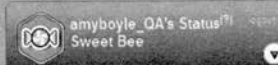
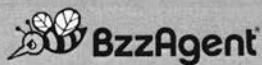
Really! Thanks to Thomas'[®] Bagel Thins[™] bagels, bagels can still be a delicious part of healthy mornings. With four soft, wholesome and flavorful varieties at 110 calories each, they deliver all the taste, texture and size of your favorite bagel, only thinner.

And right now, they're offering a very limited number of first-come, [first-come, first-serve coupons](#) good for \$1 off any flavor of Thomas'[®] Bagel Thins[™] bagels. Hurry up and get yours before they're all gone and be sure to use it before it expires on 4/3/11!

Talk to you soon,

Jono

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Tell us what you think!

We'd love to know about any comments and suggestions you have about new features or the site in general. Please [contact us](#) with any feedback!

Welcome to the Campaign

Thank you, BzzAgent amyboyle_QA, for joining the Campaign for Thomas® Bagel Thins™

To participate in this campaign, we need to make sure that your **physical mailing address** and **e-mail address** are up to date. Please double-check your contact information below.

Excited to join this campaign?

Let your Facebook & Twitter friends know!

[Share on Facebook](#)[Post to Twitter](#)

You have successfully used your Early Invite upgrade to join the Campaign for Thomas® Bagel Thins™.

Please confirm your information!

If this information is NOT correct, you can edit your information by clicking the [Edit Profile](#) button below.

NAME:	EMAIL ADDRESS:
Amy Boyle	aboyle@bzzagent.com
MAILING ADDRESS:	
60 Ridgeway Rd. Concord, MA 01742-2636 United States of America	

Once the Campaign Launches, you will receive a welcome e-mail and will be able to access the Campaign Page.

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Exhibit I





Exhibit J

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Thomas' Bagel Thins teams up with celebrity nutritionist

JANUARY 20, 2011 | BY [ALLISON CERRA](#)

HORSHAM, Pa. — Thomas' Bagel Thins has teamed up with celebrity nutritionist Keri Glassman to promote healthy choices in 2011 and beyond.

As part of the partnership, Glassman has created morning makeover tips and four original recipes, one for each Bagel Thins bagel variety, to help consumers find weight-loss success this new year. The tips and recipes also can be accessed at [ThomasBagels.com](#).

"We're excited to be working with Keri," said Eileen Gonthier, Thomas' brand manager. "She shares Thomas' attitude for an approachably wholesome lifestyle and knows that taste can't be sacrificed for nutrition. They need to go hand-in-hand to ensure long-lasting wellness."

Thomas' Bagel Thins bagels are available in 100% whole wheat, everything, plain and cinnamon raisin varieties. Every variety is low in fat and a good source of fiber, and the 100% whole wheat flavor offers 21 g of whole grains per serving, according to the brand.

Related Content

[Changing Channels: Holistix Natural Biscuits, Entenmann's bakeware, LabelManager and more](#)

[Big bowl of wellness](#)

[Coming to Weis shelves: Lichi superfruit diet supplement](#)

[Harris Interactive: M&M first in brand equity among youth](#)

[Constant newness: makes gum sales pop](#)

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Exhibit D

MON
01.03.11

TUES

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FRI

Hungry Girl
Tips & Tricks... For Hungry Chicked

NEWS



Hole in One!

Spotted on Shelves...

Thomas' Cinnamon Raisin Bagel Thins - Now THIS is the kind of item to kick off a new year! Each sweet 'n slim bagel has 110 calories, 1g fat, 160mg sodium, 25g carbs, 5g fiber, 6g sugars, and 4g protein (*PointsPlus*™ value 3*). We can't wait to smear these things with fat-free cream cheese...

Amy's Sonoma Veggie Burger - The latest meatless patty from our pal Amy sounds INSANELY delicious. Mushrooms, onions, carrots, walnuts, quinoa, oats... So much goodness! Each burger has 140 calories, 5g fat, 500mg sodium, 18g carbs, 3g fiber, 2g sugars, and 5g protein (*PointsPlus*™ value 3*). Amy's New Year's resolution must have been to make us all very happy.

Impressions: 265,658
January 3, 2011

MMC
MARINA MAHER
COMMUNICATIONS



KERI GLASSMAN: Thomas' Bagel Thins Bagels Morning Tips

Thursday, January 13, 2011

0
tweets



Last week I was given the opportunity to speak with Keri Glassman author of the O2 Diet. Sadly I was unable to set the time aside with the kids being home from school due to snow. However, I did receive these tips and recipe to share with my readers.

Don't skimp on sleep

It's important to get a good night's sleep to feel well-rested - ready to take on the day! Most adults need about seven to eight hours of sleep each night, and studies have shown that those who get less have impaired memory and physical performance. Not getting enough sleep can also make concentration difficult, and leave you feeling drowsy all day. So aim to get enough sleep each night. It'll boost your immune system, help your nervous system work properly, and leave you feeling energized all day! Experts estimate that compared to getting 7 to 8 hours per night, the risk of developing obesity rises 23 percent with just 6 hours of sleep per night, 50 percent with only 5 hours per night, and 73 percent with 4 hours per night!

Have a healthy breakfast

- While sleeping each night, your body is in a fasting mode, so within an hour of rising, you need to break that fast by eating a healthy breakfast. It gives your body the fuel it needs to meet your busy schedule and skipping breakfast decreases your metabolism, and increases your cravings throughout the day! Studies have also shown consuming breakfast improves cognition and memory in children and adolescents making them able to concentrate and be more attentive in school. We all have some kid in us, so use this tip to your advantage!

Eat empowered

- Every morning when you sit down to breakfast (and every meal!), remember that each meal is an opportunity to get back in the game and stay on course. You should feel empowered by making the right choices. There are always healthier alternatives to the high-fat, high-calorie, nutrient-less options that we all tend to go for, and I always keep a healthy staple product on-hand to help me quickly make a delicious and nutritious meal.

Thomas'® Bagel Thins™ bagel is one of those better-for-you options - they're 110 calories each, low in fat and every flavor is at least a good source of fiber. It's not "I can't eat that heavy bagel" - it IS - "I can eat the Thomas' Bagel Thins™ bagel!"



Start with a glass of lemon water

- Drinking enough h2o throughout the day helps with weight loss in several ways. First, there's an emotional component; it will make you feel empowered and will help spur you to make good choices for the rest of the day. Second, researchers have long known that dieters who replace sweetened drinks with water lose weight more quickly than those who don't. Finally, many people overeat because they are actually thirsty and just can't tell the difference between thirst and hunger. Also, when you're adequately hydrated, your metabolism functions at its best.

Exercise steady

- Aside from burning calories, exercise is important because it causes your body to release endorphins, making you feel good, and motivating you to eat well, do your job well, and simply be happy! I love exercising in the early am, and eating breakfast when I'm done, and typically, people who work out in the morning are more likely to stick to their routine, than those who squeeze it in later. If you're averse to starting your day with more rigorous exercises like running, try a lower-impact activity like yoga. Just do something!

Easy Cheesy Eggwich

Ingredients:

- 1 Everything Thomas' Bagel Thins bagel
- 1 hard boiled omega-3 fortified egg
- 2 slices reduced fat cheddar cheese
- 1/4 teaspoon dried basil

Directions:

Toast the Bagel Thins bagel.
Peel and slice egg.
Layer cheese slices and egg, then sprinkle with basil.

Yield: 1 sandwich

Impressions: 10,000
January 13, 2011

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Thomas'® Bagel Thins™ Bagels Morning Tips

from Nutritionist, Keri Glassman, author of the G2 Diet and Thomas' Bagel Thins /

By: Thomas' Bagel Thins & Keri Glassman.

- **Don't skimp on sleep**

- It's important to get a good night's sleep to feel well-rested - ready to take on the day! Most adults need about seven to eight hours of sleep each night, and studies have shown that those who get less have impaired memory and physical performance. Not getting enough sleep can also make concentration difficult, and leave you feeling drowsy all day. So aim to get enough sleep each night. It'll boost your immune system, help your nervous system work properly, and leave you feeling energized all day! Experts estimate that compared to getting 7 to 8 hours per night, the risk of developing obesity rises 23 percent with just 6 hours of sleep per night, 50 percent with only 5 hours per night, and 73 percent with 4 hours per night!



Photo By: Thomas' Bagel Thins & Keri Glassman.

- **Have a healthy breakfast**

- - While sleeping each night, your body is in a fasting mode, so within an hour of rising, you need to break that fast by eating a healthy breakfast. It gives your body the fuel it needs to meet your busy schedule and skipping breakfast decreases your metabolism, and increases your cravings throughout the day! Studies have also shown consuming breakfast improves cognition and memory in children and adolescents making them able to concentrate and be more attentive in school. We all have some kid in us, so use this tip to your advantage!

- **Eat empowered**

- Every morning when you sit down to breakfast (and every meal!), remember that each meal is an opportunity to get back in the game and stay on course. You should feel empowered by making the right choices. There are always healthier alternatives to the high-fat, high-calorie, nutrient-less options that we all tend to go for, and I always keep a healthy staple product on-hand to help me quickly make a delicious and nutritious meal. Thomas'® Bagel Thins™ bagel is one of those better-for-you options - they're 110 calories each, low in fat and every flavor is at least a good source of fiber. It's not "I can't eat that heavy bagel" - it IS - "I can eat the Thomas' Bagel Thins™ bagel!

- **Start with a glass of lemon water**

- - Drinking enough h2o throughout the day helps with weight loss in several ways. First, there's an emotional component; it will make you feel empowered and will help spur you to make good choices for the rest of the day. Second, researchers have long known that dieters who replace sweetened drinks with water lose weight more quickly than those who don't. Finally, many people overeat because they are actually thirsty and just can't tell the difference between thirst and hunger. Also, when you're adequately hydrated, your metabolism functions at its best.

- **Exercise steady**

- - Aside from burning calories, exercise is important because it causes your body to release endorphins, making you feel good, and motivating you to eat well, do your job well, and simply be happy! I love exercising in the early am, and eating breakfast when I'm done, and typically, people who work out in the morning are more likely to stick to their routine, than those who squeeze it in later. If you're averse to starting your day with more rigorous exercises like running, try a lower-impact activity like yoga. Just do something!

Impressions: 5,804
January 20, 2011

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MON

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FRI
01.28.11**Hungry Girl**
Tips & Tricks For Hungry Chicks

GIRLS BITE OUT



Thomas' Cinnamon Raisin Bagel Thins

PER SERVING (1 Bagel Thin): 110 calories, 1g fat, 160mg sodium, 25g carbs, 5g fiber, 6g sugars, 4g protein -- **PointsPlus™** value 3*

If you thought you had to give up sweet bagels studded with dried fruit, rejoice! Thomas, master of all things carby, has a skinny bagel that's perfect for your cinnamon-raisin-cravin' taste buds. Toast it, smear it with some fat-free cream cheese, and your day will be 78 percent better. (Warning: Hungry Girl has no scientific data to back up this claim... but we're pretty sure it's true.)



Impressions: 246,845
January 28, 2011

MMC
MARINA MAHER
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MON

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02.11.11

Hungry Girl
Tips & Tricks For Hungry Chicked



GIRLS BITE OUT



Bread Aisle

Bread & Buns

Low-cal, high-fiber light bread (Weight Watchers; Nature's Own Light & Double Fiber; Arnold's Bakery Light; Pepperidge Farm Light Style, Very Thin & Whole Grain; Sara Lee Delightful; Fiber One)

Light or small buns (Sara Lee Delightful, Nature's Own Double Fiber, Pepperidge Farm Classic Soft, Sara Lee Soft & Smooth Mini)

100-calorie flat buns (Arnold Select/Oroweat Sandwich Thins, Pepperidge Farm Deli Flats,

EarthGrains Thin Buns, Nature's Own Sandwich Rounds, WW Rye Flat Rolls)



English Muffins & Bagels

Light English muffins (Weight Watchers, Thomas', Western Bagel Alternative, Fiber One)

Low-cal bagels (Sara Lee Delightful, Western Bagel Alternative, Weight Watchers, Kim's Light)

Thomas' Bagel Thins (new Cinnamon Raisin!)

Impressions: 246,845
February 11, 2011

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Good Eats: Thomas' Bagel Thins

NOVEMBER 28TH, 2010 BY LILAN



I have a weak spot for bagels. If you asked me that cliché question, *if you could only eat 3 things for the rest of your life, what would they be?* I'd surely answer — bagels, chili cheese fries, and a classic Vietnamese noodle dish "hu tieu dai", or clear noodles.

Surely, none of these things are quite friendly to the waistline, so if there's any way to lighten things up, it would make survival of the fittest just a little easier 😊

While I have yet to find a healthy, low-fat, and low-calorie version of chili cheese fries, Thomas' brands just came out with a line of Bagel Thins giving me the bagel taste I love for just about 100 calories each.

Thomas' Bagel Thins definitely deliver on taste for me, my favorite is the **Everything** varietal. But these thin bagels leave me longing for the crunchy outer and the chewy inner that I'm used to from a bagel. I will say though, with the holidays coming up, these are really helping me curb my cravings for the 250 calorie version — and that's not including accompanying shmears.



Like regular bagels, I like making sandwiches with Bagel Thins. Actually I prefer it to just toasting them up and eating them plain with shmears or jams.

My favorite thing to do with these is cut them up into smaller pieces and bake them off to make pita chips. One Bagel Thin will give me 12 – 16 pieces, depending on how big I cut them. Just pop them in a low oven, 250°F for 35-45 minutes, or until you get the desired crunchiness. With some hummus, they make a great low-calorie afternoon snack — a must in between all the holiday parties. 😊

Have you tried these Bagel Thins? What are some of your tips and tricks to save calories during the holiday season?

Enjoy this post? Subscribe to The Daily Cookie RSS feed and email to get the latest stories sent straight to your inbox!

Impressions: 7,526
November 28, 2010

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Random musings about being a vegetarian, OAMC, DIY home decor and more from a middle age mom.



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Thomas' Bagel Thins Are So Versatile! Check Out These Delicious Recipes

Posted by [Connie](#) on **Feb 18, 2011** in [Cooking and Food](#), [Weight Loss](#) | [5 comments](#)

1

5

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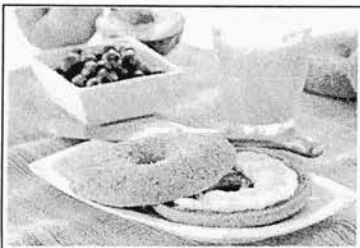
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Classic Egg, Bacon & Cheese on a Thomas' Bagel Thin

We love Thomas'® Bagel Thins™ at our house! The Everything bagel is fabulous and what I love about them is they're thin. They're perfect for breakfast and I've used them several times in OAMC for my husband. I load them up with scrambled eggs, bacon or sausage, and cheese and wrap them individually. He grabs one from the freezer and pops it in the microwave and he enjoys it on his way to work.

Thomas'® Bagel Thins™ do not contain high fructose corn syrup nor do they use any artificial sweeteners – I love that! My one wish is that they'll offer an **organic** version someday. Do they taste like NY deli bagels? Nope, but for me that's why I like them. I don't like all that dough – these are thin, like cutting off the top and the bottom of the bagel and tossing the middle. Perfect!



Whole Wheat Bagel Thin and Cream Cheese

Bagel Thins Flavors

- Thomas'® 100% Whole Wheat Bagel Thins™ Bagels (8-pack)
- Thomas'® Cinnamon Raisin Bagel Thins™ Bagels (8-pack)
- Thomas'® Everything Bagel Thins™ Bagels (8-pack)
- Thomas'® Plain Bagel Thins™ Bagels (8-pack)

Here are some other ideas on how you can use Thomas'® Bagel Thins™ by Keri Glassman, a nationally recognized registered dietitian: (reprinted here with permission):

Easy Cheesy Eggwich

Ingredients:

- 1 Everything Thomas'® Bagel Thins™ bagel
- 1 hard boiled omega-3 fortified egg
- 2 slices reduced fat cheddar cheese
- 1/4 teaspoon dried basil

Directions:

1. Toast the Bagel Thins™ bagel.
2. Peel and slice egg.
3. Layer cheese slices and egg, then sprinkle with basil.

Yield: 1 sandwich

Prep Time: 5 minutes

Cook Time: 0 (does not include boiling egg)

Serving Size: 1 sandwich

Serving Size (153g)

Servings Per Container 1

Amount Per Serving

Calories	340
Total Fat	16g
Cholesterol	245mg
Sodium	670mg
Total Carbohydrate	26g
Dietary Fiber	5g
Protein	26g

Veggie Scramble Sandwich

Ingredients:

- 1 100% Whole Wheat Thomas'® Bagel Thins™ bagel
- 1 teaspoon olive oil
- 1 omega-3 fortified egg (or 2 egg whites)
- 1 tablespoon mushrooms, chopped
- 1 tablespoon red peppers, chopped
- 1 tablespoon onions, chopped
- Hot sauce, to taste

Directions:

1. Toast the Bagel Thins™ bagel.
2. Heat oil in large non-stick skillet over medium heat.
3. In mixing bowl, whisk egg. Add veggies.
4. Pour egg and veggie combo over skillet and tilt skillet to distribute evenly. Cook until egg is set, and fold in half twice, to fit Bagel Thins™ bagel.
5. Remove from heat and place on bagel. Top with hot sauce, to taste.

Yield: 1 sandwich

Banana-Nut Butter

Ingredients:

- 1 Cinnamon Raisin Thomas'® Bagel Thins™ bagel
- 2 tablespoons almond, cashew or peanut butter
- ¼ cup thinly sliced banana (about 1/3 banana)
- Dash ground cinnamon
- 1/2 teaspoon honey (optional)

Directions:

1. Toast the Bagel Thins™ bagel.
2. Spread almond butter and top with banana.
3. Sprinkle cinnamon.
4. If desired, lightly drizzle with honey.

Yield: 1 sandwich

Prep Time: 5 minutes

Cook Time: 0

Serving Size: 1 sandwichServing Size (134g)

Servings Per Container 1

Amount Per Serving

Calories	360
Total Fat	20g
Cholesterol	0mg
Sodium	310mg
Total Carbohydrate	44g
Dietary Fiber	7g
Protein	9g

Nuts about Breakfast

Ingredients:

- Plain Thomas'® Bagel Thins™ bagel
- 1 tablespoon almond, cashew or peanut butter
- 1 tablespoon walnuts, chopped
- 1 tablespoon raisin, chopped
- 2 tablespoons strawberries, sliced

Directions:

1. Toast the Bagel Thins™ bagel.
2. Layer with nut butter, walnuts, raisins and strawberries.

Yield: 1 sandwich

Prep Time: 5 minutes

Cook Time: 0

Serving Size: 1 sandwich

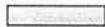
Prep Time: 5 minutes
Cook Time: 5 minutes
Serving Size: 1 sandwich
Servings Per Container 1

Amount Per Serving

Calories	230
Total Fat	10g
Cholesterol	215mg
Sodium	260mg
Total Carbohydrate	27g
Dietary Fiber	5g
Protein	12g

Disclosure: I received a free package of Everything Bagel Thins so that I could review them. I recieved no other compensation and the opinions here are my own.

Photo Credit: Thomas'



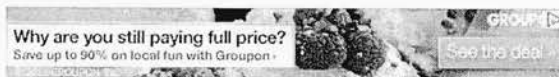
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Connie blogs about being a vegetarian who cooks for her meat-loving hubby, OAMC, DIY home decor, gardening, and more. She's a middle age mom to two adult boys and wife since 1983 to one terrific man. She's been doing online reviews since 2002 and is in the top 100 Most Popular Authors at [epinions.com](#). She's the owner of Princess Time Toys, an online princess store selling quality children's dress-up costumes and toys.

[Read all posts by Connie](#)



Comments Closed

5 Responses to "Thomas' Bagel Thins Are So Versatile! Check Out These Delicious Recipes"

1. [Cat Davis](#) says:
[February 22, 2011 at 1:03 pm](#)

As much as I love bagels, I've always hated how thick and doughy they typically are. I really like the idea of these thinner ones.

[Connie](#) Reply:
[February 22nd, 2011 at 4:43 pm](#)

I'm glad I'm not the only one! :)

Thanks for the comment!

2. *Tweets that mention Thomas' Bagel Thins Are So Versatile! Check Out These Delicious Recipes | MiscFinds4u.com -- Topsy.com* says:
February 18, 2011 at 7:09 pm

[...] This post was mentioned on Twitter by Kim Delatorre, Paula Krueger. Paula Krueger said: Thomas' Bagel Thins Are So Versatile! Check Out These Delicious Recipes <http://t.co/kAVgkfx> @princesstimetoy [...]

3. *Shop with Me Mama*
Twitter: *shopwithmemama*
says:
February 18, 2011 at 6:33 pm

Oh my goodness those do look delicious!! YUM :)

4. *Crystal @ Simply Being Mommy* says:
February 18, 2011 at 9:29 am

Those look yummy!

Connie Reply:
February 18th, 2011 at 10:35 am

They are! Especially the Everything Bagel...mmmmmmmm...now I want one and there isn't a bread item to be found in the house. :)

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Giveaway – Thomas Bagel Thins – 5 Winners – Ends 3/5/11

February 19, 2011

83
tweets
retweeted



Thomas Bagel Thins

Yum! Bagel Thins have the goodness of Thomas Bagels with just 110 calories.

There are 4 different varieties available that are all low in fat:

- **100% Whole Wheat** – 21 grams of whole grains, 5 grams of fiber
- **Cinnamon Raisin** – 4 grams of fiber, good source of thiamin
- **Everything** – 5 grams of fiber, good source of thiamin
- **Plain** – 4 grams of fiber, good source of thiamin and folic acid



The flavor is great. I thought it might feel like something was missing with these thin bagels, but it didn't. They have the satisfying flavor without the bulk.

Besides the fact that I'm cutting back on fat and calories, they're great for sandwiches – not as hard to eat as a thick regular bagel and with sandwich fixings inside.

Thomas' has partnered up with Keri Glassman (author of the O2 Diet) to feature some special recipes featuring Bagel thins. You can follow them exactly or use them as inspiration to create your own meal.

- Easy Cheesy Sandwich
- Banana-Nut Butter
- Veggie Scramble Sandwich
- Nuts About Breakfast

Bagel Thins can be used for breakfast, lunch, dinner or a snack. My favorites are the Cinnamon Raisin for sandwiches.



HOW TO CONNECT – You can like Thomas on Facebook.

PRIZE – The publicist would like to give 2 coupons to ***5*** of you – the coupons are good for \$4 off, so should be able to get an 8-pack for free with each coupon. (ARV \$8)

Here's what ya gotta do to enter to win

*****MANDATORY ENTRY:** Comment about [Thomas Bagels](#) ***

Optional Bonus Entries: (must do main entry first- post a separate comment for each bonus entry)

- * Fan the [Sweeps4Bloggers Facebook Page](#)
- * Subscribe to Sweeps4Bloggers by email (green sidebar button)
- * Subscribe to Sweeps4Bloggers by reader (Orange sidebar button)
- * Post my button on your blog and comment with the link
- * Follow [Sweeps4Bloggers on Twitter](#)
- * Tweet about the giveaway and comment with the link to your tweet (you may TWEET DAILY for 1 bonus entry each day)
- * Post on your blog/website about the giveaway and comment with the link (5 entries)
- * Check out [Giveaways4Prizes](#) today – either add one of your giveaways to a linky or look at a giveaway that's listed (2 entries, leave 2 comments)
- * Like Thomas on Facebook (2 entries, leave 2 comments)
- * Enter the [Radio Space Coat](#) giveaway (ends 3/4)
- * Enter another current Sweeps4Bloggers giveaway and let me know which one you entered (enter as many as you'd like, but only 1 bonus entry)

Giveaway ends March 5, 2011 at 8pm Pacific Time. Giveaway is open for residents of the US only. Winner will have 48 hours to respond to notification with shipping info and claim prize – if no response, another winner will be chosen. Subject to the official rules. No purchase necessary – void where prohibited by law. Disclaimer/Disclosure: Review sample and prize provided by the giveaway sponsor.



Tags: coupon, food giveaway, giveaway, review

690 Responses to Giveaway – Thomas Bagel Thins – 5 Winners – Ends 3/5/11

← Older Comments



Lily Kwan says:
March 5, 2011 at 3:41 pm

I tweeted about the giveaway at <http://twitter.com/likwan/status/44180369326604288>.



Lily Kwan says:
March 5, 2011 at 3:54 pm

I entered the Made From Earth giveaway.



Ro says:
March 5, 2011 at 3:54 pm

I am thrilled they came out with thin bagels; it beats having a regular bagel and having to tear the insides out. These are perfect for sandwiches and for the waistline.



susan smoaks says:
March 5, 2011 at 4:11 pm

i haven't ever tried the thomas bagels but i know they will be good



susan smoaks says:
March 5, 2011 at 4:12 pm

email subscriber



Charlene Kuser says:
March 5, 2011 at 4:13 pm

Samuel Bath Thomas, an innovator and entrepreneur, created the Original "Nooks & Crannies" English Muffin through a secret process that included griddle baking to create a muffin that was crunchy on the outside and soft on the inside



susan smoaks says:
March 5, 2011 at 4:13 pm

rss feed subscriber

8.



susan smoaks says:
March 5, 2011 at 4:14 pm

your fb fan tony l smoaks



Charlene Kuser says:
March 5, 2011 at 4:14 pm

I am a fan of Sweeps4Bloggers Facebook Page (Charlene Kuser)



susan smoaks says:
March 5, 2011 at 4:14 pm

your twitter follower @fdp4life



Charlene Kuser says:
March 5, 2011 at 4:16 pm

I am a subscriber via email



Charlene Kuser says:
March 5, 2011 at 4:16 pm

I am a subscriber by reader



Charlene Kuser says:
March 5, 2011 at 4:19 pm

I am following you on Twitter (@Swtlilchick)



Charlene Kuser says:
March 5, 2011 at 4:20 pm

Tweeted this:<http://twitter.com/#!/Swtlilchick/status/44190263744278529>



Charlene Kuser says:
March 5, 2011 at 4:22 pm

I checked out Giveaways4Prizes today
#1



Charlene Kuser says:
March 5, 2011 at 4:24 pm

I checked out Giveaways4Prizes today
#2



Charlene Kuser says:

March 5, 2011 at 4:27 pm

I Like Thomas on Facebook (Charlene Kuser)
#1



Charlene Kuser says:
March 5, 2011 at 4:27 pm

I Like Thomas on Facebook (Charlene Kuser)
#2



Charlene Kuser says:
March 5, 2011 at 4:28 pm

I entered the Mata Traders Fair Trade Sparrow Bag giveaway



Justine says:
March 5, 2011 at 5:30 pm

These bagels look great, I'm so happy they're starting to have thinner bread products these days!



Aaron B from IL says:
March 5, 2011 at 5:30 pm

Thomas's Bagels are definitely the best of the bagels in the bread aisle and I usually get the everything bagels when I am in the mood for bagels.



Justine says:
March 5, 2011 at 5:31 pm

I like SFB on facebook

justine pierson



Justine says:
March 5, 2011 at 5:31 pm

I subscribe to SFB via email



Justine says:
March 5, 2011 at 5:32 pm

I am following SFB via twitter

shesanangel417



Justine says:
March 5, 2011 at 5:33 pm

I like Thomas on facebook #1

justine pierson



Justine says:
March 5, 2011 at 5:35 pm

I like Thomas on facebook #2

justine pierson



lknot says:
March 5, 2011 at 5:43 pm

had these thin Bagels for breakfast. They are terrific!!! Thomas is a great company! Love to Win food!!!



Daniel Thornton, Jr. says:
March 5, 2011 at 6:55 pm

Tweet: <http://twitter.com/#!/computerfan/status/44229327902097409>



Anna C. says:
March 5, 2011 at 7:10 pm

Our family loves Thomas Bagels!! They are always our favorite. Cream cheese, sandwiches, melts, or teething toys!



Anna C. says:
March 5, 2011 at 7:10 pm

I liked Thomas on Facebook- entry 1.



Anna C. says:
March 5, 2011 at 7:10 pm

I liked Thomas on Facebook, entry 2.



Anna C. says:
March 5, 2011 at 7:11 pm

I am a fan of the Sweeps4Bloggers Facebook page already!



Anna C. says:
March 5, 2011 at 7:11 pm

I am an email subscriber.



Anna C. says:
March 5, 2011 at 7:12 pm

I am a Sweeps4Bloggers Google Read RSS subscriber.

5.



Anna C. says:
March 5, 2011 at 7:12 pm

I follow Sweeps4Bloggers on Twitter.



Anna C. says:
March 5, 2011 at 7:15 pm

<http://twitter.com/#!/AKCahoon/status/44234307048439808>

I tweeted your message!



Dan V. says:
March 5, 2011 at 8:19 pm

We like eating Thomas Bagels for breakfast



Mary Bearden says:
March 5, 2011 at 8:46 pm

<http://twitter.com/mmbear5/status/44257529638825984>

mmbear_us@yahoo.com



Robyn says:
March 5, 2011 at 8:47 pm

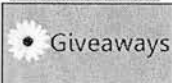
<http://twitter.com/cruzgrl1/status/44257734312472576>



Amy says:
March 6, 2011 at 1:42 pm

I eat a Thomas Everything bagel every single morning for breakfast! Thomas bagels are the best bagels, as far as I'm concerned. They're so soft and chewy. No other brand compares.

← Older Comments



*Miss Lucy's
Monograms Weekender
Tote (ends 6/25/11)
*The Author's Toolkit
by Mary Embree (ends
6/25/11)
*\$75 Barista Body
Essentials Gift Box
(ends 6/24/11)
*GripStic Prize
Packages (ends 6/24/11)
*Meridane Design
Jewelry (ends 6/24/11)
*Dragon Tails
Sunglasses (ends
6/23/11)
*Tropical Traditions
Coconut Chips (ends
6/23/11)

*Where's My Wand? by
Eric Poole (ends
6/23/11)
*Beauty Without
Cruelty Cosmetics (ends
6/22/11)
*Fair Trade Sports
Soccer Ball (ends
6/22/11)
*The Sisters Brothers
Prize Package (ends
6/22/11)
*Care Bears Flower
Power DVD (ends
6/22/11)
*Cinzia Designs
Sunglasses (ends
6/21/11)
*Learning by Heart:
Teachings to Free the
Creative Spirit (ends
6/21/11)
*Jadicence Herbal
Formula Cleansing
Cream (ends 6/21/11)
*\$99 Sigma Professional
Makeup Brush Set (ends
6/20/11)
*Words to the Rescue
by Steve Fadie (ends
6/20/11)
*Corso Como Shoes
(ends 6/20/11)
*Think, Act, Love, Lose
Weight (ends 6/19/11)
*Slime Emergency Tire
Repair Kit (ends
6/19/11)
*Wendell August Tie
Tack and Cuff Links Set
(ends 6/19/11)
*ScareMeNot Plush Toy
(ends 6/18/11)
*Kio Kio \$82 Bodycare
Prize Package (ends
6/18/11)
*Ball Park Franks (ends
6/18/11)
*Fabulous Faces by
Peter Adamson (ends
6/17/11)
*Cape Clogs for Women
(ends 6/17/11)
*If You Care Prize
Packages (ends 6/17/11)
*Text Me If You're
Breathing by Greg
Schwem (ends 6/16/11)
*RedEnvelope \$50 Gift
Certificate (ends
6/16/11)
*Pocoyo: Let's Party!
DVD (ends 6/16/11)
*The Art of War
Graphic Novel (ends
6/15/11)
*Nicole Lee Handbags
(ends 6/15/11)
*Blankie Buddy Set
(ends 6/15/11)
*Think by Lisa Bloom
(ends 6/14/11)
*Corazonas Oatmeal
Squares (ends 6/14/11)
*Bob the Builder: The
Big Dino Dig Movie
(ends 6/14/11)

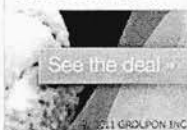
*The Greatest Music
Stories Never Told
(ends 6/14/11)
*FunkyChunky Artisan
Snacks (ends 6/14/11)
*Voda Swim Swimsuit
(ends 6/13/11)
*The Art and Business
of Photography (ends
6/13/11)
*Beanfields Chips (ends
6/13/11)
*Supreme 90 Day 10
DVD Set (ends 6/12/11)
*World's Best Cat Litter
(ends 6/12/11)
*The Royal Wedding:
William & Catherine
DVD (ends 6/12/11)
*The Quotable Musician
by Sheila E. Anderson
(ends 6/11/11)
*Jovial Organic Cookies
(ends 6/11/11)
*Vermont Country Store
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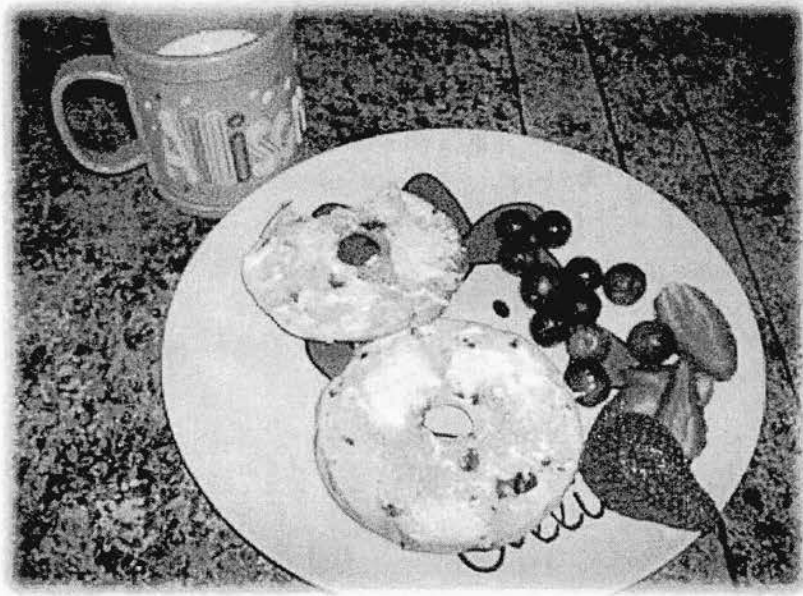
Review: Thomas Bagel Thins

by CrazyMom on February 20, 2011

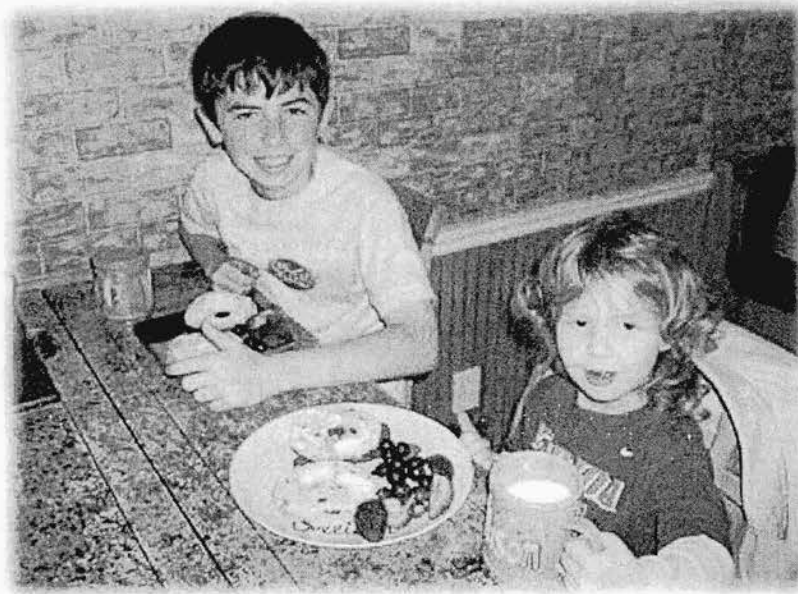
in [Brunch Sunday](#), [Product Review](#)



Our family loves Breakfast, during the week it's kind of hectic in our house, but on the weekend, we love to have a big breakfast. I recently found Thomas Bagel Thins... Have you seen them or tried them yet? If you haven't tried them yet I encourage you to give Thomas Bagel Thins a try. I've seen them in the store, just didn't really know if they are any good and I'm not one to just buy something because it is new. If other people talk about it I'm more incline to buy something new. Well, I was asked to check out Thomas Bagel Thins and boy am I glad I did.



We had some for our Sunday Breakfast and they were wonderful; my Toddler & Tween gave them 2 thumbs up (Teen missed it, he thought sleep was more important, so his loss, we ate them all and he was left with a toast... nananananana); I added some cream cheese and gave one to the Tween & Toddler, hubby snagged one, too. While I asked the Tween how he liked it, and he put his thumb up while scarfing down the entire bagel, just in case someone would come and take it from him, I hear hubby in the background, I love these, they are great.. Can we have more??



Okay now the kids loved them and hubby is caught by the Bagel Fever, too... now it was my turn to check them out. Ya all know I'm a German gal, and German's have the best bread in the world, I love me some bread. I was a bit skeptical, cause I love fresh bread, crusty and all, not the soft stuff ... well I put my Bagel in the toaster and once it came out added some Cream Cheese.... Mhhhhh ... I have to admit, Thomas knows how to make Bagels and then with only 100 Calories to boot. I loved these, they were great. Filled me up, fulfilled my bread craving and yet I ate less than a regular bagel... wonderful. I could go on and on and on about how much I enjoyed my Bagel Thins, but why not run to the next grocery store and pick up a bag or two of Bagel Thins and try them yourself... I bet you will love them as much as we did. Thomas Bagel Thins come in Plain, whole wheat, everything bagel or Cinnamon raisin bagels and be found at a grocery store near you.



Check out this breakfast recipe, that's super yummy, easy and can be done on the run on a weekday morning:

Easy Cheesy Eggwich

Ingredients:

- 1 Everything Thomas'® Bagel Thins™ bagel
- 1 hard boiled omega-3 fortified egg
- 2 slices reduced fat cheddar cheese
- 1/4 teaspoon dried basil

Directions:

- Toast the Bagel Thins™ bagel.
- Peel and slice egg.
- Layer cheese slices and egg, then sprinkle with basil

you can visit Thomas' for some great morning ideas and additional recipes that are quick and healthy ways to start your family's day. You can find some fun activities to do with the kids on those days when you're not rushing out the door!

Here are some more Morning Tips to keep you Healthy and in shape

- **Don't skimp on sleep**
 - It's important to get a good night's sleep to feel well-rested – ready to take on

the day! Most adults need about seven to eight hours of sleep each night, and studies have shown that those who get less have impaired memory and physical performance. Not getting enough sleep can also make concentration difficult, and leave you feeling drowsy all day. So aim to get enough sleep each night. It'll boost your immune system, help your nervous system work properly, and leave you feeling energized all day! Experts estimate that compared to getting 7 to 8 hours per night, the risk of developing obesity rises 23 percent with just 6 hours of sleep per night, 50 percent with only 5 hours per night, and 73 percent with 4 hours per night!

- **Have a healthy breakfast**

- While sleeping each night, your body is in a fasting mode, so within an hour of rising, you need to break that fast by eating a healthy breakfast. It gives your body the fuel it needs to meet your busy schedule and skipping breakfast decreases your metabolism, and increases your cravings throughout the day! Studies have also shown consuming breakfast improves cognition and memory in children and adolescents making them able to concentrate and be more attentive in school. We all have some kid in us, so use this tip to your advantage!

- **Eat empowered**

- Every morning when you sit down to breakfast (and every meal!), remember that each meal is an opportunity to get back in the game and stay on course. You should feel empowered by making the right choices. There are always healthier alternatives to the high-fat, high-calorie, nutrient-less options that we all tend to go for, and I always keep a healthy staple product on-hand to help me quickly make a delicious and nutritious meal. Thomas'® Bagel Thins™ bagel is one of those better-for-you options – they're 110 calories each, low in fat and every flavor is at least a good source of fiber. It's not "I can't eat that heavy bagel" – it IS – "I can eat the Thomas' Bagel Thins™ bagel!"

- **Start with a glass of lemon water**

- Drinking enough h₂O throughout the day helps with weight loss in several ways. First, there's an emotional component; it will make you feel empowered and will help spur you to make good choices for the rest of the day. Second, researchers have long known that dieters who replace sweetened drinks with water lose weight more quickly than those who don't. Finally, many people overeat because they are actually thirsty and just can't tell the difference between thirst and hunger. Also, when you're adequately hydrated, your metabolism functions at its best.

- **Exercise steady**

- Aside from burning calories, exercise is important because it causes your body to release endorphins, making you feel good, and motivating you to eat well, do your job well, and simply be happy! I love exercising in the early am, and eating breakfast when I'm done, and typically, people who work out in the morning are more likely to stick to their routine, than those who squeeze it in later. If you're averse to starting your day with more rigorous exercises like running, try a lower-impact activity like yoga. Just do something!

I was provided with Thomas Bagel Thins for my honest review, all opinions about Thomas Bagel Thins are 100% my own and no other compensation was provided, Morning Tips are presented to you by [Keri Glassman](#) and [Thomas' Bagel Thins](#)



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Welcome

Welcome and thanks for visiting my site! I am so glad you are here. I wife to a caring, hard working man and stay at home mom of three. Besides the Lord, my family is the light of my life. We are a close knit family, that knows what it means to truly love one another. We love great deals and finds and do not believe in credit card use at all. Everything we own, we got ourselves with no help from anyone but the One above. We work hard in life and teach our kids daily that if you work hard now, it will pay off for a wonderful future.

Hope you will find some great deals here and have lots of fun entering my many giveaways. Relax and enjoy my stories about my Crazy Life. You will find that I am a straight up tell it like it is kinda girl. Please take a moment to read my reviews of some great products as well. If you are a PR looking for me to do a review/giveaway of your product, please email me at frugalmommy3@gmail.com



Thursday, February 24, 2011

Thomas Bagel Thins Giveaway ~5 winners



My family recently tried **Thomas Bagel Thins** and boy are they yummy! Hard to believe that something with just 110 calories can taste so good! Now I can enjoy something filling without feeling guilty.

Thomas' Bagel Thins comes in four varieties: plain, 100% whole wheat, cinnamon raisin & everything.

Thomas' has partnered up with Keri Glassman (author of the O2 Diet) to feature some special recipes featuring Bagel thins. You can follow them exactly or use them as inspiration to create your own meal.

- Easy Cheesy Sandwich
- Banana-Nut Butter
- Veggie Scramble Sandwich
- Nuts About Breakfast

Thomas Bagel would like to send 5 readers each a coupon for a free bag (the coupon will have a face value of \$4). To enter you must be 18 years or older and live in the US. Winner will be notified by email and have 48 hours to respond before another winner is chosen. Entries close 3/11/2011.

Mandatory:

1. Be a GFC follower, leave name email and tell me which flavor you would like to try in comments

Extra Entries:

1. Subscribe to my site
2. "Like" me on Facebook- button is on the side
3. Follow @thefrugalwife on twitter
4. Tweet about giveaway -you may do so daily for extra entries, be sure to leave

Search



Grab the Button!



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your url

5. Blog about giveaway Leave your url

6. Grab my button

Disclosure: I was sent a product free of charge in order to conduct this review.
This is 100% my opinion.

Dawn

POSTED BY DAWN AT 2/24/2011

REACTIONS: funny (0) interesting (0) cool (0)



LABELS: THOMAS BAGEL THINS GIVEAWAY ~5 WINNERS

StumbleUpon

74 comments:



casey aubut said...

GFC Follower!

I LOVE Whole wheat bagels!

cassandra@aubut.net

FEBRUARY 24, 2011 8:54 PM



casey aubut said...

Follow you on Twitter-@tally2525

cassandra@aubut.net

FEBRUARY 24, 2011 9:06 PM



Jen said...

New GFC follower - Jen K

I would like the cinnamon raisin
FEBRUARY 24, 2011 10:04 PM



toryaslim822 said...

GFC Follower

I would love to try the Cinnamon Raisin ones!

toryaslim822@aol.com

Victoria B.
FEBRUARY 25, 2011 8:18 AM



toryaslim822 said...

Tweeted @bookbookie820

toryaslim822@aol.com

Koo Koo Bird ~ends 5/10

Kachooz Giveaway ~ends 5/23

Thomas And Friends Dvd ~ends 5/25

::Credits::



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Gerber baby bath time gift set, Fr

Victoria B.
FEBRUARY 25, 2011 8:20 AM

Cheryl F. {The Lucky Ladybug} said...

Publicly following Dawns Great Finds with Google Friend Connect [Cheryl F. {The Lucky Ladybug}] – I'd like to try 100% whole wheat :) *Thanks* for the giveaway!

theluckyladybug[at]gmail[dot]com
FEBRUARY 25, 2011 1:39 PM

Folgers Gourmet Samples

Sample all 5 Fragrant Flavors, FF

Cheryl F. {The Lucky Ladybug} said...

Subscribed to Dawns Great Finds in reader
theluckyladybug[at]gmail[dot]com
FEBRUARY 25, 2011 1:39 PM

Free eCookbook - 31 Top Secrets

Sign up for the RecipeLion Quick receive 31 Top Secret Restaurant free.

Cheryl F. {The Lucky Ladybug} said...

I Like Frugal Housewife on Facebook
theluckyladybug[at]gmail[dot]com
FEBRUARY 25, 2011 1:39 PM

Free Skin Care Samples

Take Care of Your Skin with Grez Samples Going Fast.



Cheryl F. {The Lucky Ladybug} said...

Following @thefrugalwife on Twitter
theluckyladybug[at]gmail[dot]com
FEBRUARY 25, 2011 1:41 PM

Cheryl F. {The Lucky Ladybug} said...

Tweeted the giveaway
theluckyladybug[at]gmail[dot]com
FEBRUARY 25, 2011 1:41 PM

Cheryl F. {The Lucky Ladybug} said...

Blogged about the giveaway
theluckyladybug[at]gmail[dot]com
FEBRUARY 25, 2011 1:41 PM

Cheryl F. {The Lucky Ladybug} said...

The Dawns Great Finds button is in my Blogroll, Buttons D - J
theluckyladybug[at]gmail[dot]com
FEBRUARY 25, 2011 1:41 PM

Kristen said...

This post has been removed by the author.
FEBRUARY 25, 2011 2:41 PM

Kristen said...

GFC follower. Whole wheat!

kristen_yeh at yahoo dot com
FEBRUARY 25, 2011 2:42 PM

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What a great way to start off Monday

Walt Disney's Bambi Diamond Edition Giveaway

Thomas Bagel Thins Giveaway ~5 winners

Nickelodeon Wii Fit Game Review

New Temptations Jelly-O Review/Giveaway

Much needed vacation...

Tropical Traditions



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 - Walt Disney's Bambi Diamond Edition Giveaway
 - Thomas Bagel Thins Giveaway ~5 winners
 - Nickelodeon Wii Fit Game Review
 - New Temptations Jell-O Review/Giveaway
 - Much needed vacation...
 - Tropical Traditions Coconut Oil Review & Giveaway
 - Mickey Mouse Clubhouse: Minnie's Masquerade DVD Gi...
 - And the winners are...
 - Felicity An American Girl Adventure DVD Review &



Margie said...

I'm a follower via GFC. I'd like to try the whole wheat flavor.
mtakala1 AT yahoo DOT com
FEBRUARY 25, 2011 4:39 PM

Margie said...

email subscriber
mtakala1 AT yahoo DOT com
FEBRUARY 25, 2011 4:39 PM



Margie said...

Facebook fan of this blog
mtakala1 AT yahoo DOT com
FEBRUARY 25, 2011 4:39 PM

Charlene Canfield said...

I follow and I would like to try the cinnamon raisin toasted with butter on it~ Yum.
cjcmmomy@gmail.com
FEBRUARY 25, 2011 4:53 PM

Charlene Canfield said...

I follow you on twitter.
cjcmmomy@gmail.com
FEBRUARY 25, 2011 4:56 PM

Diana D said...

The cinnamon raisin would be my first choice. Thanks for the wonderful giveaway

dianad8008 AT gmail DOT com
FEBRUARY 25, 2011 5:04 PM

Diana D said...

I am an email subscriber. Thanks

dianad8008 AT gmail DOT com
FEBRUARY 25, 2011 5:05 PM

Anonymous said...

TINA SAID....
I WOULD LIKE TO TRY THE CINNAMON RAISIN. SOUNDS YUMMY!!!!
TINA@CHIPHARVEY.COM
FEBRUARY 25, 2011 5:08 PM

Coconut Oil Review & Giveaway

Mickey Mouse Clubhouse: Minnie's Masquerade DVD Gi...

And the winners are...

Felicity An American Girl Adventure DVD Review & G...

True Lemon Free Sample

Mom, What's Cooking?

► January (23)

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tcarolinep at gmail dot com
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FB liker@tcarolinep JessieKatie S
FEBRUARY 25, 2011 5:08 PM

JC said...

@tcarolinep twitter follower
FEBRUARY 25, 2011 5:09 PM

JC said...

http://twitter.com/tcarolinep/status/41258391238225920
FEBRUARY 25, 2011 5:09 PM

JC said...

button.http://tcarolinep.wordpress.com/
FEBRUARY 25, 2011 5:14 PM

GroverFamily said...

GFC follower
whole wheat bagels...yummy!
amalgrover(@)hotmail.com
FEBRUARY 25, 2011 7:49 PM

GroverFamily said...

email subscriber
amalgrover(@)hotmail.com
FEBRUARY 25, 2011 7:49 PM

cyndi br said...

I am a gfc follower
Whole Wheat bagels
clbjcb50@cox.net
FEBRUARY 25, 2011 10:38 PM

cyndi br said...

I get your emails
clbjcb50@cox.net
FEBRUARY 25, 2011 10:42 PM

shala_darkstone said...



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maddiemb {at} comcast (dot) net
FEBRUARY 26, 2011 9:53 AM

shala_darkstone said...

I follow @thefrugalwife on Twitter (@shala_darkstone).

maddiemb {at} comcast (dot) net
FEBRUARY 26, 2011 11:41 AM

shala_darkstone said...

Here's my tweet -

http://twitter.com/#!/shala_darkstone/status/41538719026647040

maddiemb {at} comcast (dot) net
FEBRUARY 26, 2011 11:43 AM

Cheryl F. {The Lucky Ladybug} said...

Daily giveaway Tweet

theluckyladybug[at]gmail[dot]com
FEBRUARY 26, 2011 8:55 PM

Tess Fishburn said...

gfc follower

tessyfishburn@hotmail.com

i'd like to try banana nut butter
FEBRUARY 26, 2011 9:21 PM

Andrea D said...

follower andrea d

and i like cinnamon raisin

drea8685 at yahoo dot com
FEBRUARY 27, 2011 4:36 AM

Cheryl F. {The Lucky Ladybug} said...

Daily giveaway Tweet

theluckyladybug[at]gmail[dot]com
FEBRUARY 27, 2011 7:04 PM

 Shelly said...

100% whole wheat

GFC follower

FEBRUARY 28, 2011 5:04 PM

 Shelly said...

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FEBRUARY 28, 2011 5:04 PM



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 Shelly said...
subscriber
FEBRUARY 28, 2011 5:04 PM

Cheryl F. {The Lucky Ladybug} said...
Daily giveaway Tweet
theluckyladybug[at]gmail[dot]com
FEBRUARY 28, 2011 10:22 PM

Cheryl F. {The Lucky Ladybug} said...
Daily giveaway Tweet
theluckyladybug[at]gmail[dot]com
MARCH 1, 2011 8:32 PM

 kellyr78 said...
I follow on GFC(kellyr78) and I would like to try the whole wheat.

KellywcuATyahooDOTcom
MARCH 2, 2011 2:20 PM

kellyr78 said...
I subscribe by email under KellywcuATyahooDOTcom
MARCH 2, 2011 2:21 PM

kellyr78 said...
I follow you on twitter(kellywcu)
KellywcuATyahooDOTcom
MARCH 2, 2011 2:21 PM

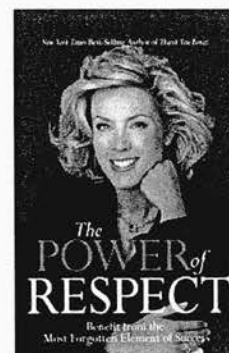
kellyr78 said...
Tweeted giveaway
<http://twitter.com/Kellywcu/status/43028296149110784>

kellywcuATyahooDOTcom
MARCH 2, 2011 2:22 PM

kellyr78 said...
Your button is on my sidebar at www.littlesaver.com
kellywcuATyahooDOTcom
MARCH 2, 2011 2:24 PM

 kellyr78 said...
I like you on FB(kelly D)
kellywcuATyahooDOTcom
MARCH 2, 2011 2:26 PM

Annette B said...



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Donations

If you would like to make a donation to go towards postage and handling of the giveaways please let me know.

Donate



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Sunday Coupon
Preview

I would love to try the cinnamon raisin! New follower on GFC...fellow Purex Insider :) Great site BTW
MARCH 3, 2011 9:40 AM

 xoeskie1(at)gmail(dot)com said...

i follow in gfc
MARCH 3, 2011 2:39 PM

 xoeskie1(at)gmail(dot)com said...

i subscribe in google reader.
MARCH 3, 2011 2:39 PM

 xoeskie1(at)gmail(dot)com said...

i follow on twitter @cabbie413
MARCH 3, 2011 2:39 PM

 xoeskie1(at)gmail(dot)com said...

i'd like to try cinnamon raisin bagels
MARCH 3, 2011 2:40 PM

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Cheryl F. {The Lucky Ladybug} said...
Daily giveaway Tweet
theluckyladybug[at]gmail[dot]com
MARCH 3, 2011 7:40 PM

Cheryl F. {The Lucky Ladybug} said...
Daily giveaway Tweet
theluckyladybug[at]gmail[dot]com
MARCH 4, 2011 10:51 PM

Cheryl F. {The Lucky Ladybug} said...
Daily giveaway Tweet
theluckyladybug[at]gmail[dot]com
MARCH 5, 2011 9:59 PM

Jena said...
I follow through GFC and I love their whole wheat bagels!
jenakaye(at)gmail.com
MARCH 6, 2011 6:31 PM

Jena said...
I follow via twitter (@suhodgepodge)
jenakaye(at)gmail.com
MARCH 6, 2011 6:31 PM

Cheryl F. {The Lucky Ladybug} said...
Daily giveaway Tweet
theluckyladybug[at]gmail[dot]com

MARCH 6, 2011 10:36 PM

Cheryl F. {The Lucky Ladybug} said...

Daily giveaway Tweet

theluckyladybug[at]gmail[dot]com

MARCH 7, 2011 1:06 PM

Amy B. said...

I would like to try Cinnamon and Raisin

Thanks for the giveaway!

Amy B.

adennispac@yahoo.com

MARCH 7, 2011 9:58 PM

Amy B. said...

e-mail subscriber

Thanks for the giveaway!

Amy B.

adennispac@yahoo.com

MARCH 7, 2011 9:58 PM

Amy B. said...

I follow you on twitter @silverwoodkids

Thanks for the giveaway!

Amy B.

adennispac@yahoo.com

MARCH 7, 2011 9:59 PM

Amy B. said...

I tweeted

<http://twitter.com/#!/silverwoodkids/status/4495540528939417>

6

Thanks for the giveaway!

Amy B.

adennispac(at)yahoo(dot)com

MARCH 7, 2011 10:00 PM

 cw said...

whole wheat for me.

cindy

MARCH 8, 2011 4:38 PM

 Deb K said...

I follow you with GFC~Deb K

I would like the cinnamon raisin

deb55106[at]gmail[dot]com

 MARCH 8, 2011 9:14 PM

Deb K said...

Email Subscriber

deb55106{at}gmail{dot}com
MARCH 8, 2011 9:15 PM

Cheryl F. {The Lucky Ladybug} said...

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theluckyladybug[at]gmail[dot]com
MARCH 9, 2011 4:46 PM

CherylS22 said...

GFC follower

I've already tasted the whole wheat & I love them. I'm going to
try the cinnamon raisin next.

Thanks for the giveaway!

megalon22 at yahoo dot com

Cheryl

MARCH 11, 2011 10:33 PM

CherylS22 said...

RSS feed subscriber (Google Reader)

megalon22 at yahoo dot com
MARCH 11, 2011 10:33 PM

CherylS22 said...

FB fan (Cheryl S)

megalon22 at yahoo dot com
MARCH 11, 2011 10:34 PM

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Thursday, February 24, 2011

Thomas Bagel Thins Giveaway ~5 winners

Posted by Dawn at 2/24/2011

Labels: Thomas Bagel Thins Giveaway ~5 winners 



My family recently tried **Thomas Bagel Thins** and boy are they yummy! Hard to believe that something with just 110 calories can taste so good! Now I can enjoy something filling without feeling guilty.

Thomas' Bagel Thins comes in four varieties: plain, 100% whole wheat, cinnamon raisin & everything.

Thomas' has partnered up with Keri Glassman (author of the O2 Diet) to feature some special recipes featuring Bagel thins. You can follow them exactly or use them as inspiration to create your own meal.

- Easy Cheesy Sandwich
- Banana-Nut Butter
- Veggie Scramble Sandwich
- Nuts About Breakfast

Thomas Bagel would like to send 5 readers each a coupon for a free bag (the coupon will have a face value of \$4). To enter you must be 18 years or older and live in the US. Winner will be notified by email and have 48 hours to respond before another winner is chosen. Entries close 3/11/2011.

Mandatory:

1. Be a GFC follower, leave name email and tell me which flavor you would like to try in comments

Extra Entries:

1. Subscribe to my site
2. "Like" me on Facebook- button is on the side
3. Follow @thefrugalwife on twitter
4. Tweet about giveaway -you may do so daily for extra entries, be sure to leave your url
5. Blog about giveaway Leave your url
6. Grab my button

Disclosure: I was sent a product free of charge in order to conduct this review. This is 100% my opinion.

74 comments on "Thomas Bagel Thins Giveaway ~5 winners"

casey aubut on February 24, 2011 8:54 PM said...

GFC Follower!
I LOVE Whole wheat bagels!
cassandra@aubut.net

casey aubut on February 24, 2011 9:06 PM said...

Follow you on Twitter-@tally2525
cassandra@aubut.net

Jen on February 24, 2011 10:04 PM said...

New GFC follower - Jen K

I would like the cinnamon raisin

toryaslim822 on February 25, 2011 8:18 AM said...

GFC Follower

I would love to try the Cinnamon Raisin ones!

toryaslim822@aol.com

Victoria B.

toryaslim822 on February 25, 2011 8:20 AM said...

Tweeted @bookbookie820

toryaslim822@aol.com

Victoria B.

Cheryl F. {The Lucky Ladybug} on February 25, 2011 1:39 PM said...

Publicly following Dawns Great Finds with Google Friend Connect [Cheryl F. {The Lucky Ladybug}] -- I'd like to try 100% whole wheat :) *Thanks* for the giveaway!
theluckyladybug[at]gmail[dot]com

Cheryl F. {The Lucky Ladybug} on February 25, 2011 1:39 PM said...

Subscribed to Dawns Great Finds in reader
theluckyladybug[at]gmail[dot]com

Cheryl F. {The Lucky Ladybug} on February 25, 2011 1:39 PM said...

I Like Frugal Housewife on Facebook
theluckyladybug[at]gmail[dot]com

Cheryl F. {The Lucky Ladybug} on February 25, 2011 1:41 PM said...

Following @thefrugalwife on Twitter
theluckyladybug[at]gmail[dot]com

Cheryl F. {The Lucky Ladybug} on February 25, 2011 1:41 PM said...

Tweeted the giveaway
theluckyladybug[at]gmail[dot]com

Cheryl F. {The Lucky Ladybug} on February 25, 2011 1:41 PM said...

Blogged about the giveaway
theluckyladybug[at]gmail[dot]com

Cheryl F. {The Lucky Ladybug} on February 25, 2011 1:41 PM said...

The Dawns Great Finds button is in my Blogroll, Buttons D - J
theluckyladybug[at]gmail[dot]com

Kristen on February 25, 2011 2:41 PM said...

This post has been removed by the author.

Kristen on February 25, 2011 2:42 PM said...

GFC follower. Whole wheat!

kristen_yeh at yahoo dot com

Margie on February 25, 2011 4:39 PM said...

I'm a follower via GFC. I'd like to try the whole wheat flavor.
mtakala1 AT yahoo DOT com

Margie on February 25, 2011 4:39 PM said...

email subscriber
mtakala1 AT yahoo DOT com

Margie on February 25, 2011 4:39 PM said...

Facebook fan of this blog
mtakala1 AT yahoo DOT com

Charlene Canfield on February 25, 2011 4:53 PM said...

I follow and I would like to try the cinnamon raisin toasted with
butter on it~ Yum.
cjcmommy@gmail.com

Charlene Canfield on February 25, 2011 4:56 PM said...

I follow you on twitter.

cjcmommy@gmail.com

Diana D on February 25, 2011 5:04 PM said...

The cinnamon raisin would be my first choice. Thanks for the wonderful giveaway

dianad8008 AT gmail DOT com

Diana D on February 25, 2011 5:05 PM said...

I am an email subscriber. Thanks

dianad8008 AT gmail DOT com

Anonymous said...

TINA SAID....

I WOULD LIKE TO TRY THE CINNAMON RAISIN. SOUNDS YUMMY!!!!

TINA@CHIPHARVEY.COM

JC on February 25, 2011 5:08 PM said...

GFC follower,I'd like to try 100% Whole Wheat
tcarolinep at gmail dot com

JC on February 25, 2011 5:08 PM said...

I'm a subscriber

JC on February 25, 2011 5:08 PM said...

FB liker@tcarolinep JessieKatie S

JC on February 25, 2011 5:09 PM said...

@tcarolinep twitter follower

JC on February 25, 2011 5:09 PM said...

<http://twitter.com/tcarolinep/status/41258391238225920>

JC on February 25, 2011 5:14 PM said...

button.<http://tcarolinep.wordpress.com/>

GroverFamily on February 25, 2011 7:49 PM said...

GFC follower

whole wheat bagels...yummy!

amalgrover(@)hotmail.com

GroverFamily on February 25, 2011 7:49 PM said...

email subscriber

amalgrover(@)hotmail.com

cyndi br said...

I am a gfc follower
Whole Wheat bagels
clbjcb50@cox.net

cyndi br said...

I get your emails
clbjcb50@cox.net

shala_darkstone on February 26, 2011 9:53 AM said...

Hi, I follow you via Google Friend Connect. I'd like to try the
everything flavor.
maddiemb {at} comcast (dot) net

shala_darkstone on February 26, 2011 11:41 AM said...

I follow @thefrugalwife on Twitter (@shala_darkstone).
maddiemb {at} comcast (dot) net

shala_darkstone on February 26, 2011 11:43 AM said...

Here's my tweet -
http://twitter.com/#!/shala_darkstone/status/41538719026647040
40
maddiemb {at} comcast (dot) net

Cheryl F. {The Lucky Ladybug} on February 26, 2011 8:55 PM
said...

Daily giveaway Tweet
theluckyladybug[at]gmail[dot]com

Tess Fishburn on February 26, 2011 9:21 PM said...

gfc follower
tessyfishburn@hotmail.com
i'd like to try banana nut butter

Andrea D on February 27, 2011 4:36 AM said...

follower andrea d

and i like cinnamon raisin

drea8685 at yahoo dot com

Cheryl F. {The Lucky Ladybug} on February 27, 2011 7:04 PM
said...

Daily giveaway Tweet
theluckyladybug[at]gmail[dot]com

Shelly on February 28, 2011 5:04 PM said...

100% whole wheat
GFC follower

Shelly on February 28, 2011 5:04 PM said...

Follow @thefrugalwife on twitter phxbne

Shelly on February 28, 2011 5:04 PM said...

subscriber

Cheryl F. {The Lucky Ladybug} on February 28, 2011 10:22 PM said...

Daily giveaway Tweet
theluckyladybug[at]gmail[dot]com

Cheryl F. {The Lucky Ladybug} on March 1, 2011 8:32 PM said...

Daily giveaway Tweet
theluckyladybug[at]gmail[dot]com

kellyr78 on March 2, 2011 2:20 PM said...

I follow on GFC(kellyr78) and I would like to try the whole wheat.

KellywcuATyahooDOTcom

kellyr78 on March 2, 2011 2:21 PM said...

I subscribe by email under KellywcuATyahooDOTcom

kellyr78 on March 2, 2011 2:21 PM said...

I follow you on twitter(kellywcu)
KellywcuATyahooDOTcom

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Tweeted giveaway
<http://twitter.com/Kellywcu/status/43028296149110784>

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Your button is on my sidebar at www.littlesaver.com
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I like you on FB(kelly D)
kellywcuATyahooDOTcom

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xoeskie1(at)gmail(dot)com on March 3, 2011 2:39 PM said...
i follow in gfc

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i subscribe in google reader.

xoeskie1(at)gmail(dot)com on March 3, 2011 2:39 PM said...
i follow on twitter @cabbie413

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theluckyladybug[at]gmail[dot]com

Cheryl F. {The Lucky Ladybug} on March 5, 2011 9:59 PM said...
Daily giveaway Tweet
theluckyladybug[at]gmail[dot]com

Jena on March 6, 2011 6:31 PM said...
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jenakaye(at)gmail.com

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I follow via twitter (@suhodgepodge)
jenakaye(at)gmail.com

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Daily giveaway Tweet
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Cheryl F. {The Lucky Ladybug} on March 7, 2011 1:06 PM said...
Daily giveaway Tweet
theluckyladybug[at]gmail[dot]com

Amy B. on March 7, 2011 9:58 PM said...
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Thanks for the giveaway!

Amy B.
adennispac@yahoo.com

Amy B. on March 7, 2011 9:58 PM said...

e-mail subscriber
Thanks for the giveaway!
Amy B.
adennispac@yahoo.com

Amy B. on March 7, 2011 9:59 PM said...

I follow you on twitter @silverwoodkids
Thanks for the giveaway!
Amy B.
adennispac@yahoo.com

Amy B. on March 7, 2011 10:00 PM said...

I tweeted
<http://twitter.com/#!/silverwoodkids/status/4495540528939417>
6

Thanks for the giveaway!
Amy B.
adennispac(at)yahoo(dot)com

cw on March 8, 2011 4:38 PM said...

whole wheat for me.
cindy

Deb K on March 8, 2011 9:14 PM said...

I follow you with GFC~Deb K

I would like the cinnamon raisin

deb55106{at}gmail{dot}com

Deb K on March 8, 2011 9:15 PM said...

Email Subscriber

deb55106{at}gmail{dot}com

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Daily giveaway Tweet
theluckyladybug[at]gmail[dot]com

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Daily giveaway Tweet
theluckyladybug[at]gmail[dot]com

IS INFORMATION ON WHAT TYPES OF PERSONAL INFORMATION WE RECEIVE AND COLLECT WHEN YOU USE AND VISIT

CherylS22 on March 11, 2011 10:33 PM said...

GFC follower

I've already tasted the whole wheat & I love them. I'm going to try the cinnamon raisin next.

Thanks for the giveaway!

megalon22 at yahoo dot com

Cheryl

CherylS22 on March 11, 2011 10:33 PM said...

RSS feed subscriber (Google Reader)

megalon22 at yahoo dot com

CherylS22 on March 11, 2011 10:34 PM said...

FB fan (Cheryl S)

megalon22 at yahoo dot com

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AS WITH MOST OTHER WEBSITES, WE COLLECT AND USE THE DATA CONTAINED IN LOG FILES. THE INFORMATION IN THE LOG FILES INCLUDE YOUR IP (INTERNET PROTOCOL) ADDRESS, YOUR ISP (INTERNET SERVICE PROVIDER, SUCH AS AOL OR SHAW CABLE), THE BROWSER YOU USED TO VISIT OUR SITE (SUCH AS INTERNET EXPLORER OR FIREFOX), THE TIME YOU VISITED OUR SITE AND WHICH PAGES YOU VISITED THROUGHOUT OUR SITE.

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WE DO USE COOKIES TO STORE INFORMATION, SUCH AS YOUR PERSONAL PREFERENCES WHEN YOU VISIT OUR SITE. THIS COULD INCLUDE ONLY SHOWING YOU A POPUP ONCE IN YOUR VISIT, OR THE ABILITY TO LOGIN TO SOME OF OUR FEATURES, SUCH AS FORUMS.

WE ALSO USE THIRD PARTY ADVERTISEMENTS ON WWW.THEFRUGALWIFE.NET TO SUPPORT OUR SITE. SOME OF THESE ADVERTISERS MAY USE TECHNOLOGY SUCH AS COOKIES AND WEB BEACONS WHEN THEY ADVERTISE ON OUR SITE, WHICH WILL ALSO SEND THESE ADVERTISERS (SUCH AS GOOGLE THROUGH THE GOOGLE ADSENSE PROGRAM) INFORMATION INCLUDING YOUR IP ADDRESS, YOUR ISP, THE BROWSER YOU USED TO VISIT OUR SITE, AND IN SOME CASES, WHETHER YOU HAVE FLASH INSTALLED. THIS IS GENERALLY USED FOR GEOTARGETING PURPOSES (SHOWING NEW YORK REAL ESTATE ADS TO SOMEONE IN NEW YORK, FOR EXAMPLE) OR SHOWING CERTAIN ADS BASED ON SPECIFIC SITES VISITED (SUCH AS SHOWING COOKING ADS TO SOMEONE WHO FREQUENTS COOKING SITES).

YOU CAN CHOSE TO DISABLE OR SELECTIVELY TURN OFF OUR COOKIES OR THIRD-PARTY COOKIES IN YOUR BROWSER SETTINGS, OR BY MANAGING PREFERENCES IN PROGRAMS SUCH AS NORTON INTERNET SECURITY. HOWEVER, THIS CAN AFFECT HOW YOU ARE ABLE TO INTERACT WITH OUR SITE AS WELL AS OTHER WEBSITES. THIS COULD INCLUDE THE INABILITY TO LOGIN TO SERVICES OR PROGRAMS, SUCH AS LOGGING INTO FORUMS OR ACCOUNTS.

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A Blog Devoted to a Healthy Balance

Just Call Me Britney

March 1, 2011

Good morning! Happy Tuesday! 🌍

1
tweet

So, I have some exciting news to share with you, which may or may not involve running *another* race, but let's first do breakfast.

retweet

Breakfast

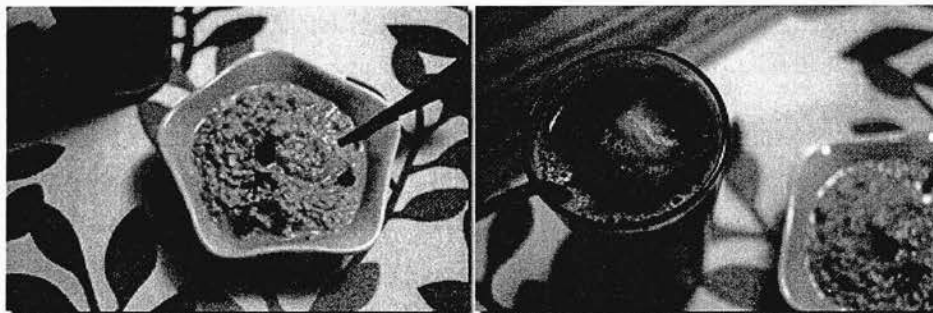
I tried something a little different for breakfast this morning. I have a bunch of leftover brown rice in the refrigerator that I don't want to go to waste, so I'm trying to incorporate into my meals and snacks, including today's breakfast.

In the mix:

- Cooked brown rice
- Cooked bulgur
- Soy milk
- Frozen blueberries
- [Chia seeds](#)
- Peanut butter

I just combined all of the ingredients (minus the peanut butter) in a pot and cooked until the blueberries were defrosted and the grain mixture got a little bit creamy. I added a spoonful of peanut butter at the

end.



Ok, are you ready for my exciting news?!?

I'm running the More Magazine | Fitness Magazine Women's Half-Marathon in New York City!! Oops, I did it again!

Thomas Bagel Thins, who were one of the sponsors of the Healthy Living Summit (so I already love them), is sponsoring me as a runner for the race! I'm a big fan of their Bagel Thins, especially before a long run, so I gladly agreed to participate.



Of course, I'll take you guys along for my adventures in New York City, but I'll also be guest blogging over on the Thomas Bagel Thins Facebook page about running, training, motivation, and more. My buddy, [Caitlin](#), has her first post featured today, so be sure to check it out!

Disclosure per FCC guidelines: As part of my sponsorship, Thomas Bagel Thins is providing me with airfare, hotel, race entry, and a travel stipend. I will be blogging on their Facebook page.

Question of the Day

Finish this sentence:

In my house...

Tagged as: [More Magazine](#) | [Fitness Magazine Women's Half-Marathon](#), [Thomas Bagel Thins](#)

{ 105 comments... read them below or [add one](#) }

[← Previous Comments](#)



Beth @ DiningAndDishing March 1, 2011 at 10:38 am

In my house...we are crazy cat ladies when no one else is around. As soon as company arrives we go back to normal 😊.

Reply



Felicia (a taste of health with balance) March 1, 2011 at 10:45 am

exciting! i was going to sign up for that one, but decided to do the one of april 2nd in NYC. my first half, yay!

Reply



Joanna @ Drizzle of Sunshine March 1, 2011 at 10:56 am

How exciting!!! Congrats! Can't wait to see the journey.

In my house we are newly weds with a WHOLE lotta stuff!! EEKS!

Reply



Laura @ prettylittlewords March 1, 2011 at 11:06 am

That is WAY exciting, Tina — congrats!!!

You are still nuts though 😊

In my house...vacuuming is not an option because there is so much pet hair!

Reply



Laura @ prettylittlewords March 1, 2011 at 11:06 am

oops! *NOT* vacuuming is not an option

Reply



Alex from Thoughts of a Working Housewife March 1, 2011 at 11:12 am

... hot tea reigns over coffee!

(Am I missing something, I don't understand the title to this post....)

Reply



Julie @ Peanut Butter Fingers March 1, 2011 at 1:31 pm

"oops i did it again..." she signed up for another race and is referencing britney's famous song at the same time. ☺

Reply



Tina March 1, 2011 at 3:57 pm

Thanks, Julie! I know you love Brit-Brit! ☺

Reply



Rachel @ Grateful Girl Goes Gluten Free March 1, 2011 at 11:15 am

In my house...I live with 31 other girls. And congrats on your newest race addition! I'm visiting NYC for the first time in 2 weeks for spring break!

Reply



Ellie @ The Mommyist March 1, 2011 at 11:17 am

In my house the toys come out faster than they can be put away.

Reply



Alex @ Healing Beauty March 1, 2011 at 11:28 am

In my house we have two dogs and a cat, which equals a little (or a lot) bit of craziness!

[Reply](#)



[Justeen @ Blissful Baking March 1, 2011 at 11:28 am](#)

...we eat corn on the cob for breakfast! Is that strange? 😊

[Reply](#)



[Kate \(What Kate is Cooking\) March 1, 2011 at 11:39 am](#)

That is so exciting! What a fun race. It is my dream to run in NYC one day!

[Reply](#)



[Maryann \(The Balanced Bean\) March 1, 2011 at 11:46 am](#)

...No veggie is safe 😊

How exciting about the race!! I would love to run a half in NYC!

[Reply](#)



[Teresa \(Teresa Tastes & Travels\) March 1, 2011 at 11:51 am](#)

Exciting for you!!

In my house I sit, gazing sadly out the window at my poor car, freshly dented under the falling weight of a snow laden bough.

[Reply](#)



[lynn @ the actor's diet March 1, 2011 at 12:02 pm](#)

in my house...it's my dog's 7th birthday! he's middle aged!

[Reply](#)



[Tina March 1, 2011 at 3:55 pm](#)

Awww, happy birthday!

[Reply](#)



[Roz March 1, 2011 at 12:08 pm](#)

In my house...music is often playing. (and some of my music choices are a little embarrassing!)
Congrats on your sponsored race in NYC!!!

[Reply](#)



[Megan@ Dirty Dishes Daily March 1, 2011 at 12:21 pm](#)

Congrats!! That is awesome. You are going to do so well.

[Reply](#)



[Brooke @ bittersweetb March 1, 2011 at 12:31 pm](#)

In my house...its not unusual to have ice cream for dinner

[Reply](#)



[Amelia March 1, 2011 at 12:38 pm](#)

In my house...the dishes eventually get washed.

[Reply](#)



[Chelsea @ One Healthy Munchkin March 1, 2011 at 12:41 pm](#)

That's so exciting for you!

In my house...we always fight over the crossword on Saturday mornings!

Reply



MelanieF March 1, 2011 at 12:53 pm

Congrats Tina! You are such an inspiration!

In my house food rules! We watch the food network like a soap opera.

Reply



Kathleen @ Kat's Health Corner March 1, 2011 at 1:18 pm

i love how you combined bulger and brown rice!!! 😊 Such a nice change for breakfast (since I usually have oats). 😊

In my house, I feel safe. I feel secure. I feel loved. 😊

xoxo
Kathleen

Reply



christina r @ Hola Raw March 1, 2011 at 1:20 pm

In my house...

a perfect morning includes The View, a big glass of coconut milk, vegan cookies and a kitty in my lap.

Reply



Natalia - a side of simple March 1, 2011 at 1:22 pm

Congratulations on teaming up with Thomas! That is beyond exciting, can't wait to hear about it.

Reply



Julie @ Peanut Butter Fingers March 1, 2011 at 1:33 pm

in my house my dog is likely taking every single one of her toys out of her toy bin in preparation for my arrival home from work.

Reply



Manon March 1, 2011 at 1:51 pm

Congrats on the sponsorship! How exciting!

In my house me + girl doggie + 2 girl kitties = WAY TOO MUCH ESTROGEN....and pet hair!

Reply



melissa March 1, 2011 at 1:52 pm

That's awesome. I tried to sign up but it was already closed weeks ago! Enjoy

Reply



Tricia March 1, 2011 at 2:10 pm

that's great! I am training now for my first half marathon! i was going to do that one but it's 2 laps around the central park loop and i got into the NYC half which is one loop and then we go through the streets down into Battery Park! I currently train in the loop; be careful of Heartbreak Hill!!! i'm so excited i hope i can finish! it's March 20th!!!

Reply



Annette @ EnjoyYourHealthyLife March 1, 2011 at 2:24 pm

in my house.....our wedding pictures are posted all over 😊 Congrats on that sponsorship-that is very exciting, Tina!

Reply



[Ellie@fitforthesoul](#) March 1, 2011 at 2:29 pm

In my house, there's a lot of nephew babbling and kissing till his cheeks fall off! He gets tired of it. 😊

[Reply](#)



[Grace Inman](#) March 1, 2011 at 2:35 pm

In my house.. at this very second.. my beautiful weimeraner is destroying my house.. and possibly terrorizing my multi-poo... I am thinking crate training might be my only option..

[Reply](#)



[Laura H.](#) March 1, 2011 at 2:35 pm

Congrats on being featured in this race! You and Caitlin will do awesome as hosts/spokespeople. 😊

[Reply](#)



[Alaina](#) March 1, 2011 at 3:09 pm

In my house...well, it's an apartment...there will be lots of cooking and listening to country music 😊

[Reply](#)



[Kelly](#) March 1, 2011 at 3:54 pm

In my house my husband and I are incredibly goofy. We practically have our own language that outsiders would not understand if we ever let anyone hear us speaking to each other like this. 😊

[Reply](#)



Stacy March 1, 2011 at 4:07 pm

In my house we are always laughing or eating. Or doing both at the same time!

Reply



CampingGirl March 1, 2011 at 5:22 pm

In my house... only half is furnished and I am in no rush to complete the other half.

Reply



alanna March 1, 2011 at 5:23 pm

One word of advice: HILLS! Practice your hills – The Central Park loop (you'll be running two+ loops in the half) is nothing but nothing rolls plus one giant hill in the North West corner of the park. It is .75mile of non-stop incline, followed by steep downhill, then another mill of constant mini hills. So don't skip your hill workouts for this race!

Reply



Drea @ thedowdproject.blogspot.com March 1, 2011 at 5:46 pm

In my house..the pugs occasionally let me sit on the couch and the guest room is filled with unfolded laundry!

Reply



Jennifer (Savor) March 1, 2011 at 5:54 pm

Congrats Tina – keep it going!

Reply



Angela (the diet book junkie) March 1, 2011 at 7:09 pm

that is so exciting!!! good luck on your race, totally jealous i'm not doing it myself. 😊

[Reply](#)



[Katie March 1, 2011 at 8:22 pm](#)

sunlight and fresh air are mandatory! the windows need to be open as much as possible.

[Reply](#)



[Cynthia \(It All Changes\) March 1, 2011 at 8:54 pm](#)

Congrats on the race.

In my house...we eat dinner under snuggies and use the table as storage. 😊

[Reply](#)



[Hannah March 1, 2011 at 9:39 pm](#)

In my house... my poodle is sleeping on the couch next to me and I *should* be job-hunting... 😊

[Reply](#)



[Kristen March 1, 2011 at 10:04 pm](#)

In my house...I am the only runner. So to see you signing up for another 1/2 is such an inspiration!

[Reply](#)



[maria March 1, 2011 at 11:17 pm](#)

good luck on your race! I just signed up for my first FULL marathon! I keep calling it a half :-/ so I have to keep reminding myself it's actually a full. I'm so nervous!

[Reply](#)



michelle March 2, 2011 at 3:44 am

In my house 2 teenagers scream and yell. Husband plays shoot em up video games and I constantly cook up a storm. Happiest house around! 😊

[Reply](#)



Teague March 2, 2011 at 4:23 am

In my house...is a yummy frittata I just made for dinner!

[Reply](#)



Halley (Blunder Construction) March 2, 2011 at 10:43 am

In my house... we often use the kitchen mat as a mop for water spills.

[Reply](#)



Mary March 3, 2011 at 11:55 am

In my house...the floors are dirty, but the dishes are clean. (I have my priorities! 😊)

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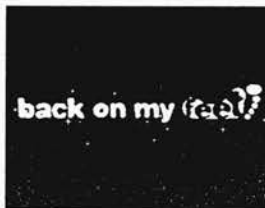
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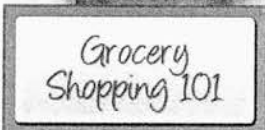
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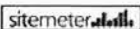
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Two New Things – Healthy Tipping Point



Healthy Tipping Point

When Everyday Decisions Add Up to Something Amazing

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I'm Caitlin! Welcome to my little corner of the blogworld. Nice to meet you! :)

If you're here because of Marie Claire, please read [my response](#).

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• A Little About Me...

My name is Caitlin, and I'm 26 years old. I love running, delicious food, writing, friends, traveling, cold beer, and the great outdoors.

This blog documents my food and fitness habits as I strive to find balance in my busy life. In September 2009, I resigned from my corporate job to freelance and write a book based on my other blog. I live in Charlotte, North Carolina with my wonderful Husband (who is a Doctor of Oriental Medicine) and two dogs, Maggie and James.

• My Book



Thank you for your continued support of the Operation Beautiful movement. For more tips on how to lead a happy and healthy life, check out the book on [Barnes and Noble](#), [Borders](#), [Indie Bound](#), and [Amazon](#).

• Contact Me

Feel free to reach out at caitlinjboyle@gmail.com

• Sprint Tri Training Plan

I'm currently training for a sprint triathlon. Check out my [training plan](#) for a summary of my workouts.

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• Disclaimer

I'm not a Registered Dietitian (RD). For specific medical counseling, please contact a Registered Dietitian or your doctor. My blog posts are based on my own personal knowledge, experience, and opinions.

Tuesday, March 1, 2011 at 12:58 PM

Two New Things

After being told by my [Girls on the Run](#) troop that I looked 18 and "couldn't possibly" be old enough to be married to the Husband (ummm... I'm about to turn 27), I decided it was time for a **new haircut**. What do you think?



Do I look older and wiser? I didn't change the color, it's just the lighting.

I've never had **bangs** like this before but so far, I like it! I think it's going to be *really* annoying during workouts (guess I'll pin my bangs back), but I can suffer through for a cute new look. ☺ I lost about four inches, too. It seems so short to me now.

I have another fun **RUNNING** announcement for you, too!

MORE fitness.
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women's halfmarathon

It's not easy to train for a half marathon. Thomas® Bagel Thins™ bagels enlisted 3 of your favorite health & wellness bloggers to help you stay motivated to cross the finish line.

BAGEL THINS

tina

jenn

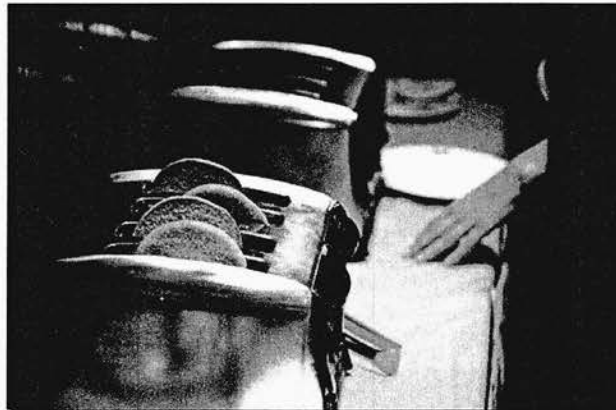
I'm partnering up with **Thomas Bagel Thins** to run the More Magazine/Fitness Magazine Women's Half Marathon in New York City on April 3! I'm super excited because **1) I love Thomas Bagel Thins** – not only are they yummy, but they were a sponsor of the Healthy Living Summit!



(More info on HLS 2011 is forthcoming, I promise!)

And 2) **I love women's races!** I am super excited to do a women's only half marathon.

Plus, **bagels + running** are a match made in heaven, right?



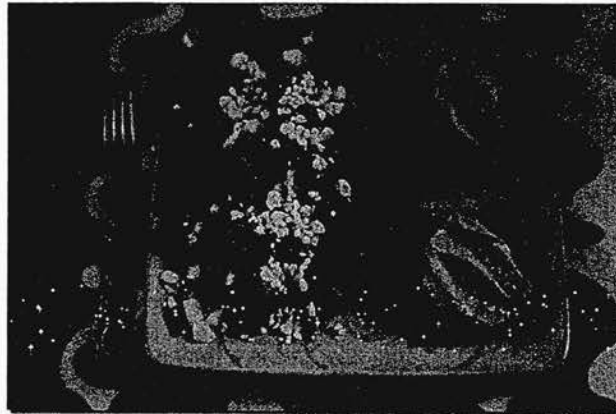
As part of my sponsorship, I'll be blogging on the Thomas Bagel Thins Facebook page and my Facebook page. As a matter of fact, my first post is already up – it includes my basic tips for getting started with running.

I'm really excited to do this Half Marathon because it's only a few weeks after the National Half Marathon, and if I don't set a **new personal record (PR)** in D.C., I plan to do it in New York City! Plus – and this is the really awesome part – **my mom is coming to New York City with me!** She's NEVER been to NYC, and I'm excited to take a mother/daughter trip together. 😊

Full Disclosure per FCC guidelines: As part of my sponsorship, Thomas Bagel Thins is giving me airfare, hotel, race entry, and a travel stipend. I'll be blogging on their Facebook page and my Facebook page.

Fun, huh? Tina is running the race, too! I can't wait – I'm going to try to organize a big NYC meet-up, too!

Lunch:



Whole wheat bun with hummus:



And a huge salad with spinach, goat cheese, leftover Roasted Carrots and Kale, and tomatoes. Mmmm.



Annnnd – I'm off!

Have you had the same haircut for years or are you fearless and always mixin' it up?

Posted by: [Caitlin](#) [264 comments](#)

Posted in: [All Posts](#)

264 Comments on “Two New Things”

1. [#1 Katy \(The Singing Runner\)](#)
on Mar 1st, 2011 at 1:02 pm

Love the new do! 😊 Super pretty! My GOCR girls thought I was 15! Haha... uh... no girls... I'll be 21 in April. 😊

Congrats on the new race! You'll be amazing! 😊

[[Reply](#)]

2. [#2 Kelly](#)
on Mar 1st, 2011 at 1:04 pm

Love the new do!! But I actually think you look younger 😊

[[Reply](#)]



Caitlin Reply:
March 1st, 2011 at 1:09 pm

Ahhh! Dammit. LOL

[[Reply](#)]



Carolyn @ Lovin' Losing Reply:
March 1st, 2011 at 1:46 pm

I agree! Love it!

[[Reply](#)]



Ellie@fitforthesoul Reply:
March 1st, 2011 at 2:26 pm

Yess I love love it Caitlin! It really matches you, and I feel like you can style it in more eclectic ways with bangs 😊 It makes you look a little bit younger, but somehow MORE professional even. 😊

3. [#3 Sherry](#)
on Mar 1st, 2011 at 1:05 pm

I am a long time reader but I think this might be my first time commenting. Sorry, I love your hair!! It looks gorgeous and fresh! The bangs look really good on you too!! I change my color all the time and I've had short and long hair. Right now it's long and I'm loving it. It's naturally curly and my curls look better when it's long. Enjoy your new look!! Get headbands that will help keep your bangs out of your face.

[[Reply](#)]

4. [#4 Jasmine @ Eat Move Write](#)
on Mar 1st, 2011 at 1:05 pm

Very cute. The color looks completely different, but I assume that's the lighting. I just cut like 5 or 6 inches off my hair, so I know what you mean about it feeling short. When I wash my hair, it's SO weird. And, workouts are going to be a challenge for sure. That's actually the first thing I said after "I love it!"

[Reply]

5. [#5 Carly](#)
on Mar 1st, 2011 at 1:05 pm

Exciting news!
I got bangs in October and loved them, however grew them out. Growing them out is a huge pain so since you look awesome with bangs, rock them for as long as you can!

[Reply]

6. [#6 Stephanie @ Live Cook Love](#)
on Mar 1st, 2011 at 1:08 pm

I LOVE the new hair!! I have bangs too and just bobbyclip them back when I'm working out. And that is very exciting news!!! I've been waiting to hear more for HLS so hopefully soon 😊

[Reply]

7. [#7 Becca](#)
on Mar 1st, 2011 at 1:09 pm

LOVE the haircut! it looks awesome on you!

[Reply]

8. [#8 Kara](#)
on Mar 1st, 2011 at 1:09 pm

I have the same bangs and it's no problem to pin them back for running. It's a great look for you!

One day in my dreams I'd like to get sponsored for a race too 😊

[Reply]

9. [#9 Heidi](#)
on Mar 1st, 2011 at 1:10 pm

you'll love the women's half! I ran it last year and had a great time 😊

[Reply]

10. [#10 Kristyn](#)
on Mar 1st, 2011 at 1:10 pm

Love the new haircut! And rock on to the partnering with the Thomas company. yum, yum!
You're welcome for the support for OB! I'm all over it promoting up here and getting the word out as best I can. What I was thinking with OB for the GOTR service project, and I think the other Jersey school who wanted to use that idea too, was to beautify bathrooms in the school with Operation Beautiful notes...staff bathrooms and kids bathrooms to promote the message of being positive. In my district we have a k-1 school and a 3-8 school, so I was thinking we could put the post it note displays all over the bathrooms at both schools. Not only would students and faculty see it everyday as a reminder to be proud of who you are, etc., but both buildings are used everyday after 4:30 for outside school activities-such as rec teams, graduate school meeting places for class, PTO programs-so also everyone in the community would see this message of OB as well. =) Hoping to pull it all together here to send in for your other blog. Thanks, Caitlin!

[Reply]

11. [#11 Jessica @ The Process of Healing](#)
on Mar 1st, 2011 at 1:11 pm

How exciting!!
And I LOVE your haircut! I frequently am told I look around 17 (I'm 22) so I TOTALLY understand that one.. it gets old.

[Reply]

12. [#12 Kristin](#)
on Mar 1st, 2011 at 1:11 pm

Love the new look! I just bobby pin my bangs back or whip everything up in a hot mess of a headband. And congrats on the awesome news!

[Reply]

13. [#13 Holly @ Couch Potato Athlete](#)
on Mar 1st, 2011 at 1:11 pm

I like the new haircut! I got short bangs in November and I've been growing them out, but I kind want to go back to them. I hadn't had bangs since 5th grade!

Congrats on the bagel/1/2 marathon sponsorship – a bagel/PB/chia seeds is one of my favorite pre-run meals.

[Reply]

14. [#14 suki](#)
on Mar 1st, 2011 at 1:11 pm

I love your new hair! I don't think it makes you look older, but it's a good look. 😊 What's wrong with looking young? We've gotta cherish it.

[Reply]

15. [#15 Gwen](#)
on Mar 1st, 2011 at 1:11 pm

Sassy! I love it! And good luck with the half!

[Reply]

16. [#16 Victoria \(District Chocoholic\)](#)
on Mar 1st, 2011 at 1:11 pm

I finally have one that works for me and I stick with it. It grows out nicely. The bangs look great on you and work with your face. For workouts, try a thick headband. Lululemon has a purple one that I got and love...love...

[Reply]

17. [#17 chelsey @ clean eating chelsey](#)
on Mar 1st, 2011 at 1:11 pm

I love the new cut! It is super cute. Also, you said HLS 2012 – I thought one was in the works for this year?

[Reply]



Caitlin Reply:
March 1st, 2011 at 1:13 pm

Oops, typo. It's 2011.

[Reply]

18. [#18 Steph](#)
on Mar 1st, 2011 at 1:11 pm

I'm running that Half Marathon too!!! It's going to be awesome and I'm really looking forward to it.

Your hair looks great!

[Reply]

19. [#19 Little Bookworm](#)
on Mar 1st, 2011 at 1:11 pm

Love the new haircut, it looks great! 😊

[Reply]

20. [#20 Natalie @ Will Jog For Food](#)
on Mar 1st, 2011 at 1:12 pm

Your haircut looks so hot!! I LOVE it 😊

[Reply]

21. [#21 Cate](#)
on Mar 1st, 2011 at 1:12 pm

I really like the new hair do- very cute! A headband or just a clip helps me keep my bangs out of my face during a workout.

[Reply]

22. [#22 Angela \(Oh She Glows\)](#)
on Mar 1st, 2011 at 1:12 pm

LOVE your hair!! Gorgeous and sophisticated. It totally suits you! I would love to have bangs, but I have a HUGE cowlick!

[Reply]

23. [#23 Sarena \(The Non Dairy Queen\)](#)
on Mar 1st, 2011 at 1:13 pm

Your hair looks great! Honestly, I prefer shorter hair on me, but I am growing it out to donate. I love having bangs, so I constantly chop mine off. I can't wait to get mine chopped off.

Congrats on the partnership with Thomas!

[Reply]

24. [#24 Callie @ Callieflower Kitchen](#)
on Mar 1st, 2011 at 1:13 pm

I'm not sure it makes you look older, but I LOVE the new bangs on you!! Looks so pretty 😊 And don't worry, I get people guessing that I'm 15 all the time lol.

[Reply]

25. [#25 karen](#)
on Mar 1st, 2011 at 1:13 pm

Love the hair! Bangs are why they make sweaty bands and bondibands, right? So excited for your opportunity with the race.

[Reply]

26. [#26 Karen @ Run Shop Travel](#)
on Mar 1st, 2011 at 1:13 pm

Yay I am doing this race too and would love a blogger meet up!

Not sure how hilly the DC half is but just a warning, Central Park has lots of hills and we have to run them twice because the course is two loops in Central Park!

[Reply]

27. [#27 Erin @ The Grass Skirt](#)
on Mar 1st, 2011 at 1:13 pm

I love the bangs! You look beautiful! I always get bored with my hair but no matter how much I try to change it...it always ends up looking the same! I'm like a cartoon character. This 'do is permanently drawn on my head.

[Reply]

28. [#28 Mama Pea](#)
on Mar 1st, 2011 at 1:14 pm

Love the bangs! Represent!

[Reply]

29. [#29 Julie \(A Case of the Runs\)](#)
on Mar 1st, 2011 at 1:15 pm

I think it really changes your look! I need a haircut so badly, but wayyy too busy right now. I'll shoot for April or May, ha ha.

I had bangs for a while and normally use snap pins to keep them on top of my head during workouts. I hate having wet hair in my face!

[Reply]



Julie (A Case of the Runs) Reply:
March 1st, 2011 at 1:44 pm

To get the clip to hold the bangs, you might need to twist them in a bunch before clipping.

[Reply]

30. [#30 jessica](#)
on Mar 1st, 2011 at 1:15 pm

your hair looks fab!

[Reply]

31. [#31 krista](#)
on Mar 1st, 2011 at 1:16 pm

LOVE the new hair, seriously! I rarely comment on blogs but had to tell you that because I am seriously loving the change.

[Reply]

32. [#32 Stacy](#)
on Mar 1st, 2011 at 1:16 pm

Bangs look great on you!! And I can't wait to hear what your GOTR troop thinks. ☺ I am always tempted to try out bangs but then I get scared at the last minute and just get my usual haircut.

[Reply]

33. [#33 Laura](#)
on Mar 1st, 2011 at 1:16 pm

I actually have like the same exact hair cut, and I just use a few clips to pull them back when running. It really is no big deal and they look awesome!

[Reply]

34. [#34 Corie](#)
on Mar 1st, 2011 at 1:16 pm

I love the new haircut!

[Reply]

35. [#35 VeggieGirl](#)
on Mar 1st, 2011 at 1:16 pm

LOVE LOVE LOVE the 'do! I changed it up a bit this year as well ☺

[Reply]

36. [#36 Michelle @ Lifewithacrazypup](#)
on Mar 1st, 2011 at 1:16 pm

Your hair looks great Caitlin!! You should just wear your "I run for beer" headband to keep your bangs back during your workout!

[Reply]

37. [#37 Dori](#)
on Mar 1st, 2011 at 1:16 pm

Very exciting about the race, maybe I will come and cheer! Love the bangs too, I am a big fan of bangs. Just wear a workout headband and you should be fine during exercise.

[Reply]



Theodora Reply:
March 1st, 2011 at 3:37 pm

Come cheer! I'll be there cheering!

[Reply]



Dori Reply:
March 1st, 2011 at 3:38 pm

OK then I will!

[Reply]



Caitlin Reply:
March 1st, 2011 at 7:51 pm

Yay I love you guys!

38. [#38 Rachel](#)
on Mar 1st, 2011 at 1:17 pm

Love love love the new haircut! I definitely think it gives you a more mature look.

Congrats on the new Thomas blogging gig ☺

I have had the same haircut for my entire life. Blah. Lol

[Reply]

39. [#39 hippierunner](#)
on Mar 1st, 2011 at 1:18 pm

I think you look a little younger but it looks really nice! I wish I could have bangs like that but my hair is curly and things would get weird lol.

[Reply]

40. [#40 Sarah @ Long Legs Healthy Life](#)
on Mar 1st, 2011 at 1:18 pm

Love the new haircut! It doesn't make you look older but more grown-up, if that makes sense. I have bangs, and I always just pin them back into a bit of a 'pout' on the top of my head. Or use a headband.

Congrats on your partnership with Thomas, going to read your post for them right now!

[Reply]

41. [#41 Ali @ Ali on the Run](#)
on Mar 1st, 2011 at 1:18 pm

So much exciting stuff! First of all, the hair looks divine. Rock it, girl. Secondly, yay for NYC! I'll be out there cheering on all the runners and will definitely keep an eye out for you!

[Reply]

42. [#42 Natalia - a side of simple](#)
on Mar 1st, 2011 at 1:18 pm

Your haircut is beautiful! I think it's so classy and stylish. Bold move and I like it! Also, congratulations on teaming up with Thomas!

[Reply]

43. [#43 Courtney](#)
on Mar 1st, 2011 at 1:18 pm

Bah, I have had the same haircut for years. In my defense, I have really fine hair and it looks awful long or short, so at my shoulders it stays. That said, I LOVE your bangs. I don't know whether I think they make you look younger or not. Pin them back during workouts with small bobby pins or use a head wrap and you'll be good to go!

[Reply]

44. [#44 Danielle @ InDeesKitchen](#)
on Mar 1st, 2011 at 1:19 pm

It looks great! Please let us know what works best when running though!

[Reply]

45. [#45 Kira](#)
on Mar 1st, 2011 at 1:21 pm

I think that the bangs are great!

[Reply]

46. [#46 Becky](#)
on Mar 1st, 2011 at 1:22 pm

You look great with your new do! I love the bangs on you.

[Reply]

47. [#47 Samantha @ Health, Happiness & Skinny Jeans](#)
on Mar 1st, 2011 at 1:23 pm

WoW! I would love to be sponsored for a race in New York because a) a free race is awesome and b) its New York!!! Have fun and can't wait to read about it.

[Reply]

48. [#48 Gretchen @ Honey, I Shrunk the Gretchen!](#)
on Mar 1st, 2011 at 1:24 pm

Your bangs are, excuse the pun, BANGING! They look really great – they're really flattering for your face shape. I'm a lifelong bang addict (right down to snipping 'em myself on more than one occasion, haha) and I think everyone looks better with a little somethin' somethin' hanging down at the top of your face! 😊

[Reply]

49. [#49 Amanda](#)
on Mar 1st, 2011 at 1:26 pm

OMGGGGGGG I LOVEEEEEEE your bangs!! They are SO AWESOMESAUCE!! I def think you look older. 😊 Cute, cute!

[Reply]

50. [#50 Tricia](#)
on Mar 1st, 2011 at 1:27 pm

Love the new do! I never get the same haircut twice, because unfortunately I get my haircuts few and far between. As far as the bangs while working out. The pouff is my go to.

[Reply]

51. [#51 lindsay](#)
on Mar 1st, 2011 at 1:28 pm

Looks hair looks amazing!

[Reply]

lindsay Reply:
March 1st, 2011 at 1:28 pm

Meant – your hair looks amazing!!

[Reply]

52. [#52 Tina](#)
on Mar 1st, 2011 at 1:28 pm

I love your new cut! It looks gorgeous on you!

[Reply]

53. [#53 Brynne](#)
on Mar 1st, 2011 at 1:29 pm

Yay I'm running the Fitness half too! My first race 😊 And I LOVE the bangs!

[Reply]

54. [#54 Lindsey @ Morningstar Project](#)
on Mar 1st, 2011 at 1:29 pm

Love love the new haircut and color!
As a first-time half marathoner (my race in in May) I'm struggling to figure out the best pre- and post-run snacks. I find myself starving now that I'm running more, but I don't want to overdo it on calories. You've probably written on this before, but any suggestions would be wonderful 😊

[Reply]

55. [#55 Kristy@RunTheLongRoad](#)
on Mar 1st, 2011 at 1:31 pm

Love the bangs!

[Reply]

56. [#56 Lauren](#)
on Mar 1st, 2011 at 1:31 pm

Love the bangs! I used to have bangs, but after a while, they just got so hard to maintain – my hair is thick & fussy. My summer campers usually think I'm either 15 or 30, once they asked me if I was married & one of the campers in a different camp was my child. Uh, no!

[Reply]

57. [#57 sarah k. @ the pajama chef](#)
on Mar 1st, 2011 at 1:31 pm

love the bangs! i have side bangs and definitely use bobby pins and headbands to keep my hair out of my face during workouts 😊

[Reply]

58. [#58 Johanna B](#)
on Mar 1st, 2011 at 1:31 pm

Someday you'll appreciate the fact that you appear younger than you are. For now, I like the new haircut. Also, looking forward to following you on the bagel-thins page. I can't eat them now (gluten issues) but I used to like them.

[Reply]

59. [#59 Anne P](#)
on Mar 1st, 2011 at 1:31 pm

Hottie!

[Reply]

60. [#60 Claire](#)
on Mar 1st, 2011 at 1:31 pm

I think your new haircut looks amazing! Very polished, nicely done 😊

[Reply]

61. [#61 dee](#)
on Mar 1st, 2011 at 1:32 pm

love the haircut! especially the bangs! super cute!

[Reply]

62. [#62 Val @ Balancing Val](#)
on Mar 1st, 2011 at 1:33 pm

Love the bangs!!

Keep us updated on the NYC meet up.

I may be actually able to go!! 😊

[Reply]

63. [#63 Melissa](#)
on Mar 1st, 2011 at 1:33 pm

Love the new cut! Would love to be part of the NYC meet-up as last time some work stuff came up. Be prepared for hills, the half (which I have run the past two years but decided not to pay the entry fee this year) is just over two loops of central park and its hill, the DC half the weekend before will seem flat in comparison. Good luck at both! I will be running DC half to pace a friend who is running the full.

[Reply]



Caitlin Reply:
March 1st, 2011 at 7:51 pm

Oh man, so one big hill twice or rolling hills the entire time?

[Reply]



Stephanie Reply:
March 1st, 2011 at 9:51 pm

It's 2 loops of the park, plus a little extra. The west side of the park is all rolling hills (I think there are 3 or 4 hills in a row), there is 1 medium hill on the east side and then 1 gigantic steep hill up top (Harlem Hill). It's a tough course, but the park is pretty.

[Reply]

64. [#64 Lauri](#)
on Mar 1st, 2011 at 1:34 pm

Love the new 'do, I have been debating bangs for the past 6 months. You may have convinced me to take the plunge:)

[Reply]

65. [#65 Mary @ stylefyles](#)
on Mar 1st, 2011 at 1:35 pm

Love the new bangs! You'll get used to pinning them back!

[Reply]

66. [#66 Ashley](#)
on Mar 1st, 2011 at 1:36 pm

I keep my hair the same until I damage it so badly I have to change it. One time I dyed my hair fluorescent orange, accidentally of course, and I had to cut a good 6 inches off to save it.

[Reply]

67. [#67 Kelly](#)
on Mar 1st, 2011 at 1:37 pm

Oh, such a cute cut! I have had super short hair and super long, and like to change it up a bit now and again. Oh, and I am 32, but still get asked "So, what high school do you go to?" LOL I just look at the person dumbfounded and tell them I haven't been to a high school in 14 years. It's not so bad, though. I'd rather look too young than too old. Rock the young look as long as you can. 😊

[Reply]

68. [#68 Meredith](#)
on Mar 1st, 2011 at 1:38 pm

Although I never comment I am a long time reader and SUPER excited to hear you are running the race in NYC because I am too! Do you have to have a blog to be a part of the meet up (if you end up organizing one)? I would love to be a part of it 😊

[Reply]



Caitlin Reply:
March 1st, 2011 at 7:50 pm

No! You can just be you 😊 I hope you come! I'll post more deets closer to the date.

[Reply]

69. [#69 Elizabeth@The Sweet Life](#)
on Mar 1st, 2011 at 1:38 pm

Love the new haircut—very stylish!

[Reply]

70. [#70 Nicole @ Geek Turned Athlete](#)
on Mar 1st, 2011 at 1:40 pm

I think the haircut doesn't make you look older, but it is definitely more updated! Not that you were out of date before though!

I have curly hair so that makes it a little difficult to change things up especially since I'm way to lazy to straighten it every day!

[Reply]

71. [#71 Lizzy](#)
on Mar 1st, 2011 at 1:42 pm

your new cut looks amazing on you! ☺

[Reply]

72. [#72 Hope](#)
on Mar 1st, 2011 at 1:45 pm

Your haircut looks so cute!! I love it!

[Reply]

73. [#73 Ali](#)
on Mar 1st, 2011 at 1:45 pm

Your hair look stunning – super chic! Small change, big difference!

I will echo one of the earlier comments re: curly hairso hard to change because I need it to be a certain length so it is weighed down and doesn't make me look like orphan Annie.

[Reply]



Caitlin Reply:
March 1st, 2011 at 7:49 pm

Hahah do you have red, curly hair??? If so, awesome.

[Reply]

74. [#74 Stephanie@Thorns Have Roses](#)
on Mar 1st, 2011 at 1:46 pm

Lookin good lady!

Hah! I had a Thomas Bagel Thin for breakfast.

I go a few years long and then drastic chop. Repeat. And repeat. haha

[Reply]

75. [#75 Kelly](#)
on Mar 1st, 2011 at 1:49 pm

Love the bangs! I'm getting my hair cut next week and am looking for a change.

[Reply]

76. [#76 Jennifer Cook](#)
on Mar 1st, 2011 at 1:49 pm

Love the new hair! You don't necessarily look older, but you definitely look trendier. Did you change your color too or is that just the lighting?

[Reply]



[Jennifer Cook](#) Reply:
March 1st, 2011 at 1:49 pm

Also, running with bangs= headbands are your friend!

[Reply]



[DadHTP](#) Reply:
March 1st, 2011 at 4:58 pm

Caitlin was the Headband Queen in 5th and 6th grades.

[Reply]

77. [#77 Liz @ Blog is the New Black](#)
on Mar 1st, 2011 at 1:50 pm

LOVING your bangs! Totally cute. But, you look beautiful either way! But it's a nice change. Fun!

[Reply]

78. [#78 Espie](#)
on Mar 1st, 2011 at 1:50 pm

Great haircut! It's a good update to your look without changing it too much.

[Reply]

79. [#79 Amanda](#)
on Mar 1st, 2011 at 1:50 pm

I love the bangs! I go through this debate before every haircut...whether or not to get them because they are a pain while working out. It's nothing a few cute headbands can't cure. I think I'm going this weekend to trim up and (maybe) take the bang plunge. Bangs = awesomesauce.

[Reply]



[Caitlin](#) Reply:
March 1st, 2011 at 7:49 pm

Do it!!

[Reply]

80. [#80 Gavi @ Gavi Gets Going!](#)
on Mar 1st, 2011 at 1:51 pm

Your haircut looks awesome—I love the side sweep bangs! I have extremely curly hair so bangs aren't for me, and I tend to keep my 'do pretty much the same. I did get a very dramatic haircut in September, though, and it took me months to get used to it. I even had to run with my hair down for a while because it was too short for a ponytail or bun!

[Reply]

81. #81 Nina
on Mar 1st, 2011 at 1:54 pm

GIRL, YOU LOOK HOT!

[Reply]

82. #82 Robyn
on Mar 1st, 2011 at 1:56 pm

Love the new hair!!

[Reply]

83. #83 Paula @ Eat: Watch: Run
on Mar 1st, 2011 at 1:56 pm

Love the new hair. It's got much more definition and style!

I change my hair all.the.time. I love experimenting with new cuts and color. I get bored so easily!

[Reply]

84. #84 Angela @ Eat Spin Run Repeat
on Mar 1st, 2011 at 1:59 pm

I LOVE your hair Caitlin!!!! It looks gorgeous! And congrats on the Thomas Bagel Thins opportunity too – I saw it on Tina's blog this morning too and it sounds exciting!

[Reply]

85. #85 Mary @ Bites and Bliss
on Mar 1st, 2011 at 2:00 pm

LOVE the new hair!! It does look much more sophisticated. But don't feel bad, I get asked all the time what year of high school I'm in or told that I look 12. Then again, our looks may come to our advantage when we'll actually want to look 10 years younger! ☺

[Reply]

86. #86 April @ Crazy Fabulous Life
on Mar 1st, 2011 at 2:02 pm

Lookin' good, Caitlin!

[Reply]

87. #87 Laurie
on Mar 1st, 2011 at 2:03 pm

I love your hair!!!! I think you look the same, but a more grown up look! You rock it!

[Reply]

88. #88 Alexa @ The Girl In Chucks
on Mar 1st, 2011 at 2:05 pm

OMG...how weird...In an hour, I am heading off to get my first haircut in a year...and I am thinking about trying bangs like yours, for the first time ever! Spooky! ☺

My co-worker suggested I get layers and bangs last night when we were discussing it, and I was feeling kind of afraid of the bangs, but looking at your cut, maybe I will give them a try. You look great!

[Reply]

89. #89 Allison @ Happy Tales

on Mar 1st, 2011 at 2:05 pm

SQUEEEE that is SO EXCITING!!!! Congrats, girl!

And holy cow, I am always SO so scared of getting my haircut (haven't had an actual cut in yeeeeeears, only trims!) Curly hair is so tricky, and i just don't trust people other than my homegirl up in Cincinnati. So I haven't really had a real cut since I've lived there... 7 years now! That being said, I have to ask, where oh WHERE did you get your awesome new do?!? I LOVE IT!!!!

[Reply]



Caitlin Reply:

March 1st, 2011 at 7:48 pm

You need to go to Salon 42 and ask for Jason. He is awesome. Seriously the best haircuts I've ever gotten. All the CLT girls go to him.

[Reply]



Allison @ Happy Tales Reply:

March 1st, 2011 at 8:13 pm

Looked 'em up on the web. Looks awesome! I'm totally doing it. Thaaanks for the tip!!

[Reply]

90. [#90 Maryann \(The Balanced Bean\)](#)
on Mar 1st, 2011 at 2:06 pm

Its cute!! Although it definitely looks darker, which i like! you should die it ☺ The NYC half sounds amazing!

[Reply]



Maryann (The Balanced Bean) Reply:

March 1st, 2011 at 2:06 pm

**I meant dye ☺

[Reply]

91. [#91 Kelly](#)
on Mar 1st, 2011 at 2:06 pm

I love your hair...very cute...although I think it makes you look even younger! haha! But that is a good thing!! ☺

[Reply]

92. [#92 Jess@atasteofconfidence](#)
on Mar 1st, 2011 at 2:07 pm

I love your hair!! I'm getting mine cut in a week and I can't wait!

[Reply]

93. [#93 zoe \(and the beatles\)](#)
on Mar 1st, 2011 at 2:08 pm

your hair looks great! it suits your face really well. and it looks so much more healthy, too! personally, i lovelovelove changing it up. i love change of any kind, especially when it comes to hair and decorating (yeah, i'm weird ☺!). usually i chop off all my hair on a whim, let it grow back for two-ish years, play around with long hair for a second and then chop it all off again! it's too much fun ☺

[Reply]

94. [#94 Sara](#)
on Mar 1st, 2011 at 2:09 pm

You were made for bangs! Totally the right look for you.

[Reply]

95. [#95 Amy](#)
on Mar 1st, 2011 at 2:10 pm

Love the cut! I know you said it was the lighting that made it look like you had dyed it darker, but the dark shade totally suits you and I think you should go dark!! =)

[Reply]

96. [#96 Amber from Girl with the Red Hair](#)
on Mar 1st, 2011 at 2:15 pm

Your hair looks GREAT. Love the bangs! Definitely more “mature” 😊

[Reply]

97. [#97 erica](#)
on Mar 1st, 2011 at 2:18 pm

i LOOOOOVE your new ‘do!!!! =)

[Reply]

98. [#98 Annette @ EnjoyYourHealthyLife](#)
on Mar 1st, 2011 at 2:29 pm

3 Things: 1. I LOVE your haircut (it looks fabulous) 2. CONGRATS on running with Tina in that run-such fun!! 3. LOVE your lunch, seriously, that looks amazing! What a happy day for you 😊

[Reply]

99. [#99 Laura H.](#)
on Mar 1st, 2011 at 2:30 pm

The cut looks great on you! You still look younger than 27, but that’s a good thing! I read about that half marathon in the latest Fitness magazine. Is it only in NYC though?

[Reply]



Caitlin Reply:
March 1st, 2011 at 7:46 pm

I’m not sure if it’s a series or not, actually!

[Reply]

100. [#100 Courtney @ The Granola Chronicles](#)
on Mar 1st, 2011 at 2:34 pm

LOVE the bangs! I’m thinking about getting mine back!

[Reply]

101. [#101 Maryea @ Happy Healthy Mama](#)
on Mar 1st, 2011 at 2:34 pm

Love the hair cut! You still look young but trust me, that is a good thing!! Contests on the race sponsorship.

[Reply]

102. [#102 Maryea @ Happy Healthy Mama](#)
on Mar 1st, 2011 at 2:35 pm

That is supposed to say congrats. The iPad auto corrected me 😊

[Reply]

103. [#103 Clare](#)
on Mar 1st, 2011 at 2:44 pm

I am uber jealous (you should try to use uber as much as you can, it's fun) that you're in the More half. I've run it the past two years (2 years ago it was my first half and now I've done over 10 halves and two marathons, sorry, a little I heart myself action going on now, I'm done) but wasn't sure if I could do it this year with my whole wedding coming up and whatnot, and then the race sold out! Boo.

Does Thomas' want a local to race for them? 😊 no hotel or airfare required. Two years ago it was over 90 degrees and last year it rained the whole time, so this year, it should be just right! You'll have fun! Oh, and I'm all about goody stay put headbands for bangs, but you gotta find the right ones so they don't slip.

[Reply]



Caitlin Reply:
March 1st, 2011 at 7:46 pm

We should tots make uber happen.

[Reply]



Clare Reply:
March 1st, 2011 at 9:12 pm

I also appreciate using "heart" as a verb. For example, "I heart racing, it's uber fun." I've been using it since college, and one would think it's something I would grow out of. Let's just pretend I'm not 30 years old now.

[Reply]



Caitlin Reply:
March 1st, 2011 at 9:16 pm

I heart racing, it's uber fun, and getting a medal is awesomesauce.

104. [#104 Rachel @ Grateful Girl Goes Gluten Free](#)
on Mar 1st, 2011 at 2:51 pm

New hair! That's so exciting! It looks great and motivates me to finally cut mine!

[Reply]

105. [#105 Shayla](#)
on Mar 1st, 2011 at 2:54 pm

You look gorgeous – love the new look! 😊

[Reply]

106. [#106 Allison](#)

on Mar 1st, 2011 at 2:54 pm

Welllll blurg. I was debating whether or not to say anything about this, but it's still kind of bothering me. I'm having trouble not thinking there is something a little weird about the "bagel thins" sponsorship of a women's race. If you are going to be running a half marathon, shouldn't you at least be eating a regular bagel? I just don't feel like this is something they would market to men, and especially not something they would market to men who are runners. If you are badass enough to get out there and run a half, I think there's something a little demeaning about associating this with something that is akin to dieting.

[Reply]



Katie Reply:

March 1st, 2011 at 5:11 pm

I agree. It's great and very generous that they are sponsoring the half, but it doesn't seem like there is anything especially "healthy" about the bagel thins except that they are low calorie.

[Reply]



Caitlin Reply:

March 1st, 2011 at 7:45 pm

Thanks girls for adding your thoughts. I will definitely keep this in mind for future sponsorships. And as usual, THANK YOU for sharing your thoughts and letting me know how you feel in a mature way ☺

Buuuut I do want to say that as far as packaged bread products goes, Bagel Thins are pretty healthy! No artificial sweeteners, 5 g of protein, and 5 g of fiber. I think they're a good alternative for a lot of people who might otherwise choose a less healthy product. And honestly, the company and people who work with them are great.

[Reply]

107. [#107 Alex @ Healing Beauty](#)
on Mar 1st, 2011 at 2:59 pm

I think the haircut is great! Congrats on being sponsored! That's wonderful!

As far as haircuts go, I generally like to mix things up. A few years ago I had really long hair, then cut off 8 inches to have a shorter bob style cut. It was longer in the front and shorter in the back and I added honey colored highlights to my dark brown hair. I love a new cut and color! It makes me feel like a new person!

[Reply]

108. [#108 Jen](#)
on Mar 1st, 2011 at 2:59 pm

Love the new hair style!!!

[Reply]

109. [#109 john](#)
on Mar 1st, 2011 at 2:59 pm

Caitlyn, The bangs look great, this photo reminds me of a picture of your mother. A huge resemblance. Love you.

[Reply]



Caitlin Reply:

March 1st, 2011 at 7:42 pm

Love you too Johnny.

[Reply]

110. [#110 Melanie](#)
on Mar 1st, 2011 at 3:00 pm

Your new hair is WAY TOO CUTE! Love it! I'm always too scared to cut mine too much. I'm not sure if the bangs make you look any older though. You still look pretty young. ☺

[Reply]

111. [#111 Kristina @ spabettie](#)
on Mar 1st, 2011 at 3:03 pm

the new look is fabulous, Caitlin!

and... Jason always says I look younger when I have bangs... I kinda think you do too... ☺

[Reply]

112. [#112 Clarissa @ SoberandtheCity](#)
on Mar 1st, 2011 at 3:04 pm

Yay for an NYC meet-up! Can't wait to watch the big race!

[Reply]

113. [#113 Jo @ Jo In the Kitchen](#)
on Mar 1st, 2011 at 3:12 pm

I love the new haircut! I don't think it changes how old you look, but it's definitely sophisticated ☺

[Reply]

114. [#114 Lauren @ChiGalLauren](#)
on Mar 1st, 2011 at 3:12 pm

The bangs look awesome!!!! I've had bangs on and off for years, most recently off, and I'm thinking I have to go back to bangs! On looking like you're 18....that's a good thing!

[Reply]

115. [#115 Helen](#)
on Mar 1st, 2011 at 3:12 pm

I love the new do! It's not a drastic change but definitely a nice little change. I've always been super conservative with my haircuts. I think I've had the same layers for 10 years now ☺

[Reply]

116. [#116 juli](#)
on Mar 1st, 2011 at 3:17 pm

what kind of hummus do you usually buy? It always looks so good and cream.

[Reply]



Caitlin Reply:
March 1st, 2011 at 7:41 pm

That's Sabra and I also like Roots!

[Reply]

117. [#117 Beth @ 990 Square](#)

on Mar 1st, 2011 at 3:18 pm

It's looks great! But I don't think it makes you look older ☺ I feel your pain on that one. I'm about to turn 29 (march 17!) and I often get people saying I look like I'm 18.

[Reply]

118. [#118 Haley](#)
on Mar 1st, 2011 at 3:19 pm

I love the new 'do! I had long hair my entire life and gave it to locks of love when I was 18 and heading off to college... then kept it short for years (because it's SO much easier to take care of that way!!). I recently grew it out and then chopped it again for locks of love =). It is, after all, JUST hair. And I'm not using it, so someone else can ☺

[Reply]

119. [#119 Meg](#)
on Mar 1st, 2011 at 3:22 pm

Love your haircut. Mind if I steal it? I grew my hair out for my wedding last year, after wearing it short forever. I'm liking it long but I have no idea what to do with it style wise.

[Reply]



Caitlin Reply:
March 1st, 2011 at 7:36 pm

Steal away!

[Reply]

120. [#120 Anne Weber-Falk](#)
on Mar 1st, 2011 at 3:26 pm

Oooo, love it! I didn't realize how dark your hair is. I love that too. You don't look younger or older, you look like you only better.

[Reply]

121. [#121 Paige \(Running Around Normal\)](#)
on Mar 1st, 2011 at 3:27 pm

I LOVE the new look! I'm not sure which way you look older, but the new 'do is definitely cute and updated! ☺

[Reply]

122. [#122 Susan \(Oliepants\)](#)
on Mar 1st, 2011 at 3:30 pm

Love your bangs! I don't think it makes you look older or younger – just different – a great different! ☺ Love it!

[Reply]

123. [#123 Caitlin](#)
on Mar 1st, 2011 at 3:33 pm

Cute hair!! Also, so excited you are coming to NYC! I did the More/Fitness half last year and PR'ed – it's a great race!

[Reply]



lisa @ early morning run Reply:
March 1st, 2011 at 3:43 pm

Wow. Congrats on getting a pr at the race last year! The weather was brutal.

[Reply]



Stephanie Reply:
March 1st, 2011 at 4:42 pm

Yes major congrats! My sneakers felt like they weighed 50 pounds each from all the pouring rain. It was so windy and cold.

[Reply]



Caitlin Reply:
March 1st, 2011 at 7:35 pm

Oh god, I hope it's not raining this year...

124. [#124 Charlie](#)
on Mar 1st, 2011 at 3:34 pm

When I had short hair, I changed my haircut every 3-6 months! Now that they are long, I just want them to stay like this ☺. No new haircut for at least 2 years.

[Reply]

125. [#125 Jeni @ stepping out](#)
on Mar 1st, 2011 at 3:40 pm

The new haircut looks awesome!
I so wish I could run that race. I'm in a catch 22. I can't run it this year because it's during the school year (I'm a teacher). I probably can't run it next year because I won't have any money...going back to school.
Some day though! Good luck on the race!

[Reply]

126. [#126 lisa @ early morning run](#)
on Mar 1st, 2011 at 3:42 pm

Congrats on the sponsorship! Get ready for the Central Park hills! They're lots of...fun!

[Reply]

127. [#127 Averie \(LoveVeggiesAndYoga\)](#)
on Mar 1st, 2011 at 3:42 pm

Cute hair!

I have had different variations on a theme but long-ish, straight, and blond is what i always go back to.

[Reply]

128. [#128 Lindsey](#)
on Mar 1st, 2011 at 3:44 pm

Oh my goodness, your hair looks SO stellar! I love it!
I actually just cut about 8 inches off my hair and added bangs, so I know that oh-my-god-where'd-my-hair-go feeling. And as for working out, I actually adore it because I bobby-pin those suckers back and then afterward, wabam! They just right back into place sweat-free. Super awesome you have to work out and go some place quickly!

[Reply]

129. [#129 Ashley \(The Vegetable Life\)](#)
on Mar 1st, 2011 at 3:46 pm

I love the new haircut! It makes such a big difference!!!!!! It looks awesome!

[Reply]

130. [#130 Jen](#)
on Mar 1st, 2011 at 3:46 pm

I have had the same haircut for 11 years – straight and long, and last Saturday I went and got 6 inches cut off and bangs to boot. It's one of the best things I've ever done for myself. I feel like a new woman! Your new haircut looks GREAT!

[Reply]

131. [#131 kristen](#)
on Mar 1st, 2011 at 3:46 pm

Your look beautiful! I love your new hair cut!
Also, I wish there a all women's race here. I think that would be amazing! I can't wait to hear about it!

[Reply]

132. [#132 Camille](#)
on Mar 1st, 2011 at 3:47 pm

I love your hair!
I am currently planning my next big hair change 😊

[Reply]

133. [#133 JenRD](#)
on Mar 1st, 2011 at 3:47 pm

Love the haircut! Definitely more mature! I get the same thing—especially if I am running around town doing errands after the gym, with my hair in a ponytail and no makeup on, people ask me where I go to school—high school! They are shocked when I tell them I am 30 and show my wedding ring. I guess we'll appreciate it more in 10-20 years, right?

[Reply]

134. [#134 JenRD](#)
on Mar 1st, 2011 at 3:48 pm

Oh, and I would love to meet up in NYC if that happens! That is exciting!

[Reply]

135. [#135 Nicole](#)
on Mar 1st, 2011 at 3:57 pm

I agree with some of the other commenters, love the new hair cut but I do think it makes you look younger. But that's a good thing!!
I'm constantly told I don't look my age and I'm okay with it, I think it just means that you take great care of yourself 😊

[Reply]

136. [#136 Alayna @ Thyme Bombe](#)
on Mar 1st, 2011 at 3:58 pm

Great haircut, it does make you look younger, but not teenage younger. I need a cut SOON.

[Reply]

137. [#137 Katie](#)
on Mar 1st, 2011 at 4:01 pm

Love your new haircut, it makes you look more mature and put together! Plus, the shorter length makes it look a lot fuller! I just cut my hair short, gotta change it up sometimes 😊

[Reply]

138. [#138 Mary \(What's Cookin' with Mary\)](#)
on Mar 1st, 2011 at 4:01 pm

LOVE your new look! The best way to combat bangs in the face when working out is def head bands. Pref the kind that has the rubbery stuff on the inside (lulu's work well, but a little pricey) so it doesn't slip off while you're running or what have you.

[Reply]

139. [#139 Lisa \(bakebikeblog\)](#)
on Mar 1st, 2011 at 4:09 pm

oooh the new 'do' looks fabulous!

[Reply]

140. [#140 Casey](#)
on Mar 1st, 2011 at 4:10 pm

Love, love, love your hair! It looks great, Caitlin! And I'm also one of the many NYC'ers (though I'm originally from Salisbury, NC) who would love to meet up! Please keep us posted.

[Reply]

141. [#141 Parita @ myinnershakti](#)
on Mar 1st, 2011 at 4:13 pm

Love your haircut! It's super trendy with the bangs! And I get the "you look young thing" all the time! My little cousin told me I look like an adolescent the other day! LOL!

[Reply]

142. [#142 monicanelsonfitness](#)
on Mar 1st, 2011 at 4:14 pm

va-va-voom on the hair cut! Looks great.

Congrats on the race and the Bagel THins partnership, that is awesome!

[Reply]

143. [#143 Carin](#)
on Mar 1st, 2011 at 4:15 pm

It looks fantastic! Nice FRINGE (have never understood the American term "bangs" – but your bangs rock!)

Change the profile pic on the home page to the new one!

[Reply]



Caitlin Reply:
March 1st, 2011 at 7:34 pm

Oh fringe sounds way cooler.

[Reply]



Carin Reply:
March 1st, 2011 at 8:35 pm

Does your Hub say "fringe" too, or is he completely Americanised?

[Reply]



Caitlin Reply:
March 1st, 2011 at 8:41 pm

He says he thought fringes and bangs were different things... LOL. Men.

144. [#144 Grapeful](#)
on Mar 1st, 2011 at 4:18 pm

I like the new haircut. I don't know that it makes you look any older (or rather more your age). I still think you look the same age. But honestly, I'm not sure that one could reasonably look older/more mature in work-out clothes unless you want to get crafty with make-up. And plus you're a petite female as well, right? Petites always tend to look young. Typically, I find that business clothes or at least "casual chic" are what make people look their age.

And for what it's worth, I think your husband looks the same age as you. So if you guys are in fact young-looking, at least you are young-looking together 😊

(P.S. I think people's perception of what people should look like for a certain age is skewed by TV/the media much like they do with our perception of beauty. Remember when Luke Perry was playing a teenager on 90210? Or Tom Welling a 15 yr old on Smallville? Ridiculousness!)

[Reply]



Kelly Reply:
March 1st, 2011 at 4:26 pm

I totally agree with the tv scewing people's perception of age! It's ridiculous that 30something actors are playing teens.

PS – Caitlin the bangs are super cute! Can't wait to cut my hair on Friday!

[Reply]



Caitlin Reply:
March 1st, 2011 at 7:34 pm

Oh man I think you are prob right about TV characters!

[Reply]

145. [#145 Amanda @ AmandaRunsNY](#)
on Mar 1st, 2011 at 4:21 pm

The bangs look really good. You definitely look 27!

Congrats on the sponsorship & Good Luck on the More Half Marathon. I actually considered that as my next half but decided to do the 13.1 race in Queens the day before.

[Reply]

146. [#146 Dorien](#)
on Mar 1st, 2011 at 4:32 pm

The new cut looks good on you! Bangs are always a great way to bring out a 'new' face! I'm stuck the other way around though, I've got bangs for 5 years now and am trying so hard to grow them even again – if only my hair wasn't so uncooperative! 😊

[Reply]

147. [#147 Jacquelyn](#)
on Mar 1st, 2011 at 4:34 pm

I LOVE your new haircut! Both were good but this one just has a bit more life, it's more exciting.

I change my hair in fall and spring! last fall I chopped off about 7 or 8 inches – made a big difference that I don't think I was ready for. I'm growing it back now and it's a bit awkward.

[Reply]

148. [#148 Eline Madeleine Schmeets](#)
on Mar 1st, 2011 at 4:37 pm

Your hair looks amazing!
Enjoy your new 'old' look.

Love from Holland!

Eline

[Reply]

149. [#149 Ash @ Good Taste Healthy Me](#)
on Mar 1st, 2011 at 5:00 pm

You look super cute. You do look very young but when you're 50 you'll love it! I'm the same way and that's what I always tell myself 😊

Super fun on the Thomas Bagel Thins. I am obsessed with their bagels. SO GOOD.

[Reply]

150. [#150 Carlyn](#)
on Mar 1st, 2011 at 5:00 pm

I love it! But You look younger haha so maybe not what you were going for 😊
It looks really fresh though (:

[Reply]

151. [#151 Clare @ Fitting It All In](#)
on Mar 1st, 2011 at 5:00 pm

Love the haircut! I feel like everyone is getting them lately, including me! I'm going this afternoon but I never do ANYTHING fun. I'm too much of a wimp!

[Reply]

152. [#152 Cyclist Kate](#)
on Mar 1st, 2011 at 5:00 pm

Love the cut!!!

Your kids probably just think you look young because you act young—which is a good thing in my book! Anyway, you look beautiful. Enjoy the sassy new hair!

[Reply]



Caitlin Reply:
March 1st, 2011 at 7:33 pm

Thanks Kate 😊

[Reply]

153. [#153 charise](#)
on Mar 1st, 2011 at 5:07 pm

The bangs look great! I have longish side-swept bangs too – just bobby pin ‘em back when working out for sure.

[Reply]

154. [#154 Amanda](#)
on Mar 1st, 2011 at 5:09 pm

I had the same hair-do for years and years and I recently just started trying new things about a year ago. I’ve finally found a length that I like and its alot shorter than I ever thought I’d be comfortable with. I think your new ‘do is definitely sophisticated. I’d love to see you go shoulder length though.

[Reply]

155. [#155 Kate \(What Kate is Cooking\)](#)
on Mar 1st, 2011 at 5:14 pm

I’ve had the same haircut for years! A little past shoulder length, parted on the side, long bangs- I need a change 😊 I love your bangs!

[Reply]

156. [#156 Joy - HTP Mom](#)
on Mar 1st, 2011 at 5:17 pm

Your new look is lovely, soft, and just a bit sexie 😊. Yes, it’s very, very, hard for me to change my hair style. As you know – you talked me into a new one in 1997 and it is now the “old” one I was wearing up until this year! Color is an easier change for me though. How sweet and dear of you to note in your blog that we would be going to NYC together for a daughter mom weekend. I CAN’T WAIT – BIG APPLE HERE COMES TENNESSEE GIRL.....

[Reply]



Caitlin Reply:
March 1st, 2011 at 7:33 pm

Yay! You’re so cute.

[Reply]



Eliza Reply:
March 1st, 2011 at 11:56 pm

lol sexie

[Reply]

157. [#157 Katheryn](#)
on Mar 1st, 2011 at 5:20 pm

I love the new hair! Much more grown up cut.

[Reply]

158. [#158 Katie](#)
on Mar 1st, 2011 at 5:20 pm

LOVE the new haircut! Definitely more racy and more mature 😊

[Reply]

159. [#159 Lesley](#)
on Mar 1st, 2011 at 5:21 pm

It looks awesome! I’m slightly jealous as I’ve been really into bangs recently, but since I have wavy hair that I don’t blow dry I don’t

think it would work on me. I tend to keep my hair the same, because I tried a whole bunch of stuff many years ago and now I know what I like. And I wouldn't feel bad about looking 10 years younger, it's uh, better than the other way around!

[Reply]

160. [#160 Lauren](#)
on Mar 1st, 2011 at 5:37 pm

Stunner! Your hair looks gorgeous! 😊 I love how it looks darker in that lighting too! I always want to try something new, but then I chicken out. I think it's time for me to do it though! 😊

[Reply]

161. [#161 Alexa @ Simple Eats](#)
on Mar 1st, 2011 at 5:51 pm

I always keep the same thing! I wish I had more ambition and confidence to do something different- go darker or super short. But, I guess I just go with what's most comfortable. You look gorgeous, by the way!

[Reply]

162. [#162 Glamorous Newlywed](#)
on Mar 1st, 2011 at 5:54 pm

I LOVE the new haircut – you look gorgeous! The bangs are long enough to easily pin back for workouts, or just wear a headband to keep them out of your face 😊

I'd love to have bangs again, but my naturally curly hair + humid TX weather makes it pretty much a terrible idea. Sigh...

[Reply]

163. [#163 Meryl @ scribbled musings](#)
on Mar 1st, 2011 at 6:03 pm

I LOVE the bangs!

[Reply]

164. [#164 Emilie](#)
on Mar 1st, 2011 at 6:11 pm

Congrats on the Thomas's gig! I hope you'll have time for a meet-up when you're in NYC, it would be great to connect in person 😊

[Reply]

165. [#165 Amber K](#)
on Mar 1st, 2011 at 6:19 pm

My hair has been all one length since...forever? I think my entire life. I really don't mind it. Sometimes I wear it halfway up, most of the time I wear it in a ponytail, and rarely I'll wear it all the way down. I just really don't care about my hair! Although I have to say your haircut is super cute!

I'm always carded for everything and asked how I'm liking high school. (I'll be 28 in a couple of months!) I say, good for me, I definitely don't need to look older. 😊

[Reply]

166. [#166 gabriella @ embracement](#)
on Mar 1st, 2011 at 6:34 pm

LOVE the hair. Bangs are definitely an adjustment, but bobby pins are awesome even for those days you don't want to blow dry them. I went crazy and did completely blunt bangs for a couple of months; they were cute but such an annoyance to grow out. Side bangs are much more my thing. The More/Fitness half is going to be my first race ever. I'm from NY and I'm so excited to run it in Central Park!

[Reply]



Caitlin Reply:

March 1st, 2011 at 7:31 pm

Oh I am so excited that you are running it too. I didn't know it was in Central Park!

[Reply]



gabriella @ embracement Reply:

March 1st, 2011 at 8:38 pm

I'm nervous about the Central Park hills, plus you have to do the loop twice. I've been training on the treadmill and I had this lofty 2-hr goal in mind. Every time I hear mention of the hills I close my ears and imagine a nice flat course.

[Reply]

167. #167 rebecca lustig
on Mar 1st, 2011 at 6:37 pm

Ah I was going to sign up for that race– GOOD LUCK.

and I'm obsessed with the new hairdo. Very sophisticated!

[Reply]



Caitlin Reply:

March 1st, 2011 at 7:30 pm

Do it!!!

[Reply]

168. #168 Maddie
on Mar 1st, 2011 at 6:40 pm

I love getting haircuts! My hair is always shorter (above the shoulder) but I like trying new things for a fun change. I love your new 'do! I personally think everyone looks better with bangs.

[Reply]

169. #169 christine
on Mar 1st, 2011 at 6:55 pm

Your hair is cute, but you still look pretty young- I've been told we should enjoy it while it lasts. I hate getting hair cuts! And I love those bagels too, fewer carbs but still really good.

[Reply]

170. #170 RunnerCouple - Sara
on Mar 1st, 2011 at 6:58 pm

LOVE LOVE LOVE the bangs! I used to have bangs but let them grow out primarily because when I would go workout they got in my way. After seeing yours thought – I want to go get them cut back again! You look great!

[Reply]

171. #171 Chelsea @ One Healthy Munchkin
on Mar 1st, 2011 at 7:03 pm

Cute haircut! I love the look of side swept bangs, but I hate how I have to blow dry them when I wash my hair. It's such a bother!

Also congrats about the race! That'll be so fun to go to NYC with your mom. ☺

[Reply]

172. [#172 Hannah \(Hannah Lives\)](#)
on Mar 1st, 2011 at 7:05 pm

Aaahh! I love the haircut! Super cute! And even though it's just the lighting I love the darker color, you should consider it!

[Reply]

173. [#173 Ashley](#)
on Mar 1st, 2011 at 7:50 pm

I just pin my bangs back usually or wear a headband! That is so fun they are paying for you to go to NYC and run the race..jealous!!

[Reply]

174. [#174 Michelle](#)
on Mar 1st, 2011 at 7:59 pm

I love the new haircut! And the bangs are super sassy. I have bangs of similar length and you'd think they'd get in the way during working out, but it's not too bad. Just pin them back, or french braid them and pin them. (I braid them even when I'm not working out and don't want them on my face—it looks cute!) Just another thought. ☺

[Reply]

175. [#175 Katie @ peacebeme](#)
on Mar 1st, 2011 at 8:29 pm

Looks great, you do look more sophisticated. ☺ I recently got a much different haircut. I literally went in there and asked to look older! I am 25 and people always think I am 18 too. I was very pleased with the results!

[Reply]

176. [#176 Laura](#)
on Mar 1st, 2011 at 8:34 pm

I love that a post about getting bangs drove nearly as many comments as when you write posts about serious, controversial topics like Michael Vick, natural birth control, etc. hahaha I must chime in with the "the bangs look awesomesauce" crew! Hope your GOTR chicas approve of your new 'do. ☺

[Reply]



Caitlin Reply:
March 1st, 2011 at 8:41 pm

Hahah I love this comment.

[Reply]

177. [#177 kristin point](#)
on Mar 1st, 2011 at 8:48 pm

I LOVE the new 'do! Looks awesome on you! I had this 'do once, no prob on the working out, just use a bobbypin to pin them back.

[Reply]

178. [#178 Carin](#)
on Mar 1st, 2011 at 8:52 pm

So cool that you're taking your mum along to NY with you – and strange that she's never visited before! I know that the US is a BIIIIIIIG country, but I'm amazed when people haven't visited iconic/ "must see" locations that are relatively close to home (obviously I have a different take on this because I'm from England, now live in New Zealand and did a lot of travelling before moving

here).

Still, you'll probably be as entertained as I was when I tell you that when I moved from the Midlands up to Leeds, I met grown-up people who had never been to London – a 2.5 hour train ride away. And it's London – a place that people visit from all over the world!

Would love to do the NY half. I haven't been to NY since the week before Sept.11 happened, which was a strange experience... we went to Central Park but I certainly wasn't fit enough to run in those days (I'm older but fitter now – have just managed my first 3 x half marathons in 4 months!). Hope you and MomHTP have a great time – is she running too?

[Reply]



Caillin Reply:
March 1st, 2011 at 9:17 pm

If there was a 5K or so, maybe she would be running! But I don't think she's emotionally or physically ready for a 13.1 ☺

[Reply]



Carin Reply:
March 1st, 2011 at 9:46 pm

Ha ha ha – I STILL don't think I'm either emotionally or physically ready – I just drag myself around and am amazed that I actually complete it!

[Reply]

179. [#179 Jillian@ Reshape Your Life](#)
on Mar 1st, 2011 at 8:53 pm

I love the haircut! Definitely Awesomesauce! ☺ It screams sophisticated author. ☺

[Reply]

180. [#180 Kelly \(meatlesswithaman.blogspot.com\)](#)
on Mar 1st, 2011 at 9:35 pm

Congratulations on the partnership with Thomas Bagel Thins – what a wonderful opportunity for you!!

LOVE LOVE LOVE the hair!! Much as I desire to have side-swept bangs like that, I can't pull it off. I've tried twice and have finally learned my lesson!! BUT it looks awesome on you and definitely more mature in a very good way.

[Reply]

181. [#181 Laura \(Starloz\)](#)
on Mar 1st, 2011 at 10:13 pm

i love it, the bangs are INCREDIBLE.

[Reply]

182. [#182 Fawn](#)
on Mar 1st, 2011 at 10:19 pm

Your new haircut looks awesome and totally looks like it fits you. I don't mind trying new haircuts and new colors, what I don't like is getting a new stylist because my stylist moved out of the state without telling me or maybe even any of her clients after cutting my hair for 3 years. Grr!

Anyway, definitely looks great!

[Reply]

183. [#183 Kate](#)

on Mar 1st, 2011 at 10:26 pm

awesome! I'd do more fun races too if they were paid for including travel, food, etc! You deserve it...you are a great inspiration and have a natural following!

[Reply]

184. [#184 Nat](#)
on Mar 1st, 2011 at 10:34 pm

I just popped on your blog today and was like: "...wow, is that Caitlin?" You look great!

[Reply]

185. [#185 Liz](#)
on Mar 1st, 2011 at 10:44 pm

I'm late to the game, but your hair looks fabulous! I love your bangs!!

I have had pretty similar hair for a while now...chin – shoulder length a-line cut. But one time a stylist accidentally gave me a super pixie cut (she even used an electric razor on my neck) and I was too scared to tell her stop so I ended up with a really intense boy cut. But I ended up liking it so much I kept it for four years! But growing it out was suuuuuch a pain, I don't think I'll do it again.

[Reply]

186. [#186 Formerly Fugly | The Girl In Chucks](#)
on Mar 1st, 2011 at 10:55 pm

[...] had been planning to do the side-swept bangs thing, similar to what Caitlin did, but after my stylist and I talked it over, we decided to do it a little differently. Having [...]

187. [#187 Jolene \(www.everydayfoodie.ca\)](#)
on Mar 2nd, 2011 at 12:07 am

I have been wanting to try bangs for years, but I am such a chicken!!! Yours look so nice, so I might have to suck it up and go for it! I just worry that they will be a lot of work (I am a brush and go kind of girl ... no blow-dryer or products).

[Reply]

188. [#188 Ashlie](#)
on Mar 2nd, 2011 at 12:19 am

I am told all the time that I do NOT look like I am turning 26 in May! Can I just say that you rock your bangs?! Sadly my bangs make me look younger. ☺

Also, I really can't wait to start reading your blog more since it was recommended to me by a fellow vegetarian friend! I know you have a million followers and comments, but I don't have any followers yet, so if you wouldn't mind, would you follow me? I would love to get some feedback from people my own age with similar interests!

[Reply]



Caitlin Reply:
March 2nd, 2011 at 9:03 am

Hi Ashlie!

Off to check out your blog now ☺ Are you on Twitter??

[Reply]



Ashlie Reply:
March 2nd, 2011 at 11:25 pm

Thanks! Yes I am! Thanks for writing me back too! You have a lot of comments so it's mean a lot that you wrote back! ☺ My name on twitter is PaxEtLux!

[Reply]

189. [#189 Carin](#)
on Mar 2nd, 2011 at 12:19 am

Go REALLY short next time – you'd look so fab with a pixie cut!

[Reply]

190. [#190 Jess @ NZ Girl Runs](#)
on Mar 2nd, 2011 at 12:42 am

I'm usually really tame but last time I told the hairdresser that I wanted my hair shorter and layered but beyond that it was up to her. I ended up with something I never would have asked for but I love. The only problem is that it doesn't tie up anymore! I have invested in a lot of cute headbands for working out!

[Reply]

191. [#191 Toronto Girl West](#)
on Mar 2nd, 2011 at 1:11 am

Your hair looks HEAPS more professional!!!!!!!!!!!!!! And it's just so flattering to your face!!!

It's a total win! ☺

[Reply]

192. [#192 Cheryl H.](#)
on Mar 2nd, 2011 at 1:36 am

I love the new cut – so sophisticated, the bangs are a nice addition.

[Reply]

193. [#193 Juani](#)
on Mar 2nd, 2011 at 5:02 am

I am so super jealous of your bangs, the look is hot! ☺ Even if it is the lighting, the darker color also looks so good on you. Seems you can do no wrong when it comes to hair. My hair, on the other hand, despises bangs, and refuses to co-operate when I cut them.

[Reply]

194. [#194 Amanda](#)
on Mar 2nd, 2011 at 5:14 am

Your bangs look great!

I always debate whether to cut my bangs or grow them out, so I go through that rotation a couple times a year.

[Reply]

195. [#195 Jessica](#)
on Mar 2nd, 2011 at 7:57 am

I love your new haircut! My hair looks just like your "before" picture right now. I've been trying to decide what to do with it – maybe bangs are the answer!

[Reply]

196. [#196 Maya](#)
on Mar 2nd, 2011 at 7:57 am

I absolutely LOVE your new hair, you have just the right forehead for bangs!

[Reply]

197. [#197 kristin](#)
on Mar 2nd, 2011 at 8:15 am

love the bangs!!!!!! you said you were too nervous on monday – but they look great! maybe i need to finally go through with it now!

[Reply]

198. [#198 Kacy](#)
on Mar 2nd, 2011 at 9:27 am

Love the bangs! I ALWAYS keep the same hairstyle. I got bangs a few times but they don't really work on me and they drive me NUTS when I run.

Congrats on your sponsorship! That is awesome and a great opportunity!

[Reply]

199. [#199 Kristin](#)
on Mar 2nd, 2011 at 9:52 am

love your new haircut! I am running the More Half Marathon too. Well it's right in my backyard so why not? Good luck to you in the race!

[Reply]



Caitlin Reply:
March 2nd, 2011 at 10:07 am

Oh cool 😊 I hope we can meet up!

[Reply]



Kristin Reply:
March 2nd, 2011 at 11:15 am

Yes, let me know if you plan a meet up. My first GOTR coaches meeting is next week and our spring season starts in 2 weeks, so I am sure I will have some questions you might be able to help with. I'm really excited about coaching!

[Reply]

200. [#200 erin](#)
on Mar 2nd, 2011 at 10:05 am

Caitlin-
you're haircut is beautiful! I've been reading your blog for the past 2 years and it's had such a positive influence on my life (I'm a senior in high school so this is definitely a point in my life where healthy image is important.) Keep up the good work 😊
-Erin, age 18

[Reply]



Caitlin Reply:
March 2nd, 2011 at 10:08 am

Thank you so much Erin 😊 I really appreciate this.

[Reply]

201. [#201 Marie](#)
on Mar 2nd, 2011 at 10:08 am

Love your new haircut Caitlin! The bangs definitely suit you. I just got bangs yesterday, too 😊

[Reply]

202. [#202 Halley \(Blunder Construction\)](#)
on Mar 2nd, 2011 at 10:21 am

Love the new look! I am growing my hair long as I'm in my 20's... I figure that once I hit 30-35, I'll have babies hanging off of me and the hair will become an obstacle. So for now, my cuts are just the bare minimum!

[Reply]

203. [#203 kim](#)
on Mar 2nd, 2011 at 10:46 am

I've been reading your blog for about a year now and have always been interested when you talk about GOTR. I finally researched it a bit more yesterday and found out there is a chapter in my neighborhood, so I emailed to find out how I can volunteer. I haven't heard of any activity so if not, I'm hoping to start one up myself! Thank you for inspiring me to do something better with my day while actually doing something I love!

[Reply]



Caitlin Reply:
March 2nd, 2011 at 11:00 am

Yay so glad you're getting involved 😊

[Reply]

204. [#204 Sara @ OurDogBuffy](#)
on Mar 2nd, 2011 at 1:32 pm

I don't think my hair has ever looked the same twice. I actually chopped it all off, shorter, shorter, and shorter a year ago and am in the process of growing it out for Pantene Beautiful Lengths in honor of my aunt, a breast cancer survivor! It's a complete and total mess. My hair has never been longer than past my shoulders (or down to my chest I guess when I was younger) so this will be interesting. I have to get it long enough to make me happy so that when they cut it off I still have enough left. I'm going to grow it to just above my shoulders and then start counting to get to 8-10 inches. Wish me luck. Oh and we went to a high school play a couple weekends ago and the ticket person thought I was a high schooler. I'm 25. My husband is almost 30 ... I mean, really?

[Reply]

205. [#205 Julie](#)
on Mar 2nd, 2011 at 1:56 pm

LOVE the new haircut! and LOVE the mommy/daughter trip to NYC. I had such a good time when I visited with my mom.

Have fun 😊

[Reply]

206. [#206 Steph](#)
on Mar 3rd, 2011 at 9:17 am

Hey Caitlin,
Your new do has inspired me. I pretty much have your old haircut currently (which I've had longer than I'd like to admit) and I had been toying around with doing more shorter pieces in the front. Your before and after photos sealed the deal.

I figure if people can bring magazines to the hair salon to show what they want for a cut, why can't I bring a blog picture.

[Reply]



Caitlin Reply:

March 3rd, 2011 at 9:19 am

Enjoy your new haircut!!

[Reply]

207. [#207 Olivia R.](#)
on Mar 3rd, 2011 at 11:21 am

I love to cut my hair! A few months ago, I went from about your length hair, then I cut my own straight across bangs, then I got chin length hair (bob) and today I'm getting a choppy pixie cut!

[Reply]

208. [#208 Stacey @ Here's to Life](#)
on Mar 3rd, 2011 at 3:40 pm

Recently went for bangs myself...only I did it to look younger ☺

[Reply]

209. [#209 Jessi @ Quirky Cookery](#)
on Mar 3rd, 2011 at 10:27 pm

Love it! Is your actual hair color closer to the way the lighting shows it in the first or the second? I assumed the first based on past pictures. Have you considering dying it, though? The color looks so deep and rich in the second that maybe going a couple shades darker would liven up your look even more.

Regardless, I love the cut. I can see it being annoying with workouts, too, but meh, maybe it won't be bad, and it's totally worth it.

[Reply]



Caitlin Reply:
March 4th, 2011 at 2:36 pm

I think it's kind of in-between the two shots, actually. I usually have it dark dark but its been fading – time for a dye job!

Thanks for the sweet comments.

[Reply]

210. [#210 elaine!](#)
on Mar 4th, 2011 at 3:43 pm

If men used moisturizer, maybe their ladies wouldn't always look so much younger than they do. ☺ Actually, most guys I know wish they looked older, because nobody seems to take a man seriously until he's at least 30.

I love my bangs! But they're the straight-across kind, so they don't bother me at all when I work out. I had worse trouble with hair in my face when I had it layered in the front. Might be time to resurrect your Bondi Bands, eh?

I don't know if you look older/younger or what, but the bangs look great!

[Reply]

211. [#211 Dominique](#)
on Mar 5th, 2011 at 11:23 pm

I like the bangs. I recently got blunt bangs (about 3 weeks ago) and totally regretted it because the rest of my hair wasn't long enough. I was waiting for the rest of my hair to grow out a little longer before I got bangs but got impatient. Now I'm waiting for my bangs to grow out a little longer before I get a really drastic cut.

Oh and btw, don't worry about the age thing. I just turned 28 but no one ever guesses my right now. I get everything from high school to about 21. Two years ago a woman refused to believe that I had been a few years out of university—she thought I was 17.

At least we'll look fab when we're old.

[Reply]

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Thomas' Bagel Thins – a nice light snack or meal

March 1, 2011 By [Sam](#) [Leave a Comment](#)

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My children will not eat sandwiches, and they can't take peanut products to school, so I am always looking for alternative things to send in their lunches. They like bagels, and I send them most days, but it never fails that half an uneaten bagel comes home and into the garbage because they are too big for the kids to finish at lunchtime.

Thomas' Bagel Thins are the perfect solution for us! They are still a bagel, but thinner and easier for the kids to eat and finish in the time they have for lunch. They like them just as much as their regular bagels too!

The rest of us in the house also enjoyed Thomas' Bagel Thins. They are a nice light change to regular bagels, with just 110 calories. They aren't lacking in taste though!

Thanks to Thomas, English muffins are now a favorite product in America, easy to satisfy every member of any family. Plus, all kinds of restaurants and fast food chains have begun incorporating them into their menu. And while the English Muffins are popular, they continue to grow with unique products that fit your lifestyle. They created Bagel Thins™ Bagels, which have changed the way you experience foods you've always loved. Stay tuned for more great new products to come for you and your family.

KERI GLASSMAN

Thomas' Bagels teamed up with Keri Glassman, MS, RD, CDN, to create delicious ideas to help you eat better with fewer calories and drop those pesky pounds. Keri is a registered dietitian and creator of the Nutritious Life program. She's a nationally recognized nutrition expert and leader in advancing a "whole person" approach to health and wellness. We are pleased to announce she has created exclusive recipes for Thomas® Bagel Thins™ Bagels, perfect for you and your family. Keri also has some great tips on staying happy and healthy all year long. Click the buttons on the right to learn more. Discover more about Keri at NutritiousLife.com.

[Get some great breakfast tips from Keri!](#)

Thomas'® Bagel Thins™ Recipes 2010

Easy Cheesy Eggwich

Ingredients:

- 1 Everything Thomas'® Bagel Thins™ bagel
- 1 hard boiled omega-3 fortified egg
- 2 slices reduced fat cheddar cheese
- 1/4 teaspoon dried basil

Directions:

1. Toast the Bagel Thins™ bagel.
 2. Peel and slice egg.
 3. Layer cheese slices and egg, then sprinkle with basil.
- Yield: 1 sandwich
 - Prep Time: 5 minutes
 - Cook Time: 0 (does not include boiling egg)
 - Serving Size: 1 sandwich

Serving Size (153g)

Servings Per Container 1

Amount Per Serving

Calories 340

Total Fat 16g

Cholesterol 245mg

Sodium 670mg

Total Carbohydrate 26g

Dietary Fiber 5g

Protein 26g

Veggie Scramble Sandwich

Ingredients:

- 1 100% Whole Wheat Thomas'® Bagel Thins™ bagel
- 1 teaspoon olive oil
- 1 omega-3 fortified egg (or 2 egg whites)
- 1 tablespoon mushrooms, chopped
- 1 tablespoon red peppers, chopped
- 1 tablespoon onions, chopped
- Hot sauce, to taste

Directions:

1. Toast the Bagel Thins™ bagel.
2. Heat oil in large non-stick skillet over medium heat.
3. In mixing bowl, whisk egg. Add veggies.
4. Pour egg and veggie combo over skillet and tilt skillet to distribute evenly. Cook until egg is set,

and fold in half twice, to fit Bagel Thins™ bagel.

5. Remove from heat and place on bagel. Top with hot sauce, to taste.

- Yield: 1 sandwich
- Prep Time: 5 minutes
- Cook Time: 5 minutes
- Serving Size: 1 sandwich

Serving Size (124g)

Servings Per Container 1

Amount Per Serving

Calories 230

Total Fat 10g

Cholesterol 215mg

Sodium 260mg

Total Carbohydrate 27g

Dietary Fiber 5g

Protein 12g

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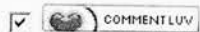
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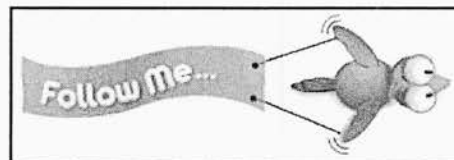
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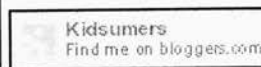
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Thomas Bagel Thins Morning Tips

March 1, 2011 By [Sam](#) [Leave a Comment](#)

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KERI GLASSMAN

Thomas'® Bagel Thins™ Bagels Morning Tips

- **Don't skimp on sleep.** It's important to get a good night's sleep to feel well-rested – ready to take on the day! Most adults need about seven to eight hours of sleep each night, and studies have shown that those who get less have impaired memory and physical performance. Not getting enough sleep can also make concentration difficult, and leave you feeling drowsy all day. So aim to get enough sleep each night. It'll boost your immune system, help your nervous system work properly, and leave you feeling energized all day! Experts estimate that compared to getting 7 to 8 hours per night, the risk of developing obesity rises 23 percent with just 6 hours of sleep per night, 50 percent with only 5 hours per night, and 73 percent with 4 hours per night!
- **Have a healthy breakfast.** While sleeping each night, your body is in a fasting mode, so within an hour of rising, you need to break that fast by eating a healthy breakfast. It gives your body the fuel it needs to meet your busy schedule and skipping breakfast decreases your metabolism, and increases your cravings throughout the day! Studies have also shown consuming breakfast improves cognition and memory in children and adolescents making them able to concentrate and be more attentive in school. We all have some kid in us, so use this tip to your advantage!
- **Eat empowered.** Every morning when you sit down to breakfast (and every meal!), remember that each meal is an opportunity to get back in the game and stay on course. You should feel empowered by making the right choices. There are always healthier alternatives to the high-fat, high-calorie, nutrient-less options that we all tend to go for, and I always keep a healthy staple product on-hand to help me quickly make a delicious and nutritious meal. Thomas'® Bagel Thins™ bagel is one of those better-for-you options – they're 110 calories each, low in fat and every flavor is at least a good source of fiber. It's not "I can't eat that heavy bagel" – it IS – "I can eat the Thomas' Bagel Thins™ bagel!"
- **Start with a glass of lemon water.** Drinking enough h2o throughout the day helps with weight loss in several ways. First, there's an emotional component; it will make you feel empowered and will help spur you to make good choices for the rest of the day. Second, researchers have long

known that dieters who replace sweetened drinks with water lose weight more quickly than those who don't. Finally, many people overeat because they are actually thirsty and just can't tell the difference between thirst and hunger. Also, when you're adequately hydrated, your metabolism functions at its best.

- **Exercise steady.** Aside from burning calories, exercise is important because it causes your body to release endorphins, making you feel good, and motivating you to eat well, do your job well, and simply be happy! I love exercising in the early am, and eating breakfast when I'm done, and typically, people who work out in the morning are more likely to stick to their routine, than those who squeeze it in later. If you're averse to starting your day with more rigorous exercises like running, try a lower-impact activity like yoga. Just do something!

Source for "Don't skip on sleep" stat: *Inadequate Sleep as a Risk Factor for Obesity: Analyses of the NHANES I*

James E. Gangwisch, PhD¹; Dolores Malaspina, MD, MPH²; Bernadette Boden-Albala, Dr.PH³; Steven B. Heymsfield, MD⁴ *1Mailman School of Public Health, Department of Epidemiology; 2Department of Psychiatry, Division of Clinical Neurobiology; 3Department of Neurology and Department of Sociomedical Sciences; 4Obesity Research Center, St. Luke's-Roosevelt Hospital Center; Columbia University, College of Physicians and Surgeons, New York, NY*

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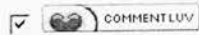
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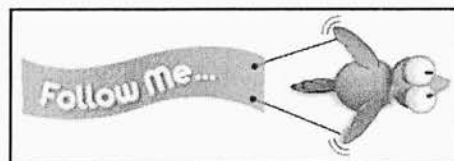
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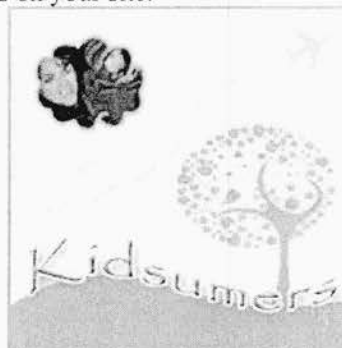
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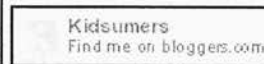
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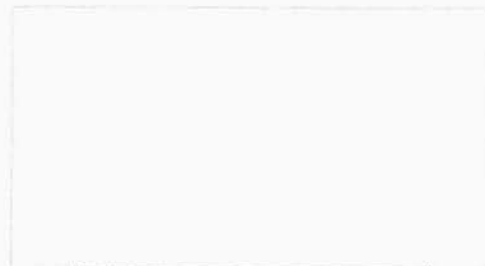


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We are a family that loves music, movies, travel, books and sports (well, most of us love sports). Check in often for family updates, product reviews and awesome giveaways! [[Read More ...](#)]

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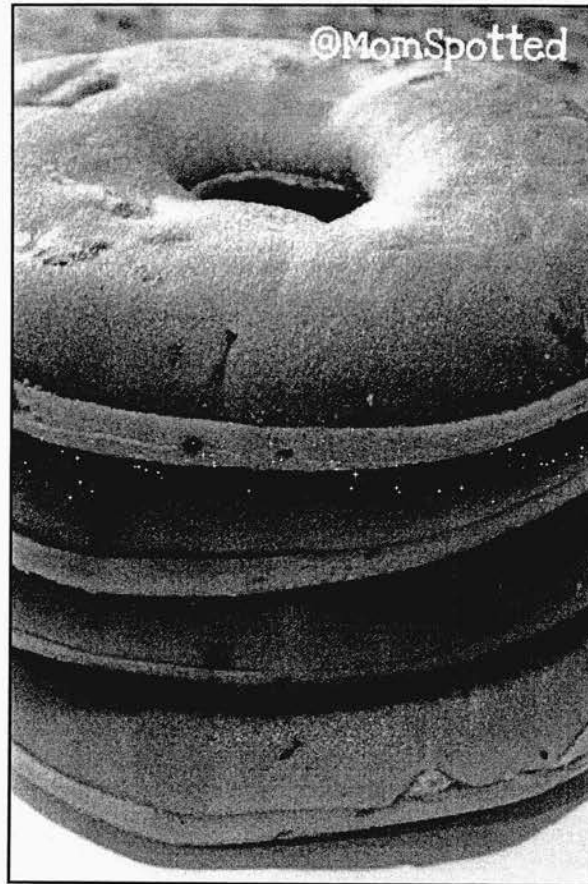
March 1, 2011 By [Jennifer](#) [264 Comments](#)



We regularly purchase bagels. Everyone in the family likes them and they make for a quick and healthy snack when you just want something quick. Sometimes the full size bagels are too much and you are full after one or if you are counting your calories you might not want a whole size bagel. Well, now **Thomas' has Bagel Thins**. They are pre-sliced bagels that are only 110 calories and are available in a range of varieties.

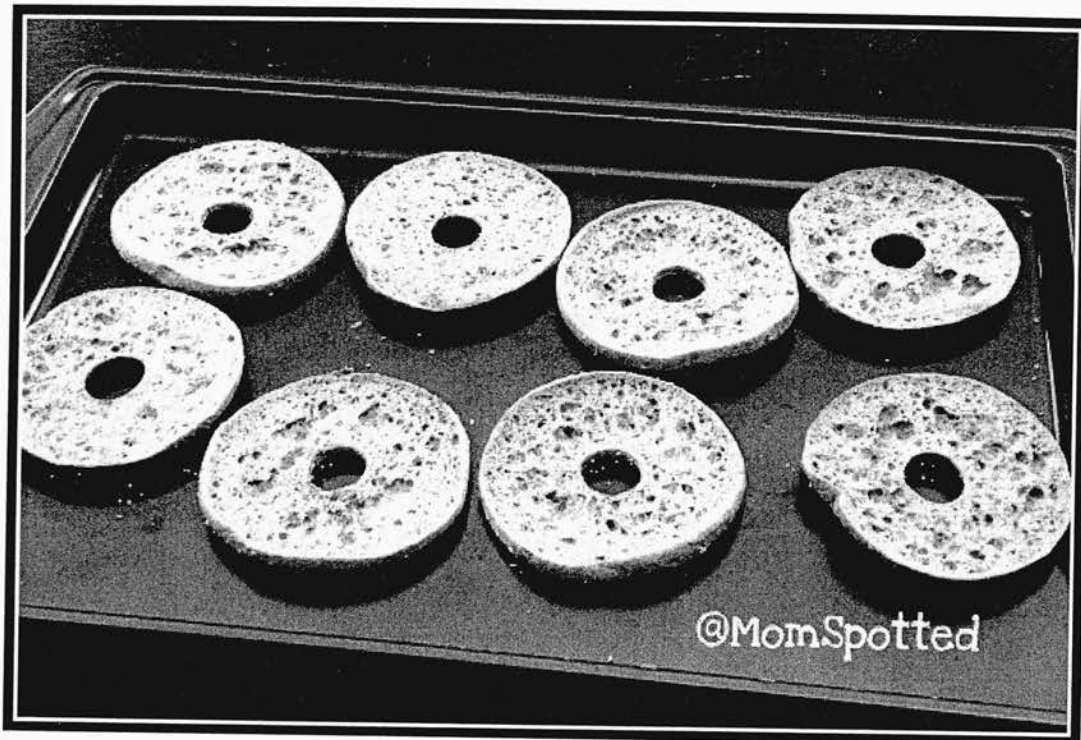


We were sent some of these bagel thins and loved them. The kids liked them too. These were the perfect size for Gavin.



Last week during vacation the weather got bad and I was avoiding the grocery store. It was lunch time and the kids were starving. Then it dawned on me. I have made them mini pizza's in the past with english muffins, why not do it with bagel thins?

First, preheat your oven to 400 and toast your bagels and then lay them out on a baking sheet. By toasting them first will help them be crispy and not soggy.



Next add either pizza sauce or spaghetti sauce depending what you have on hand. I added too much here and so when we made them again (kids request!) I cut what you see in half and they were much better IMO. I just spooned it out of the jar with an ice tea spoon and rubbed it around the bagel.



Next, take shredded mozzarella cheese and sprinkle over each one.



Bake in the oven about 7 minutes or until cheese is melted. Remove. If you got a lot of the cheese on the pan you may need to scrape them off a little more.



My kids absolutely loved them and surprisingly so did my husband. We'll definitely make them again and they were fun on a winter vacation lunch. You can find them where your regular bagels are stocked and are on the average under \$4.00!



Thomas' has offered FIVE Mom Spotted Readers a coupon towards a FREE bag of Bagel Thins™!!!

How to Enter:

- 1.) Visit **Thomas'** and tell me what handbag you would pick if you won.

Mandatory

How to earn additional entries:

- 2.) Become a follower on my blog (publicly- privately does not count)-leave another comment (or let me

- know if you already are) – 2 entries
- 3.) Subscribe to my blog by EMAIL (not feed) – 2 entries
- 4.) Blog about my giveaway- with a link back to here AND **Thomas'** 4 entries (get two more if you include a photo of the giveaway).
- Post YOUR blog entry first and then the comment (please include the link directly to it not to your front page, and make an additional comment then the ones above.)
- 5.) Add my Mom Spotted button to your blog
- 6.) Follow **Mom Spotted** on Twitter AND Tweet about this giveaway-
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~this can be done once daily~

- 7.) Become a Fan of **Mom Spotted on Facebook**- leave me a comment
- 8.) Become a **Fan of Thomas' on Facebook!** – Tell them what you love at their site
- 9.) Post on your facebook *home* page (1x daily):

Mini Pizza Recipe! Win Bagel Thins from @Thomas' English Muffins and Bagels and @Jennifer MomSpotted Giveaway Ends 3.13 <http://wp.me/p18qpn-1Zr> FIVE WINNERS!

- (Make sure it links to me and Thomas' & put link in comment)
- 10.) Leave a **relevant** comment on any non-giveaway post (reviews are ok)

(Make sure to check out all my other giveaways!
Check the side bar to the right for list!)

That's many chances to win some yummy Bagel Thins!!!

Contest ends March 13th at 11:59pm!

US Only

www.thomasenglishmuffins.com

Mom Spotted Review Policy: I was provided with Bagel Thins at no cost by the manufacturer and/or its PR agency in order to give my own personal opinions their website. The opinions I have given are mine and may differ from others but it was not influenced in any manner by monetary means.



Filed Under: [Product Review](#), [Recipe](#) Tagged With: [Bagels](#), [Pizza](#), [Thomas'](#)



About Jennifer

Jennifer, the mom behind the Mom Spotted blog, is located in Western Ma. She has two boys, Johnny

(10) & Gavin (4), and happily married to her high school sweetheart. On Mom Spotted you'll find a fun selection of recipes, family fun, product reviews, and more! She's a Wilton Mom, Hoover Insider, Kolcraft Mom, and more. You can also find her on twitter @MomSpotted and Facebook as Jennifer MomSpotted.

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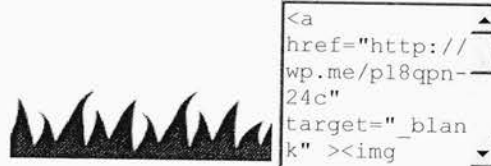
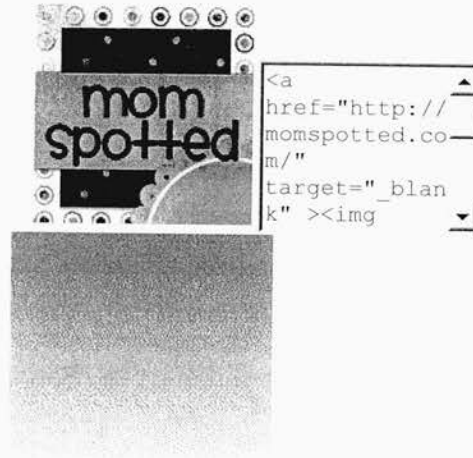
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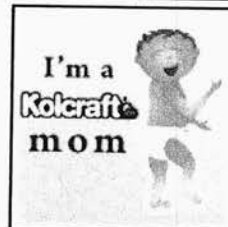
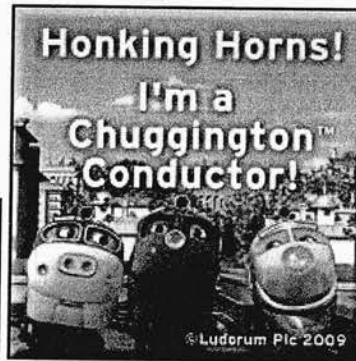
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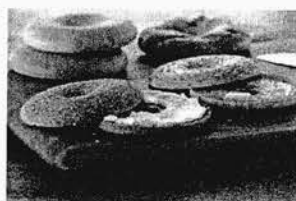
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WEDNESDAY, MARCH 2, 2011

Thomas Everything Bagel Thins Review!



PR FRIENDLY

Do you have a product you need help spreading the word about? If your company would like to have your product reviewed or is interested in hosting a giveaway please contact me . Thanks!



I recently got to try Thomas Everything Bagel Thins. I have to say I was kind of skeptical at first. They looked yummy but being pregnant and my sense of smell really effect my taste buds.

The Thomas Everything Bagel Thins have some kind of herb on them and I am not sure which one. Maybe basil? It didn't say on the package. So, the other morning I toasted my bagel and bad me trying to eat heathy fried a egg and added cheese. Tossed that on my lovely bagel of course with mayo. Which I love.





Coupons and Giveaways



8



It tasted yummy! The bagels are only 110 calories and have 5 grams of fiber! If you are like me I have a hard time getting enough fiber in my diet. I know I am suppose to get a minium of 25 grams of fiber.

They have many other flavors of Thomas Bagel Thins at your local grocery store. I for sure would love to try the Cinnamon Rasin ones! They also have whole wheat and plain.

So, why not spice up your breakfast and try some!

You can find many great and healthy recipes to try here.

This product was provided to me free of charge for purpose of this review. This is my honest opinion of this product and no monetary compensation was received for my opinion

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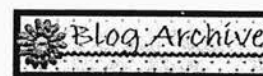
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A Blog Devoted to a Healthy Balance

Reader Question: Mac vs. PC

March 2, 2011

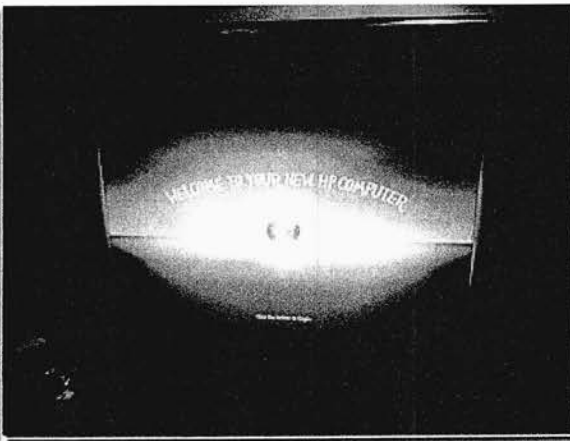
The other day, I received an email from a reader asking which type of computer I prefer:

I just want to say that I love your blog! I just have a question for you. I was wondering what type of computer do you currently use to blog? I see you have a Mac and PC. I am a new blogger and I am also in the market for a new computer, I am contemplating a MAC. Thanks so much for your input.

2
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I use both types of computers, but I prefer a PC for blogging; a Mac for everything else.



When I first started blogging, I bought a brand new 13-inch MacBook. I absolutely loved it, but it wasn't ideal for creating blog posts with a lot of photos because uploading them to WordPress (or Blogger) took forever. Eventually, someone told me about a blogging program called Ecto. At first, I thought Ecto was the answer to all of my problems. I could quickly upload photos, change their sizes, and blog offline. After awhile, however, Ecto was no longer a reliable friend to me. There were *many* times that I spent well over an hour composing a post, only to hit publish, and have it totally erase. It was the most frustrating thing ever! Basically, I wasted a lot of time with Ecto, and I couldn't trust it.

Eventually, I learned how to fix Ecto, which sort of solved my problems at least temporarily. But, after awhile, I just got sick of taking the time to uninstall and reinstall it. Around this same time, I really wanted to buy a desktop computer, so I could more effectively separate my blogging life from my real life. With my laptop, my work just followed me around the house and cut into valuable family time.

I considered buying a Mac desktop, but I really didn't need all of the bells and whistles that came with it, especially for the price that I was going to pay. I hadn't purchased a PC since the late 1990's, but I figured by 2011, they improved quite a bit, so I bought a much cheaper HP desktop computer with everything that I needed. Overall, it's been a great computer, especially for blogging.

The reason it's been such a great computer is because I can use Windows Live Writer (WLW) with it! (You can also use WLW on Macs; you just need to get Parallels.) Windows Live Writer is a kick-ass blogging software, and it has changed the way I blog— for the better! To put it bluntly, Ecto is crap compared to Windows Live Writer. With WLW you can blog offline, save drafts, upload multiple photos at once, drag and drop photos, use keyboard shortcuts, auto link keywords, not have your posts erased, and much more!

So, in conclusion, I prefer a PC for blogging, *but* I will always be a Mac gal at heart.

Lunch

Lunch was kind of random today. I wasn't really in the mood for anything specific, so I ended up just throwing some of my favorite foods together and called it a meal. I had a Bagel Thin with peanut butter, pitted dates, and almonds. It hit the spot.



Busy evening ahead!

Tagged as: [Ecto](#), [Windows Live Writer](#)

{ 63 comments... read them below or [add one](#) }

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[Christin@purplebirdblog](#) March 3, 2011 at 12:35 am

I have been eating dates stuffed with peanut butter... I love it!

[Reply](#)



[Beatrix @ Beaglebea](#) March 3, 2011 at 1:00 am

I too use windows live writer...love it...but also love macs for the Ipictures program and the fact you can make books and calendars right from your computer, send them off to mac and they send them back to you printed and bound.

[Reply](#)



Ashley C [March 3, 2011 at 1:44 am](#)

Totally random, but I just tried the english muffin/pb/pb chips combo I have always seen on your blog and OMG I know why you like it so much now. It's bomb!!

[Reply](#)



Honey @ Honey, What's Cooking [March 3, 2011 at 1:51 am](#)

omg, you helped me out so much by telling me that. my posts take like 3 hours each... some maybe 2. part of the problem is cause uploading pics is so damn slow. i love pc's, but my husband keeps pushing me for a mac. the issue is i know all the pc shortcuts and switching to a mac would be a challenge. but yeah, macs are the best from what i hear. 😊 Thanks!!!

[Reply](#)



meemsny [March 3, 2011 at 2:05 am](#)

I like to use Macs for everything. I really can't stand PCs at all.

[Reply](#)



Julie @SavvyEats [March 3, 2011 at 8:09 am](#)

Since getting Photoshop + Illustrator + etc, my laptop has been struggling– it just can't handle those massive programs. So I'm dying to get a desktop (though not right away– house down payment is this month!)... Dan is a PC guy, I'm a Mac girl, so I'm not sure which we'll end up getting. My main concern: do you get thrown off switching from the Mac keyboard shortcuts and PC keyboard shortcuts? I use the shortcuts all the time, and feel like I'd get thrown off!

[Reply](#)



Britne @ Shabbott's Habits [March 3, 2011 at 11:03 am](#)

I have a 13-inch macbook and an older 15-inch powerbook and I love both of them. For quick blogging photos I use Iphoto. The new version has great options for editing photos and the best part? You can take a screen shot of the high-resolution photo right from Iphoto (shift + command + 4). This puts a smaller version of the large photo file on your desktop for easy renaming and

upload to your blog. Since doing this, I have shaved my blog time in half and the photos upload in a matter of seconds!

[Reply](#)



[Sarah @ goingongoals March 3, 2011 at 11:54 am](#)

I am the same way!!! I just bought my first PC since using my parents in high school. My PC was about 1/3 the price and I love WLW!! I do miss my Mac since it lasted forever and was great for everything else. I will always be a Mac girl for life, but think the PC was the right choice now.

[Reply](#)



[Amelia March 3, 2011 at 7:42 pm](#)

Thank you for the tips — I know I am not blogging efficiently and hearing about what programs you use really helps. Do you blog remotely from your smart phone and if so, what phone/programs do you find easiest?

[Reply](#)



[Katie G. March 7, 2011 at 4:36 pm](#)

Great post! I am in need of a new laptop within the next few months and I am debating between a Mac and PC. If I had a ton of extra cash I would definitely go for a MAC but I really only use my personal computer at home for pictures, music and blogging so I guess I only need the bare minimum. Also, thanks for letting us know about WLW! Wasn't aware! Sounds like it makes blogging so much easier!

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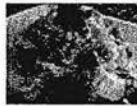
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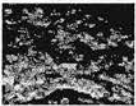
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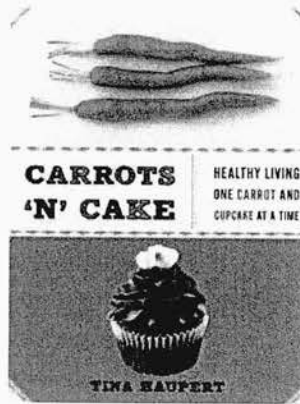
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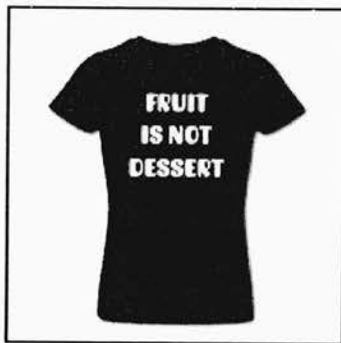
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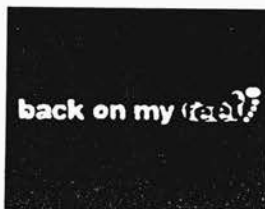
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- *"Vegetables are a must in a diet. I suggest carrot cake, zucchini bread, and pumpkin pie." Jim Davis*

- 

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Thursday, March 3, 2011

Thomas' Bagel Thins {Review & Giveaway} 5 Winners!

1:41 PM | Posted by Kari @ Shining2Save

1 retweet



My husband and I have decided that our new years resolution is to start eating healthier and to loose weight. We have cut out a lot of our favorite foods that are not healthy. My husband loves his bagels for breakfast but we all know how unhealthy they are so we have not bought any lately, until recently when I came across Thomas' Bagel Thins.



Flavors:

100% Whole Wheat Bagel Thins
 Cinnamon Raisin Bagel Thins
 Everything Bagel Thins
 Plain Bagel Thins

Thomas' Bagel Thins provide a quick, relaxing, and healthy breakfast. They are low in fat and contain only 110 calories each! They are also a good source of thiamin. I made myself a breakfast sandwich, the bagel was so soft. I was afraid that they bagels would not leave me full since they were thin but I was wrong, they filled me up and left me satisfied. I really liked how the sandwich fit in my mouth, it was not bulky like regular bagels and I did not have to smush it down. I like knowing that I can still enjoy a Bagel Breakfast Sandwich while still eating healthy.

Thomas' has partnered with Nutritionist, Keri Glassman, author of the O2 Diet to offer you some fabulous morning tips and recipes to start 2011 off right.

Morning Tips:

Don't skimp on sleep- It's important to get a good night's sleep to feel well-rested - ready to take on the day! Most adults need about seven to eight hours of sleep each night, and studies have shown that those who get less have impaired memory and physical performance. Not getting enough sleep can also make concentration difficult, and leave you feeling drowsy all day. So aim to get enough sleep each night. It'll boost your immune system, help your nervous system work properly, and leave you feeling energized all day! Experts estimate that compared to getting 7 to 8 hours per night, the risk of developing obesity rises 23 percent with just 6 hours of sleep per night, 50 percent with only 5 hours per night, and 73 percent with 4 hours per night!

Have a healthy breakfast- While sleeping each night, your body is in a fasting mode, so within an hour of rising, you need to break that fast by eating a healthy breakfast. It gives your body the fuel it needs to meet your busy schedule and skipping breakfast



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Abbreviations:

B1G1: Buy One, Get One
PG: Proctor & Gamble Insert
RP: Red Plum Insert
SS: Smartsource
ECB: Extra Care Buck (CVS)
RR (Register Reward)
(Walgreens)
WAGS: Walgreens

**Blog Archive**

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 - Only Two More Days To Vote - Please Help Me Stay I...
 - Favorite Thing About Easter

decreases your metabolism, and increases your cravings throughout the day! Studies have also shown consuming breakfast improves cognition and memory in children and adolescents making them able to concentrate and be more attentive in school. We all have some kid in us, so use this tip to your advantage!

Eat empowered- Every morning when you sit down to breakfast (and every meal!), remember that each meal is an opportunity to get back in the game and stay on course. You should feel empowered by making the right choices. There are always healthier alternatives to the high-fat, high-calorie, nutrient-less options that we all tend to go for, and I always keep a healthy staple product on-hand to help me quickly make a delicious and nutritious meal. Thomas'® Bagel Thins™ bagel is one of those better-for-you options - they're 110 calories each, low in fat and every flavor is at least a good source of fiber. It's not "I can't eat that heavy bagel" - it IS - "I can eat the Thomas' Bagel Thins™ bagel!"

Start with a glass of lemon water- Drinking enough h2o throughout the day helps with weight loss in several ways. First, there's an emotional component; it will make you feel empowered and will help spur you to make good choices for the rest of the day. Second, researchers have long known that dieters who replace sweetened drinks with water lose weight more quickly than those who don't. Finally, many people overeat because they are actually thirsty and just can't tell the difference between thirst and hunger. Also, when you're adequately hydrated, your metabolism functions at its best.

Exercise steady- Aside from burning calories, exercise is important because it causes your body to release endorphins, making you feel good, and motivating you to eat well, do your job well, and simply be happy! I love exercising in the early am, and eating breakfast when I'm done, and typically, people who work out in the morning are more likely to stick to their routine, than those who squeeze it in later. If you're averse to starting your day with more rigorous exercises like running, try a lower-impact activity like yoga. Just do something!



Visit Thomas' for some great Bagel Thins recipes from Keri Glassman including my favorite, the Veggie Scramble Sandwich.

Buy It: You can purchase Bagel Thins for approximately \$3.29-\$3.69 at a variety of supermarkets and mass stores including Walmart and Target.

{Giveaway}

Five lucky readers will win a coupon for a free bag of Thomas' Bagel Thins (the coupon will have a face value of \$4)

{Mandatory Entry}

Visit Thomas' and then come back here and leave me a comment letting me know which kind of Bagel Thins you would like to try.

Leave your email address in the comment if it is not publicly displayed in your profile so I have a way to contact you.

{Extra Entries}

Leave a separate comment for each extra entry

Follow Shining2Save via GFC, Twitter, or Facebook (1 Entry Each)

Become a fan of Thomas' on Facebook

Tweet the Following: (you can tweet once daily) Enter to #win Thomas' Bagel Thins ~ 5 Winners @shining2save Ends 3/17 <http://shining2save.com/#giveaway>

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Blog about this giveaway, and provide a link back to this page.

Leave a comment on any non giveaway post (Limit of 3)

Vote for me at "We're on the Fence" (Left sidebar, you can vote daily)

{Rules}

This giveaway will end on **March 17th at 11:59PM EST**. I will pick the winner through random.org. I will notify the winner via email and the winner will have 48 hours to respond to the email or a new



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Weekly Events

Tuesday Twitter Hop

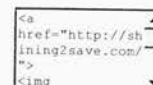
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Link Up Your Giveaways Thursday

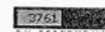
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Tuesday Twitter Hop - 3/29	winner will be selected. Your email address NEEDS to be posted in the comment or publicly on your profile to win. You must be 18 years. This giveaway is open to the U.S.	
MommyParties - Nutella Party #Nutellaparty	I have the right to delete comments if you did not do the mandatory entry.	
Meet Me Monday	Disclosure: The Company or representing RP agency provided me with Thomas' Bagel Thins to review. No compensation was provided. The opinions expressed are my own personal and honest thoughts.	
High Value Save \$3/1 Huggies Diapers Coupon!	Labels: Reviews, Thomas'	
Save \$1/1 Snapple Tea or Juice Drink Coupon		
Nutrisystem #NSNation (Week 6)	278 comments:	
Ending Tonight: Baby Einstein & The Body Shop	Mommy-Money said...	1 - 200 of 278 Newest Newest»
Whole Coupon Inserts - 10 Inserts Each From 4/3 Ne...	I want to try the everything bagels janetmulford at gmail March 3, 2011 2:00 PM	1
MobiGo or Leapster? Any Advice?	Mommy-Money said...	
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Xtreme 3 Piece Ceramic Wok Set (Review & Giveaway)...	Mommy-Money said...	
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Winner: Whole Coupon Inserts Giveaway	Mommy-Money said...	
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Barnes & Noble: 1 Year Subscription to Parents Mag...	We love the 100% whole wheat! Yum Yum!! sarahdoeshair_a at yahoo dot com March 3, 2011 2:14 PM	6
Link Up Your Giveaways 3.24.11	sarah said...	
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T.G.I. Friday's: Buy 1 Entree Get 1 FREE Coupon	sarah said...	
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	Jennifer said...	25
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Meet Me Monday	AMY W. said...	
Lots of New Winners!	email subscriber cwitherstine at zoominternet dot net	37
Ending Tonight! Takeya Fruit Infusion Jug	March 3, 2011 5:56 PM	
The Body Shop - New Dreams Unlimited Collection (R...	AMY W. said...	
Skippy Reduced Fat Peanut Butter Recall	voted 3/3 cwitherstine at zoominternet dot net	38
Nutrisystem #NSNation (Week 3)	March 3, 2011 5:56 PM	
Baby Einstein Discovery Kit (Review & Giveaway)	Lynda Del. said...	
Rare Ore Ida Potatoes & Heinz Gravy BOGO Coupon	I'd love to try the Cinnamon Raisin Bagel Thins.	39
Ending Tonight! Scooby Doo Prize Pack & Moon Dough...	lyndadawinda1074 at yahoo dot com	
Chick-fil-A: FREE Fry Day Today, March 4th!	March 3, 2011 6:06 PM	
Facebook Follow Friday: Come and Link Up! 3/4	Lynda Del. said...	
Is it Springtime Yet?	I follow you via GFC. ID: Lyndadawinda1074	40
FREE Cheese Fondue at The Melting Pot - April 11 -...	lyndadawinda1074 at yahoo dot com	
HomeStorageInc Review & Rubbermaid Shoe Shelves Gi...	March 3, 2011 6:08 PM	
Thomas' Bagel Thins (Review & Giveaway) 5 Winners!...	Lynda Del. said...	41
Link Up Your Giveaways 3.3.11	I'm a subscriber via email.	
Disney World (I Need Advice!)	lyndadawinda1074 at yahoo dot com	
Wordless Wednesday! (With A Linky!)	March 3, 2011 6:08 PM	
8 New Winners!!!	Lynda Del. said...	42
4 Giveaways Ending Tonight! (CSN, Chuggington, Bar...	I "LIKE" you on Facebook! ID: Lynda Castillo	
FREE Spring-Clean Gift Pack (1st 3,000!)	lyndadawinda1074 at yahoo dot com	
New High-Value Kellogg's Coupons	March 3, 2011 6:09 PM	
Mickey Mouse Clubhouse - Minnie's Masquerade DVD W...	Lynda Del. said...	43
National Pancake Day = FREE Pancakes at IHOP Today...	I follow you on twitter. ID: Lyndadawinda	
4 Giveaways Ending Tonight! (Step2, Bumbo, Zooper,...	lyndadawinda1074 at yahoo dot com	
► February (140)	March 3, 2011 6:09 PM	
► January (90)	Lynda Del. said...	44
► 2010 (1133)	I voted for you on Picket Fence Blogs!	
Powered by Blogger.	lyndadawinda1074 at yahoo dot com	
	March 3, 2011 6:09 PM	
	Lynda Del. said...	45
	I tweeted	
	http://twitter.com/#!/lyndadawinda/status/43448049984487424	
	lyndadawinda1074 at yahoo dot com	
	March 3, 2011 6:10 PM	
	Lori A. said...	
	I'd like to try the everything bagels!	46
	ljatwood at gmail dot com	
	March 3, 2011 6:13 PM	
	Brenda said...	
	I would like to try the cinnamon raisin and plain bagels.	47
	brendashandmade@yahoo.com	
	March 3, 2011 6:36 PM	
	Brenda said...	
	I follow you via GFC.	48
	brendashandmade@yahoo.com	
	March 3, 2011 6:37 PM	
	Kimberly said...	
	Call me boring, but I would chose plain	49
	Kims2312@verizon.net	
	March 3, 2011 6:47 PM	
	Kimberly said...	
	I am a Facebook fan of yours	50
	Kims2312@verizon.net	
	March 3, 2011 6:47 PM	
	Kimberly said...	
	I follow via email	51
	Kims2312@verizon.net	
	March 3, 2011 6:48 PM	
	Kimberly said...	
	You have my PF vote	52
	Kims2312@verizon.net	
	March 3, 2011 6:48 PM	
	Lori A. said...	
	Follow Shining2Save via GFC	53
	ljatwood at gmail dot com	
	March 3, 2011 8:40 PM	
	Lori A. said...	
	Follow Shining2Save via Twitter	54
	ljatwood at gmail dot com	
	March 3, 2011 8:41 PM	
	Lori A. said...	
	Follow Shining2Save via Facebook	55
	ljatwood at gmail dot com	
	March 3, 2011 8:42 PM	

Lori A. said...	
fan of Thomas' on Facebook ljalwood at gmail dot com	56
March 3, 2011 8:42 PM	
Lori A. said...	
tweeted http://twitter.com/ljalwood/status/43486836613586944 ljalwood at gmail dot com	57
March 3, 2011 8:44 PM	
Lori A. said...	
Signed up for Thomas' Newsletter ljalwood at gmail dot com	58
March 3, 2011 8:45 PM	
MasonAndLillisMommy said...	
cinnamon raisin wicklessncelina@hotmail.com	59
March 3, 2011 8:46 PM	
MasonAndLillisMommy said...	
I voted for you today! wicklessncelina@hotmail.com	60
March 3, 2011 8:46 PM	
Lori A. said...	
email subscriber ljalwood at gmail dot com	61
March 3, 2011 8:46 PM	
MasonAndLillisMommy said...	
FB fan wicklessncelina@hotmail.com	62
March 3, 2011 8:46 PM	
Lori A. said...	
Voted @ picket fence blogs ljalwood at gmail dot com	63
March 3, 2011 8:46 PM	
MasonAndLillisMommy said...	
gfc follower wicklessncelina@hotmail.com	64
March 3, 2011 8:47 PM	
MasonAndLillisMommy said...	
email subscriber wicklessncelina@hotmail.com	65
March 3, 2011 8:49 PM	
jakiesmom said...	
i'd like cinnamon raisin nannypanpan at sbcglobal.net	66
March 3, 2011 9:03 PM	
jakiesmom said...	
gfc follower	67
March 3, 2011 9:03 PM	
jakiesmom said...	
voted on the fence	68
March 3, 2011 9:03 PM	
sarah shult said...	
From Thomas' I would try the Everything Bagel Thins sheshult@hotmail.com	69
March 3, 2011 9:23 PM	
sarah shult said...	
Follow Shining2Save via GFC gwmhssarah sheshult@hotmail.com	70
March 3, 2011 9:24 PM	
sarah shult said...	
Follow you on Twitter @sarahshult sheshult@hotmail.com	71
March 3, 2011 9:24 PM	
sarah shult said...	
Like you on Facebook Sarah S. sheshult@hotmail.com	72
March 3, 2011 9:24 PM	
sarah shult said...	
Become a fan of Thomas' on Facebook Sarah S. sheshult@hotmail.com	73
March 3, 2011 9:24 PM	
sarah shult said...	
Tweeted http://twitter.com/#!/sarahshult/status/43496012026884096 sheshult@hotmail.com	74
March 3, 2011 9:25 PM	
sarah shult said...	
Sign up for Thomas' Newsletter sheshult@hotmail.com	75
March 3, 2011 9:25 PM	
sarah shult said...	
Subscribe via Email sheshult@hotmail.com	76

March 3, 2011 9:25 PM sarah shult said...	
Voted for you at "We're on the Fence" sheshult@hotmail.com	77
March 3, 2011 9:25 PM Holly said...	
I would like to try cinnamon raisin hollyrh@gmail.com	78
March 3, 2011 9:33 PM Holly said...	
I am a gfc follower (holly h.)	79
March 3, 2011 9:34 PM sarah said...	
i voted today	80
sarahdoeshair_a (at) yahoo (dot) com.	
March 4, 2011 5:57 AM shala_darkstone said...	
Hi, I'd like to try the Everything Bagel Thins. maddiemb (at) comcast (dot) net	81
March 4, 2011 6:33 AM shala_darkstone said...	
I follow your blog publicly via Google Friend Connect as shala_darkstone. maddiemb (at) comcast (dot) net	82
March 4, 2011 6:34 AM shala_darkstone said...	
I follow you on Twitter (@shala_darkstone). maddiemb (at) comcast (dot) net	83
March 4, 2011 6:35 AM shala_darkstone said...	
I follow your Facebook page (FB name: Maddie Brubaker). maddiemb (at) comcast (dot) net	84
March 4, 2011 6:35 AM shala_darkstone said...	
I'm a fan of Thomas' on Facebook (FB name: Maddie Brubaker). maddiemb (at) comcast (dot) net	85
March 4, 2011 6:35 AM shala_darkstone said...	
I subscribe to your RSS feed. maddiemb (at) comcast (dot) net	86
March 4, 2011 6:36 AM shala_darkstone said...	
I voted for you on Picket Fence Blogs today. maddiemb (at) comcast (dot) net	87
March 4, 2011 6:37 AM Tina said...	
I want to try the Cinnamon Raisin Bagel Thins merleandtina@yahoo.com	88
March 4, 2011 9:07 AM Tina said...	
follow you on gfc merleandtina@yahoo.com	89
March 4, 2011 9:07 AM Tina said...	
follow you on facebook merleandtina@yahoo.com	90
March 4, 2011 9:08 AM Tina said...	
follow you on twitter merleandtina@yahoo.com	91
March 4, 2011 9:08 AM Tina said...	
subscribe via email merleandtina@yahoo.com	92
March 4, 2011 9:08 AM Tina said...	
voted merleandtina@yahoo.com	93
March 4, 2011 9:09 AM Tina said...	
http://twitter.com/#!/HappyTina0115/status/43674195741257729 merleandtina@yahoo.com	94
March 4, 2011 9:09 AM jennifer said...	
I'd love to try the everything ones. jenniferwsn33 at gmail dot com	95
March 4, 2011 9:48 AM jennifer said...	

email subscriber jenniferwlsn33 at gmail dot com March 4, 2011 9:48 AM jennifer said...	96
gfc follower jennifer wilson jenniferwlsn33 at gmail dot com March 4, 2011 9:49 AM Elaine said...	97
I want to try the 100% whole wheat bagel thins elnwn11[at]gmail[dot]com March 4, 2011 10:39 AM Elaine said...	98
gfc follower elnwn11[at]gmail[dot]com March 4, 2011 10:40 AM fdigsby said...	99
I would like to try the Thomas' Cinnamon Raisin Bagel Thins Bagels felecia@twinoaksfl.org March 4, 2011 3:55 PM fdigsby said...	100
gfc follower felecia@twinoaksfl.org March 4, 2011 3:55 PM fdigsby said...	101
email subscriber felecia@twinoaksfl.org March 4, 2011 3:56 PM fdigsby said...	102
voted for you felecia@twinoaksfl.org March 4, 2011 3:56 PM laura20v said...	103
i'm simple i like the plain ones! laura20v@hotmail.com March 4, 2011 4:21 PM laura20v said...	104
i follow you GFC. laura20v@hotmail.com March 4, 2011 4:21 PM laura20v said...	105
i follow you on fb! laura20v@hotmail.com March 4, 2011 4:22 PM laura20v said...	106
fb fan of thomas! laura20v@hotmail.com March 4, 2011 4:22 PM laura20v said...	107
current email subscriber! laura20v@hotmail.com March 4, 2011 4:23 PM Allison said...	108
i'd like to try the plain ones the most kitraz13 at hotmail dot com March 4, 2011 4:24 PM Allison said...	109
i follow you on gfc (allison greene) kitraz13 at hotmail dot com March 4, 2011 4:25 PM Allison said...	110
i follow you on facebook (allison greene) kitraz13 at hotmail dot com March 4, 2011 4:25 PM Allison said...	111
i follow you on twitter @kitraz13 kitraz13 at hotmail dot com March 4, 2011 4:25 PM Allison said...	112
daily tweet http://twitter.com/#!/kitraz13/status/43784349858017280 kitraz13 at hotmail dot com March 4, 2011 4:26 PM allisonsbj3 said...	113

I'd like to try their plain bagel thins. allisonsbj3(at)gmail(dot)com March 4, 2011 5:14 PM allisonsbj3 said...	114
GFC Follower allisonsbj3(at)gmail(dot)com March 4, 2011 5:14 PM allisonsbj3 said...	115
Twitter follower allisonsbj3(at)gmail(dot)com March 4, 2011 5:15 PM allisonsbj3 said...	116
Facebook fan allisonsbj3(at)gmail(dot)com March 4, 2011 5:15 PM allisonsbj3 said...	117
Thomas facebook fan allisonsbj3(at)gmail(dot)com March 4, 2011 5:16 PM allisonsbj3 said...	118
Email subscriber allisonsbj3(at)gmail(dot)com March 4, 2011 5:16 PM allisonsbj3 said...	119
Voted for your blog allisonsbj3(at)gmail(dot)com March 4, 2011 5:16 PM polly said...	120
just plain please! pkeintz@gmail.com March 4, 2011 5:56 PM polly said...	121
voted for you today pkeintz@gmail.com March 4, 2011 5:57 PM polly said...	122
email subscriber pkeintz@gmail.com March 4, 2011 5:57 PM polly said...	123
follow gfc pkeintz@gmail.com March 4, 2011 5:57 PM polly said...	124
signed up for thomas's newsletter pkeintz@gmail.com March 4, 2011 5:59 PM AMY W. said...	125
voted 3/4 cwitherstine at zoominternet dot net March 4, 2011 7:33 PM hedgerhousehold said...	126
Would like to try the cinnamon raisin bagel thin. jenhedger@hotmail.com March 5, 2011 1:50 AM hedgerhousehold said...	127
Follow Shining2Save via GFC jenhedger@hotmail.com March 5, 2011 1:51 AM hedgerhousehold said...	128
Follow Shining2Save via Twitter (@jenhedger) jenhedger@hotmail.com March 5, 2011 1:51 AM hedgerhousehold said...	129
Follow Shining2Save via Facebook jenhedger@hotmail.com March 5, 2011 1:52 AM hedgerhousehold said...	130
fan of Thomas' on Facebook jenhedger@hotmail.com March 5, 2011 1:52 AM hedgerhousehold said...	131

Tweeted http://twitter.com/#!/jenhedger/status/43927029430751232 jenhedger@hotmail.com March 5, 2011 1:53 AM hedgerhousehold said...	132
Subscribe via RSS Feed jenhedger@hotmail.com March 5, 2011 1:54 AM hedgerhousehold said...	133
Voted for you on Picket Fence Blogs jenhedger@hotmail.com March 5, 2011 1:54 AM Terra H. said...	134
I'd like to try the Thomas Cinnamon Raisin Bagel Thins Bagels (8-pack). Thanks. partymix25(at)hotmail(dot)com March 5, 2011 3:22 AM Terra H. said...	135
follow your blog partymix25(at)hotmail(dot)com March 5, 2011 3:22 AM Terra H. said...	136
follow you on twitter, partymix25 partymix25(at)hotmail(dot)com March 5, 2011 3:23 AM Terra H. said...	137
email subscriber partymix25(at)hotmail(dot)com March 5, 2011 3:23 AM sarah said...	138
Voted 2/5	139
sarahdoeshair_a at yahoo dot com March 5, 2011 7:42 AM MasonAndLilisMommy said...	140
I voted for you today! wicklessncelina@hotmail.com March 5, 2011 8:47 AM bison61 said...	141
I'd pick the Cinnamon Raisin Bagel Thins	141
tiramisu392 (at) yahoo.com March 5, 2011 11:01 AM bison61 said...	142
e-mail subscriber tiramisu392 (at) yahoo.com March 5, 2011 11:02 AM AMY W. said...	143
voted 3/5 cwitherstine at zoominternet dot net March 5, 2011 12:31 PM Tamara B. said...	144
I would like to try the Thomas® Everything Bagel Thins™ Bagels tamben7996(at)aol(dot)com March 5, 2011 3:19 PM Tamara B. said...	145
I Follow Shining2Save via GFC (tamaraben) tamben7996(at)aol(dot)com March 5, 2011 3:20 PM Tamara B. said...	146
I Follow Shining2Save via Facebook (Tamara Bennington) tamben7996(at)aol(dot)com March 5, 2011 3:21 PM Tamara B. said...	147
I am a fan of Thomas' on Facebook (Tamara Bennington) tamben7996(at)aol(dot)com March 5, 2011 3:21 PM Tamara B. said...	148
Subscriber to the Thomas' Newsletter. tamben7996(at)aol(dot)com March 5, 2011 3:22 PM Tamara B. said...	149
Email subscriber. tamben7996(at)aol(dot)com March 5, 2011 3:22 PM Tamara B. said...	149

I voted Picket Fence. tamben7996(at)aoi(dot)com March 5, 2011 3:23 PM Allison said...	150
daily tweet http://twitter.com/#!/kitraz13/status/44133842948329472 kitraz13 at hotmail dot com March 5, 2011 3:35 PM jakiesmom said...	151
voted on the fence March 6, 2011 9:17 AM humanecats said...	152
I'd go for the everything thin. March 6, 2011 11:43 AM humanecats said...	153
I follow on GFC as Ericka T. March 6, 2011 11:44 AM humanecats said...	154
I follow on twitter as humanecats. March 6, 2011 11:44 AM humanecats said...	155
tweeted giveaway https://twitter.com/#!/humanecats/status/44437782143307776 March 6, 2011 11:44 AM humanecats said...	156
I receive your email. March 6, 2011 11:45 AM Allison said...	157
daily tweet http://twitter.com/#!/kitraz13/status/44449593563422720 kitraz13 at hotmail dot com March 6, 2011 12:34 PM T @ The Happy Clipper said...	158
Cinnamon Raisin Bagel Thins huffychic@gmail.com March 6, 2011 5:26 PM T @ The Happy Clipper said...	159
gfc follower huffychic@gmail.com March 6, 2011 5:26 PM T @ The Happy Clipper said...	160
twitter follower huffychic@gmail.com March 6, 2011 5:27 PM T @ The Happy Clipper said...	161
facebook fan huffychic@gmail.com March 6, 2011 5:27 PM T @ The Happy Clipper said...	162
Thomas' facebook fan huffychic@gmail.com March 6, 2011 5:27 PM T @ The Happy Clipper said...	163
rss subscriber huffychic@gmail.com March 6, 2011 5:27 PM T @ The Happy Clipper said...	164
tweet http://twitter.com/#!/huffychic/status/44524652449628160 huffychic@gmail.com March 6, 2011 5:28 PM Amy W. said...	165
voted 3/6 cwitherstine at zoominternet dot net March 6, 2011 10:12 PM mandala said...	166
I'd like to try the Thomas'® Cinnamon Raisin Bagel Thins™ Bagels (8-pack) mandalarctic at gmail dot com March 6, 2011 10:12 PM mandala said...	167
GFC follower mandalarctic at gmail dot com March 6, 2011 10:13 PM mandala said...	168
Following you on Twitter (@mandalarctic)	169

mandalarctic at gmail dot com March 6, 2011 10:13 PM mandala said...	
E-mail subscriber mandalarctic at gmail dot com March 6, 2011 10:14 PM mandala said...	170
Tweeted: http://twitter.com/mandalarctic/status/44596817295450112 mandalarctic at gmail dot com March 6, 2011 10:15 PM jmajor4870 said...	171
i would like the cinnamon raisin bagels jmajor4870(at)aol(dot)com March 7, 2011 2:48 AM jmajor4870 said...	172
gfc follower (jmajor4870) jmajor4870(at)aol(dot)com March 7, 2011 2:48 AM jmajor4870 said...	173
email subscriber jmajor4870(at)aol(dot)com March 7, 2011 2:49 AM jmajor4870 said...	174
like you on fb (joanne major) jmajor4870(at)aol(dot)com March 7, 2011 2:49 AM jmajor4870 said...	175
like thomas on fb (joanne major) jmajor4870(at)aol(dot)com March 7, 2011 2:50 AM sarah said...	176
voted 3/7 sarahdoeshair_a at yahoo dot com March 7, 2011 12:04 PM Allison said...	177
daily tweet http://twitter.com/#!/kitraz13/status/44804979101413377 kitraz13 at hotmail dot com March 7, 2011 12:05 PM Lori A. said...	178
daily tweet 3/7 http://twitter.com/ljatwood/status/44809028710301696 ljatwood at gmail dot com March 7, 2011 12:18 PM AMY W. said...	179
voted 3/7 cwitherstine at zoominternet dot net March 7, 2011 8:36 PM sarah said...	180
Voted 3/8 sarahdoeshair_a at yahoo dot com March 8, 2011 7:09 AM Allison said...	181
daily tweet http://twitter.com/#!/kitraz13/status/45190203689795584 kitraz13 at hotmail dot com March 8, 2011 1:35 PM Amy W. said...	182
voted 3/8 cwitherstine at zoominternet dot net March 8, 2011 2:01 PM Jus and Kat said...	183
Cinnamon Raisin, yum! March 8, 2011 3:07 PM Jus and Kat said...	184
I voted for you at on The Fence. March 8, 2011 3:08 PM sarah said...	185
voted 3/9 sarahdoeshair_a at yahoo dot com March 9, 2011 7:39 AM Allison said...	186
daily tweet http://twitter.com/#!/kitraz13/status/45594270517833728 kitraz13 at hotmail dot com	187

March 9, 2011 4:24 PM jakiesmom said...	
voted on the fence 3-9	188
March 9, 2011 9:35 PM Amy W. said...	
voted 3/9 cwitherstine at zoominternet dot net	189
March 9, 2011 10:53 PM pinklady705 said...	
I would like to try the Thomas® Everything Bagel Thins™ Bagels (8-pack)	190
2liv2laf2luv at gmail dot com	
March 9, 2011 11:52 PM pinklady705 said...	
I Follow Shining2Save via GFC - pinklady705	191
2liv2laf2luv at gmail dot com	
March 9, 2011 11:53 PM pinklady705 said...	
I Follow Shining2Save via twitter - @pinklady705	192
2liv2laf2luv at gmail dot com	
March 9, 2011 11:53 PM pinklady705 said...	
I Follow Shining2Save via facebook - Lorrie R	193
2liv2laf2luv at gmail dot com	
March 9, 2011 11:54 PM pinklady705 said...	
Thomas' English Muffins and Bagels facebook fan - Lorrie R	194
2liv2laf2luv at gmail dot com	
March 9, 2011 11:54 PM pinklady705 said...	
email subscriber	195
2liv2laf2luv at gmail dot com	
March 9, 2011 11:55 PM pinklady705 said...	
voted for you on Picket Fence blogs	196
2liv2laf2luv at gmail dot com	
March 9, 2011 11:55 PM pinklady705 said...	
http://twitter.com/#!/pinklady705/status/45709567165870080	197
2liv2laf2luv at gmail dot com	
March 9, 2011 11:56 PM Cuzinlogic said...	
I'd like to try the Maple French Toast Mini Bagels. cuzinlogic(at)gmail(dot)com	198
March 10, 2011 3:54 AM Cuzinlogic said...	
I follow via GFC. (Cuzinlogic) cuzinlogic(at)gmail(dot)com	199
March 10, 2011 3:55 AM Cuzinlogic said...	
I follow on Twitter. @cuzin_logic cuzinlogic(at)gmail(dot)com	200
March 10, 2011 3:55 AM	

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Karl, the mom behind the Shining2Save has two little boys, Little Man (3) and Baby Boy (1). She currently lives in Massachusetts after living in Virginia Beach for the past 4 years while her husband served in the Navy. When she isn't spending time with her husband and two sons she loves to share Fabulous Frugal Finds, Family Fun Events, Product Reviews & Giveaways.



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Carbing Up and Running Towards a New Goal

March 4, 2011 by Jenn

3 Comments

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halfmarathon

Now that I'm running faster, it's time to revisit a past goal of mine: running longer. I haven't entered a race since the big ol' Disney marathon a year ago, and it's high-time that I got my recovered bum back out there. So when Thomas' Bagel Thins contacted us with the chance to run in the MoreFitness Half Marathon in New York City on Sunday, April 3, I was like, sign me up. And quite literally, they did! (Full disclosure, they're also flying me out, putting me up in a hotel and giving me a travel stipend.)

So dear readers, I have a month to take my usual 3- to 4-mile runs to the double digits. Can I do it? And, more importantly, can I do it without injuring myself and beating my past half marathon time? I think so...I hope so.

First up on the training schedule is increasing my carb intake (hellooo Thomas Bagel Thins!) to fuel longer runs and workouts and a steady but aggressive mileage increase. I recently got in a 6-mile run pretty easily, so I'll keep tacking on another mile each week to get to 10 miles the week before the race. I'll also get in one or two faster yet shorter runs a week, some strength training, and plenty of walking, yoga and tortuous foam rolling to keep this body happy. While I'm not sure how fast of a goal I can realistically set for this race, I'd like to come in somewhere between 2:15 to 2:25.

Be sure to stay tuned for my training progress as the weeks ticks by and my Bagel Thins consumption racks up! —Jenn

You might also like:

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The Final Countdown: Half Marathon Running Tips

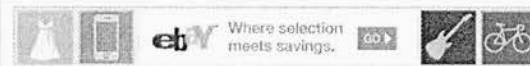
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Tags: Bagel Thins, marathon, Pick, races, running, sponsored post



Comments

3 Responses to "Carbing Up and Running Towards a New Goal"

Kelsey says:

March 4, 2011 at 4:22 pm



I'm training for my first 25K and must say that the fact that I get to carb-load a little more than usual is very exciting! And I love Thomas Bagel Thins, too. Good luck w/ your training!

@FitInMyHeart (Dr. Mo) says:

There's a skinny person that's not...
but I shut the bitch up with a cookie



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A Blog Devoted to a Healthy Balance

When To Call It Quits

March 10, 2011

I planned to wake up and go for a run this morning, but I decided that I am much too sore for that type of workout. I took a tough yoga class on Tuesday and Body Pump yesterday, so I knew my body just didn't want to run today. I think a nice, easy Yoga Flow class would better suit me, which is my new plan for today.

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I haven't run since Sunday, so I considered just a short run in preparation for my upcoming 5K race this Sunday, but I decided rest was much more important. Plus, I didn't want to have another run like I did in Medford when I felt crappy and needed to quit midway through.

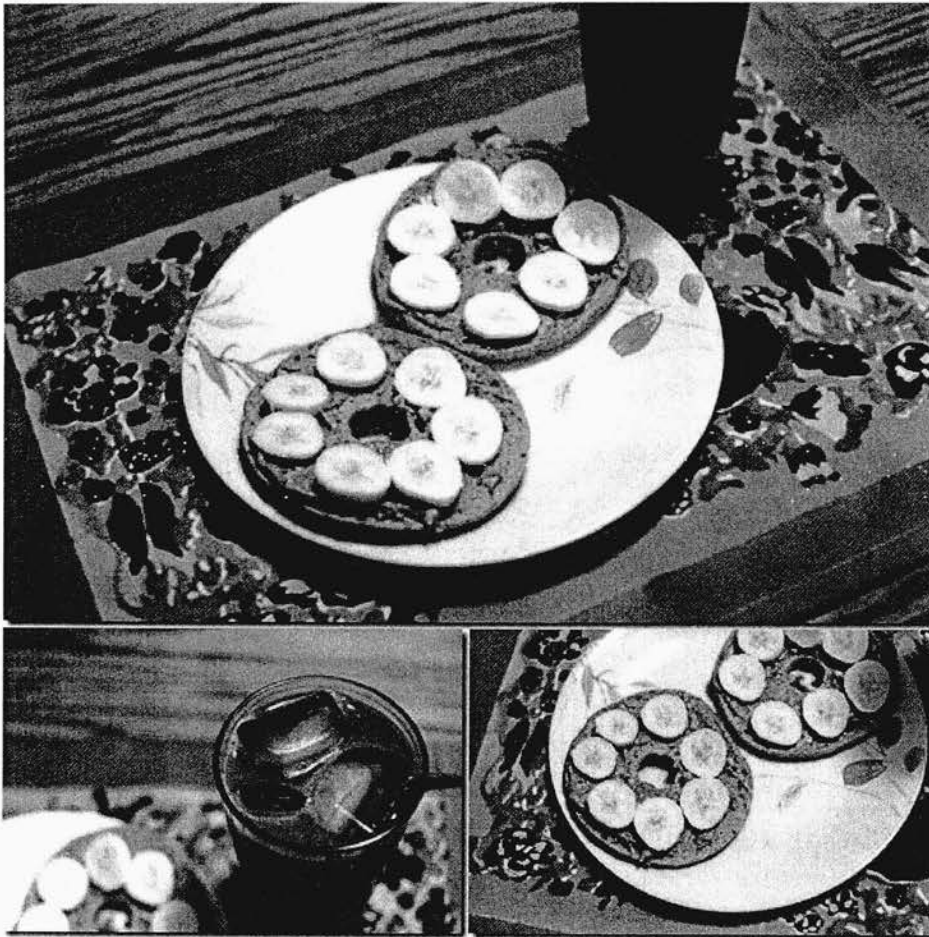
In the past, I've called it quits during a number of runs, but for good reason:

- I was sick.
- I felt a potential injury coming on.
- I felt serious pain.
- I felt lousy and never got into a groove.

What causes you to call it quits during a workout?

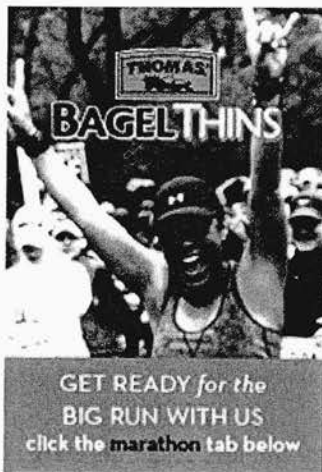
Breakfast

Once again, I craved peanut butter when I woke up this morning, so I made a Bagel Thin with peanut butter and banana slices. I also drank an iced coffee with soy milk. This is such a go-to breakfast for me.



My Morning Motivation

Check out [my guest post](#) on the Thomas Bagel Thins Facebook page!



A lot of my race training occurs first thing in the day because I am such a morning person. As soon as I wake up, I think: *carpe diem*. Just the thought of seizing the day (and, of course, eating breakfast) gets me right out of bed and ready to exercise. For me, it's important to start my day off on the right foot, so this post talks about how I start my mornings with race training in mind.

Question of the Day

There are two Questions of the Day today! Feel free to take a stab at both!

What causes you to call it quits during a workout?

If you're a morning exerciser, what motivates you to get out of bed?

P.S. I'm hosting a peanut butter giveaway over on [Trading Up Downtown!](#)

Tagged as: [running](#)

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Tricia [March 10, 2011 at 10:06 pm](#)

With my EARLY morning workouts, I always have a buddy that I am meeting or picking up, so I have to get up and go! For regular morning workouts, I feel like it's the best way to start my day. I always feel so good after!

[Reply](#)



Jordan [March 10, 2011 at 10:57 pm](#)

normally I am really good with working out... once I start (even if i am lazy at first), I end up pushing myself all the way (which is AWESOME!). the very few times i call it quits during a workout is when I am REALLY not feeling it. I still push myself to that 30 minute mark at least but I slow it down and take it easy.

[Reply](#)



Teague [March 11, 2011 at 4:58 am](#)

I LOVE working out in the morning. What motivates me is the fact that once i'm finished work at 6 pm I don't have to worry about going for a gym session or a run! I can literally go home, cook

dinner, and relax. That's enough motivation for me. Plus I live in Queensland, Australia and mornings are the only time it's cool in the summer!

[Reply](#)



Jennie @ Designed to be Fit March 11, 2011 at 7:40 am

I'll call it quits in a workout if I feel sick, injured or am just not getting enough out of it due to lack of energy. I was supposed to get up and run this morning before breakfast, but I woke up super hungry and knew a banana wasn't going to tide me over to have a successful run. So I didn't go, and plan to go this afternoon. I think the run will be much better when I have energy and am excited to do it!

[Reply](#)



Wendy March 11, 2011 at 9:58 am

I called off my workout on Wednesday because I had taken a very intense Boot Camp class on Monday, and did further injury to my quads on Tuesday in Pilates and what I thought was an easy treadmill session. Could barely walk down stairs by Tuesday night! Instead Wednesday was spent doing lots of stretching.

[Reply](#)



Catherine @ Running Beginners March 16, 2011 at 1:05 am

I haven't had an occasion to call it quits completely yet. Although a shocker of an early run on Monday morning I have called quits on heading out that early – 5am is just a bit too early for me – 5.30 is doable. 6 is perfect. So if I can't manage to get out for a run at that time I schedule it for later instead – in a effort to still get an outdoor run in. If that's not gonna work though I'll get up in the morning and just do it on the treadmill instead. I'm learning to give myself a bit of a break on it all sometimes though

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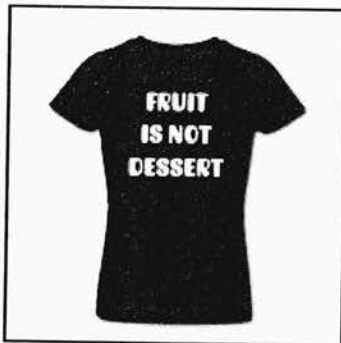
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The Race Shirt Debate – Healthy Tipping Point



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I'm Caitlin! Welcome to my little corner of the blogworld. Nice to meet you! :)

If you're here because of Marie Claire, please read [my response](#).

Ads by [foodbuzz](#)



• A Little About Me...

My name is Caitlin, and I'm 26 years old. I love running, delicious food, writing, friends, traveling, cold beer, and the great outdoors.

This blog documents my food and fitness habits as I strive to find balance in my busy life. In September 2009, I resigned from my corporate job to freelance and write a book based on my other blog. I live in Charlotte, North Carolina with my wonderful Husband (who is a Doctor of Oriental Medicine) and two dogs, Maggie and James.

• My Book



Thank you for your continued support of the Operation Beautiful movement. For more tips on how to lead a happy and healthy life, check out the book on [Barnes and Noble](#), [Borders](#), [Indie Bound](#), and [Amazon](#).

• Contact Me

Feel free to reach out at caitlinjboyle@gmail.com

• Sprint Tri Training Plan

I'm currently training for a sprint triathlon. Check out [my training plan](#) for a summary of my workouts.

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• Disclaimer

I'm not a Registered Dietitian (RD). For specific medical counseling, please contact a Registered Dietitian or your doctor. My blog posts are based on my own personal knowledge, experience, and opinions.

Thursday, March 10, 2011 at 01:17 PM

The Race Shirt Debate

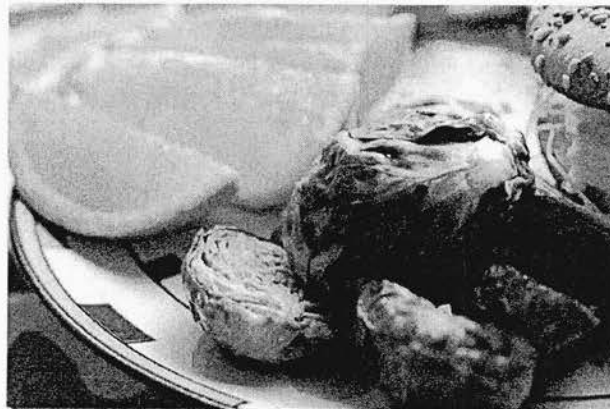
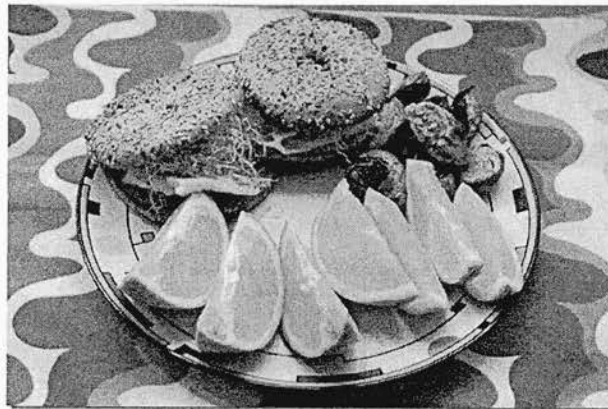
Thank goodness for running hats – I'm not sure if I would've survived today's 12 miler. It POURED the ENTIRE time (literally). That's 1:58:35 of being soaked to the bone. ☹

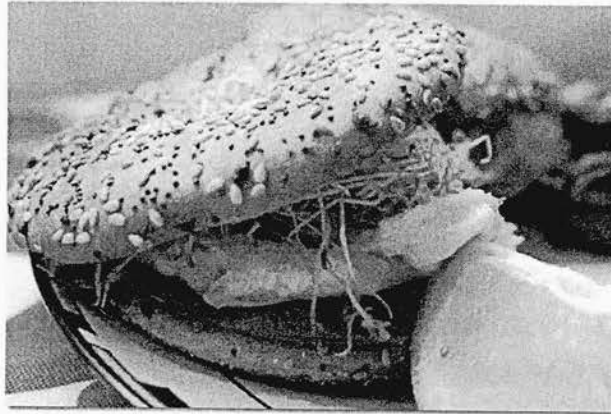


However, the rain wasn't so bad. It was a good distraction, and the miles just seemed to fly by. I'm getting hopeful that I'll be able to set a PR (under 1:58 for the Half) in my two upcoming Half Marathons on May 26 and April 2.



Post-run lunch was two Bagel Thins with egg and sprouts, a sliced orange, and Brussel sprouts.





It usually takes a while for my post-long run hunger to kick in fully, but I'm about to make a protein shake because I know how important it is to get calories in ASAP.

So, on my run, I was thinking about **race shirts**.



At most races, you get a free shirt as part of your entry fee. Now, the really sweet races will give you a technical tee (sweat-wicking), not just a plain cotton tee. I love race shirts, although they do really start to build up once you've done 32+ races.

People are very superstitious about race shirts, and (in my opinion), rightfully so. I don't think you should EVER wear a race shirt before or during the race. The only time I did this was during the OUC Half Marathon (I didn't have any long-sleeve tech tees and it was freezing), and it made me feel all weird the entire race. Like I was jinxing myself!



I feel like wearing the race shirt during the race is asking to twist your ankle or get runner's trots and be forced to drop out.

I was recently reading Runner's World and they said that you can wear OTHER race shirts to races, but you should never wear a race shirt that is more than one race distance above the current race. So, if you're running a 5K, don't wear an Ironman shirt or you look like a bragging douchebag. I don't really agree with the **one-race-up-rule**. Did they just come up with that for the article or is this a legit rule I don't know about?

I think race shirts are cool to wear to other races because **it starts conversation with other participants!** I love wearing my Disney Marathon shirt because people always come up to me and say, "I ran Disney too! But in 1995" and then we have an awesome conversation.

Oh, and if you don't want to wear your race shirts, you can always turn them into a quilt, like Meghann did! 😊 But you also need mad sewing skills.



So – what do you think?

- Do you wear the race shirt on the day of the race? Or are you superstitious like me and wait to finish before pulling it on?
- Do you think the one-race-up rule is a good rule or is Runner's World taking things too seriously?

Posted by: [Caitlin](#) 197 comments

Posted in: [All Posts](#)

197 Comments on "The Race Shirt Debate"

1. [#1 skinnyrunner](#)
on Mar 10th, 2011 at 1:20 pm

hahaha ive never heard any of this about superstitions and race shirts. i give almost all mine to goodwill. i honestly think you can run naked if you want and run a PR or twist an ankle. although not something id want to try....

[Reply]



Molly Reply:
March 10th, 2011 at 1:42 pm

I agree, I'd never heard about the race shirts, but I'm not superstitious. I kind of think the "don't brag with your shirt" rule is a little ridiculous. If you have run a marathon, and you're running a 5K, and you like the shirt, why not? I don't really think people pay that much attention to what t-shirt you're wearing.

[Reply]



Rebecca Reply:
March 10th, 2011 at 3:10 pm

I agree with Molly!

I don't race, but my dad does. As far as I know, he doesn't wear the race shirt the day of the race, but I don't think he's superstitious about it. He'll wear his previous race shirts, and he's got at least one shirt from the "club" he's in, but he doesn't seem to care about which shirt he's wearing to which race. The only real thing he worries about is the long-vs-short-sleeved thing, I think. And why should it matter? It's not like people don't go back and forth between which length of a race they run, right? Like, you don't focus on 5Ks for a year, then move up to 10s and Marathons and stuff after that. Who cares if you've done a Tri or a Marathon or even an Iron-Man (Dad's goal is to someday run at least a Half-IM!) and wear that shirt to a 5K? To me, it shows that you enjoy running, not that you're bragging. If you've done an IronMan and feel like doing a 5K and wearing your IM shirt, good for you! Impressive. You're not bragging, you're just letting people know how much you enjoy running.

Isn't this kind of a judgmental attitude to have? Aren't you kind of being negative toward others for worrying about the fact they're possibly bragging through their shirts? Maybe they like the shirt. Maybe it was the only clean one they had that day. There are lots of reasons. It shouldn't matter.

[Reply]

2. [#2 Ann @ Day by Day](#)
on Mar 10th, 2011 at 1:24 pm

I'm a new runner (only done 4 races so far and none over a 10-K), so I'm glad to know the "race shirt" superstition! I don't think I'd wear a shirt to the actual race, the same way I wouldn't wear a restaurant's T-shirt to eat at that restaurant. Once I finish (hopefully) my half marathon, I'll probably wear that shirt all the time just because I'll be so proud!

[Reply]



Rebecca Reply:
March 10th, 2011 at 3:13 pm

Why would you not wear a restaurant shirt to eat there? That's kind of like saying you wouldn't wear a band shirt the night of that band's concert...? Isn't it showing support? I sometimes wear my "staff" church shirts to church, because it shows I'm part of the team. Nothing bad has ever happened to me while wearing a church shirt to church, that I can remember.

[Reply]

3. [#3 Elizabeth@The Sweet Life](#)
on Mar 10th, 2011 at 1:25 pm

Your lunch looks gorgeous! Pouring here, too, sadly. I think race shirts are the best part of running!

[Reply]

4. [#4 Annette @ EnjoyYourHealthyLife](#)
on Mar 10th, 2011 at 1:25 pm

I never wear THE race shirt of race day either!! And I have never worn "higher up" shirts before.....but not because I wasn't trying to look better than others, just because I didn't pack it. I guess that makes sense though. haha. Love your lunch, and congrats on your run- i bet you'll PR in those races 😊

[Reply]

5. [#5 Beth @ Beth's Journey to Thin](#)
on Mar 10th, 2011 at 1:25 pm

Wow congrats on your run!! I can't believe you're doing two halves two weekends in a row! I inadvertently signed up for a 10 miler the

weekend after the National Half and I thought I was crazy! =)

[Reply]

6. [#6 Stacy @ Every Little Thing](#)
on Mar 10th, 2011 at 1:26 pm

Love that quilt! I'm not really a racer but I think it's valid, like not listening to the music of the artist you're about to go see in concert that day.

[Reply]



SaraRM Reply:
March 10th, 2011 at 2:01 pm

I have NEVER heard of not listening to the same music. I always jam out to the artist before a concert... Whats the reasoning behind that?

[Reply]



Stacy @ Every Little Thing Reply:
March 10th, 2011 at 2:04 pm

Just one of those superstitions I guess, so you don't get a bad show or under-appreciate the songs you're hearing. I see a LOT of concerts though (I've seen DMB 30 times, among other bands...) so maybe it's just for that reason?

[Reply]



Carly Reply:
March 10th, 2011 at 3:35 pm

We have the same superstition and NEVER listen to the band the day of the concert ☺



Johanna Reply:
March 10th, 2011 at 5:39 pm

I have the same superstition! I would also never wear a band shirt of the band I was seeing.

[Reply]

7. [#7 Mary \(Sisters Running the Kitchen\)](#)
on Mar 10th, 2011 at 1:26 pm

I <3 my race shirts. I never, ever wear the race shirt on the day of the race. It's kind of like going to a concert and wearing a t-shirt with the band on it. I think the one-race-up rule is debatable. I know that it has definitely crossed my mind when dressing for a race. I know I would feel a little weird wearing a boston shirt during a 5K.

[Reply]

8. [#8 Erica](#)
on Mar 10th, 2011 at 1:28 pm

I have heard not to wear the t-shirt for a specific race on THAT race day, and I never do. But as far as the one-upping thing, I think that's a little too much...I would totally wear my marathon shirt for a 5k. Not for bragging, but it makes me FEEL like a rockstar. Good motivation I think! I love the idea of the quilt! How cute is that?!

[Reply]

9. [#9 britt will be fit](#)
on Mar 10th, 2011 at 1:28 pm

after the race...got to earn it!

[Reply]

10. [#10 Alexa @ The Girl In Chucks](#)
on Mar 10th, 2011 at 1:29 pm

I agree...I never want to wear the race tee until after the race is over.

I don't know about the whole only wearing a race shirt that is one up from the current race distance thing though. I don't think it matters. I never see someone wearing a half or a full marathon tee and think to myself, "What a jerkface! He's rubbing my nose in the fact that I can only run a 5K!"...I think..."Huh. A race shirt."...and move on! ☺

[Reply]

11. [#11 Megan](#)
on Mar 10th, 2011 at 1:30 pm

Congrats on your run!

It really bugs me when people where race shirts to the race. Almost like they're jinxing me just by wearing them. I know a lot of people love to do it, but it's just something I'd never do. I do wear my race shirts like crazy afterward though. The technical tees I've gotten are some of the best. They're great to just throw on for easy runs and whatnot. I wish more races offered tech tees because I never wear them otherwise. I've heard of the one up rule. I wore a half marathon shirt to a 5K just the other day, so obviously I'm not strict on that one. There's a big difference between wearing an Ironman shirt to a 5K and a half marathon shirt to one. Although, this doesn't really bug me. I like seeing what people have accomplished and love seeing all the different levels that can have fun together at a race.

[Reply]

12. [#12 Marissa C](#)
on Mar 10th, 2011 at 1:30 pm

JUST picked up a race shirt for a triathlon Sunday-technical tee too!

I never wear the shirt to the race. I don't know why.

PS-check out weather.gov. INFINITELY better than weather.com and the others.

[Reply]

13. [#13 Angela @ Eat Spin Run Repeat](#)
on Mar 10th, 2011 at 1:31 pm

I don't normally wear my race shirts on the day of the race because they don't tend to fit that well. I have a really long torso so some shirts are wayyyy too short. I usually throw it on over top of a clean sports bra post-race though.

[Reply]

14. [#14 Emily](#)
on Mar 10th, 2011 at 1:31 pm

congrats on the strong, rainy 12!

i saw this runners world article too and totally don't agree! I'm with you, race shirts strike up conversations with other participants. One of my favorite race shirts to wear is from the Vermont City Marathon, one of my favorite races and my home state. It's crazy how far away I can get from VT and still meet people who ran the race or LOVE Vermont (as they should.) Also, I have almost no tech shirts from smaller distance races...most 5ks give away cotton things I would never run in. So if I want to race in a race shirt I HAVE to wear one more than one up (okay, maybe not really...but kind of.) Also, if you've done a marathon or an Ironman, I think you should be proud of it and wear your shirt wherever you want to! Okay, now I'm done. Usually I love Runners World...but this one got me heated.

[Reply]



Mary @ stylefyles Reply:
March 10th, 2011 at 2:43 pm

haha Emily I TOTALLY agree. Don't let others dictate what you can and can't wear! People who consider it bragging or probably just self-conscious. What a silly idea, to dress to please others. Yikes!

[Reply]



Ashley Reply:
March 10th, 2011 at 2:53 pm

No kidding! I thought that article was ridiculous. Most shorter races have crappy cotton shirts. The longer distances give out technical shirts more often.

Besides, it's not bragging IF YOU'VE DONE IT.

[Reply]

15. #15 Beth
on Mar 10th, 2011 at 1:31 pm

I think it's definitely uncool to wear the race shirt before you finish the race! I think I've actually fussed at friends for doing it. I don't have any race shirts I love, so I haven't worn any to other races. But I do wear them around.

[Reply]

16. #16 Therese
on Mar 10th, 2011 at 1:32 pm

I'm not a fan of wearing my shirt on race day either. I don't feel I've earned it yet until I finished.

I ran a different race shirt during my first half though, I really didn't give the distance a second thought although it was a 10k. I don't know if I really have an opinion on that though, I figure whatever shirt works is what I should go for!

[Reply]

17. #17 Kristina @ spabettie
on Mar 10th, 2011 at 1:32 pm

I never wear the race shirt DURING the race, but I usually put it on after and wear it the rest of the day, or the next day! I think I have been guilty of wearing an 18k during a 5k... oops!

[Reply]

18. #18 Kayla
on Mar 10th, 2011 at 1:33 pm

Way to go on the 12-miler! In the rain! I have my first DOUBLE DIGIT run planned this weekend... EEK!

I never wear race shirts to races. I don't want to brag (and I think the Runners World rule is perfect), and I don't like how most of them (the cotton T-shirts) feel for racing or working out. I wear them to do other workouts or to other random events or out and about, hoping someone will notice and strike up that conversation, etc. I hope one day to make something out of all of them...maybe a quilt or a banner to hang on the wall is the right idea. ☺

[Reply]

19. #19 Brie @ Brie Fit
on Mar 10th, 2011 at 1:39 pm

I don't wear the race shirt on the race day, but it's less about superstition and more about "I don't want people to think I'm dorky and super-duper excited for my first X distance race!"

I'm the jerk who wears my marathon and half marathon shirts to 5Ks. I'm too cheap to buy other workout clothing, and I'm proud of myself! I've done this a few times, and it's actually kind of fun because people doing their first 5K will be like, "wow, a half marathon!" and then ask me about it and I usually encourage them to train for one.

I also am the annoying person in races who sees people wearing shirts from races I personally want to run and trots up to them and asks for a full review. I did this twice in my last half. Oops.

[Reply]

20. [#20 Tonyne @ Unlikely Success Story](#)
on Mar 10th, 2011 at 1:39 pm

No way. Don't wear the race tee shirt to the race and don't wear the concert tee shirt to the concert.

[Reply]



[Lauren @ Sassy Molassy](#) Reply:
March 10th, 2011 at 1:42 pm

I said the same thing about the concert tshirt before seeing your comment. It feels so nerdy to me when I see others wearing the concert shirt AT the concert!

[Reply]



[Clare](#) Reply:
March 10th, 2011 at 1:56 pm

I said the same thing, and I thought I was so witty. 😊
Doesn't everyone know that rule? Hopefully we've helped some people out.

[Reply]



[Jessica](#) Reply:
March 10th, 2011 at 2:45 pm

I was totally going to comment the same thing! 😊



[Johanna](#) Reply:
March 10th, 2011 at 5:44 pm

I definitely agree, and it includes shirts from the band's previous tours 😊

[Reply]



[Tonyne @ Unlikely Success Story](#) Reply:
March 10th, 2011 at 6:22 pm

YES! I would avoid wearing the band that you are seeing in concert's tee shirts entirely. Bad call. 😊

[Reply]

21. [#21 Ash @ Good Taste Healthy Me](#)
on Mar 10th, 2011 at 1:40 pm

You're a trooper! Running in the rain? Not my cup of tea haha.

Not a huge runner but I can see the superstition. I also think, who cares what you wear? Everyone is there for their own reasons. If you want to wear a triathlon shirt, go for it. It wouldn't bother me. But everyone is different.

[Reply]

22. [#22 Lauren @ Sassy Molassy](#)
on Mar 10th, 2011 at 1:41 pm

For me, I've stopped buying the extra race shirt if they have the option to just pay for the race. I've had too many ugly race shirts that I've just donated to goodwill so now I only take them if they're included. I never wear a race shirt during a race and definitely wouldn't wear the race shirt during that race just because I think it's kind of like wearing a concert shirt of your favorite artist DURING the concert. It just feels nerdy to me and maybe a bit superstitious for a marathon day. But that's just me. I know everyone has their own reasons for wearing what they do on race day. 😊

[Reply]

23. [#23 Ali @ Ali Runs](#)
on Mar 10th, 2011 at 1:41 pm

I would never wear a shirt from the actual race I'm running in during that race. It is definitely a superstitious thing, but it also used to annoy me when people would do that at track meets in high school. I'm not even sure why, I just felt like it was bragging.

And the one race up rule I definitely broke the other day. I ran in a 10 mile race and wore my marathon long sleeve wicking shirt. In my defense though, I don't have as much cold weather running gear as I should and it was the only thing clean. But I definitely see how that could also be kind of obnoxious.

[Reply]

24. [#24 Caitie @ The Caitie Experiment](#)
on Mar 10th, 2011 at 1:41 pm

My coworker and I are running a 5k this weekend and had this debate last night after we picked up our packets and shirts! I am definitely NOT a fan of wearing the shirt either before or during the actual race — for the same superstitious reason you are! I feel like if I wear it before, it's like daring Fate to say, "oh so you're running this race, huh? NICE TRY!" and gift me with mono or a broken toe or something. I'd rather not tempt it!

Sparkly shamrock tattoos on the other hand... 😊

[Reply]

25. [#25 Ali](#)
on Mar 10th, 2011 at 1:42 pm

Few things:

1. I have the same hat 😊
2. I NEVER wear the race shirt at a race except for the Tufts 10K because everyone does during that race.
3. I don't know if I agree 100% with the one-race-up rule. But I will say that I ran I 5k last April and there was a lady there in HEAD TO TOE Boston marathon gear and everyone was talking crap about her. So, I can see where it can be "douchbag-ish".

Oh and I heart you 😊

[Reply]

26. [#26 Kayla](#)
on Mar 10th, 2011 at 1:42 pm

I think that you should wear the shirt at a fundraising or charity run. Sometimes we get so concerned about our race time and PRs that we forget that many of these races are raising funds for important causes. For instance, the Canadian Cancer Society has its annual Run for a Cure. This run is about more than just completing 5K, it's about supporting people battling cancer. I think wearing the shirt builds up the feeling of support and community on race day.

This is just my opinion about charity runs in particular.

[Reply]



Jessica @ Fit Chick Wannabe Reply:
March 10th, 2011 at 2:04 pm

I feel the same way. I almost always run 5Ks that are for charity, and it seems that everyone there wears the Tshirt while doing the race. I feel awkward NOT wearing it.

PS I didn't even know about these superstitions.

[Reply]

27. #27 Julia
on Mar 10th, 2011 at 1:43 pm

I think you can wear whatever t-shirt you want! I mean...sometimes I don't do laundry for a while, and I don't really have a choice what shirt I'm wearing for a race! Plus, maybe if you're wearing an Ironman shirt to a 5K, you're one of those people who run 16 min 5ks, in which case you should be able to brag a little bit!
I've worn race shirts to the race before, but I don't most of the time, because I like to run in tank tops.

[Reply]

28. #28 Jess
on Mar 10th, 2011 at 1:43 pm

Grrreat run! ☺

I adhere to superstition pretty much only in this area—you haven't FINISHED the race, why wear the FINISHER'S t-shirt??

I once ran a 5k in my Disney marathon shirt. Oops. ☺ I don't think it's a problem at all. RW is being silly.

[Reply]



Jessica @ Fit Chick Wannabe Reply:
March 10th, 2011 at 2:07 pm

I thought that they were T-shirts for participating. If it were a "finisher's" T-shirt, wouldn't they give it to you at the end of the race? Like they do with a finisher's medal?

[Reply]



Jess Reply:
March 10th, 2011 at 2:32 pm

Hmm, you're right. Still, you haven't participated yet... ☺

And if I didn't finish the race, I wouldn't wear the shirt. I'd feel as though I was lying.

[Reply]



Mary @ stylefiles Reply:
March 10th, 2011 at 2:41 pm

I thought the shirt was part of your fee. If I pay \$80 to run a race but get injured and can't run (or defer a year) you can bet I'm going to collect my tee and wear it whenever I feel like it.

Everyone is over-thinking this way too much. It's a tee shirt! It's not false advertising to wear, even if you couldn't finish, or didn't run at all. Ai yai yai!



Heather Reply:

March 10th, 2011 at 4:52 pm

what about people who volunteer for races and get the same shirts as the runners? Racing is a lot about the COMMUNITY aspect too – especially races that are fundraisers for a cause.

If I am injured or just not advanced in my training or ANY REASON, really, -even if i just don't WANT TO- not to be able to participate in a race, and it's benefiting a cause I care about- especially in my community- shouldnt I want to help promote and advertise the race even if I didn't run?



Jess Reply:

March 10th, 2011 at 4:57 pm

Sure, Volunteers worked HARD at the race! They deserve the shirts, too! I organized a 5k last year and my coworkers and I proudly wear the shirts we designed for our racers. Organizing the race was much harder work than running a 5k...

I *personally* feel that if I didn't earn it—even if I trained and then was injured—I would feel wrong. But YOU can wear WHATEVER you want to. 😊



Rebecca Reply:

March 10th, 2011 at 8:44 pm

I have to agree with Heather on the volunteer thing. I have a shirt from a 5K that was in memory of a girl from church who died a couple of years ago. It's a different color from the runners' shirts, and says "VOLUNTEER" on the back, but it's the same logo on the front, and I love it. I wasn't expecting to get a shirt; they handed it to me and I was like, "Oh. Sweet! 😊"



Mary @ stylefiles Reply:

March 10th, 2011 at 9:04 pm

Oh! Also, sometimes I wear my boyfriend's thrift store tees, that have logos from races that I didn't even run in! I even have one that is from some gymnastics tournament, and I don't even do gymnastics! And sometimes I wear my Mo Williams Cavs shirt, even though I'm not Mo Williams, and I don't play for the Cavs. Come to think of it, neither does he.....(tear).

I guess my entire tee shirt existence is a sham!

[Reply]



Clare Reply:

March 10th, 2011 at 9:41 pm

When my students wear a jersey I always do the same thing to them (which some find uber lame and some find funny). If they're wearing say a Carmelo Anthony jersey or something I like to exclaim, "look it's Carmelo Anthony! Oh wait, it's just you." Please note I work with high school boys from NYC, so they can handle it and I'm not a total a-hole. Most of the time.

29. #29 Kara

on Mar 10th, 2011 at 1:44 pm

I don't wear the race shirt that day because I hate that "new shirt" smell and I need to wash it first.

I don't care about the "one race up" rule. After I do my 50K in June, I will wear that shirt at every 5K I do from now on 😊

Although when I did a half marathon I saw a guy in an Ironman shirt walking at like mile 3. I almost yelled at him to keep going, just to honor his shirt, you know? So maybe the rule should be that you have to perform at the level of your shirt. 😊

[Reply]

30. [#30 The Chick](#)
on Mar 10th, 2011 at 1:44 pm

I'm not planning on wearing a shirt till I run the race. I have one exception to this.

I didn't run the Jingle Bell Dash in 1999 – my Dad did, and it was after that race we found out his Dad/my grandfather had just died. My dad didn't want the shirt because of the date on it but I wear that 12 year old shirt any time I need a little extra inspiration or love on a run.

[Reply]



Caitlin Reply:
March 11th, 2011 at 10:16 pm

<3 What a lovely memory to keep - a positive memento of someone's life.

[Reply]

31. [#31 Amy](#)
on Mar 10th, 2011 at 1:44 pm

I agree that some people can give off an "air of douche-bag-ness" at races, but I think that's more based on the attitude they give off and less on the race shirt they're wearing. Personally, I ran a marathon and it was a HUGE struggle and thus, a HUGE accomplishment for me. Therefore, I feel like I deserve the right to "brag" with my shirts—hello, I RAN A MARATHON! ☺ I am proud of myself!

[Reply]

32. [#32 jen @ taste life](#)
on Mar 10th, 2011 at 1:46 pm

I only own two race shirts, one cotton, one sweat-wicking, so I'm not sure I have too much to say about this. I wouldn't wear the race shirt during the race, because I haven't raced it yet! But I don't think it matters what the mileage was on the shirt you were wearing if you wore a previous race shirt. Who cares?

[Reply]

33. [#33 Michelle \(The Runner's Plate\)](#)
on Mar 10th, 2011 at 1:46 pm

I always think it is weird when people wear the race day shirt to the race. Maybe I'm just an elitist.

[Reply]

34. [#34 lauren](#)
on Mar 10th, 2011 at 1:50 pm

I don't wear them prior to or on race day, but have worn other race shirts (tech) during a race.

[Reply]

35. [#35 chelsey @ clean eating chelsey](#)
on Mar 10th, 2011 at 1:50 pm

I would never wear a race shirt during a race – no way!!! That is totally asking for something bad to happen!

[Reply]

36. [#36 Holly @ Couch Potato Athlete](#)
on Mar 10th, 2011 at 1:50 pm

I have never worn the race shirt at the race because I like to wear my old running stuff— clothes that I know won't chafe! And many of the races I have been in give me my shirt after the race, not at packet pick up.

The one-up rule is hilarious. I have never heard that before!

[Reply]

37. [#37 Amanda- The Nutritionist Reviews](#)
on Mar 10th, 2011 at 1:51 pm

Turning them into a quilt would be awesome. I usually wear my race shirts to bed.

[Reply]

38. [#38 Amy](#)
on Mar 10th, 2011 at 1:51 pm

LOL. There is one race I do every year (in fact the only race I do every year) (it's the Women's Four Miler in Charlottesville, VA, represent!) where EVERYONE wears the race shirt to the race. It's probably because it's mostly made up of non-"serious" runners, but man, I love it. I would be a total dork at any other race offering a tech tee, and I don't care who knows it.

[Reply]

39. [#39 Theresa @ActiveEggplant](#)
on Mar 10th, 2011 at 1:51 pm

12 miles in the rain? I don't think I could have suffered through that!

I never wear race shirts during the race I got it for-instead I wear it afterwards. As for the "one up" rule, I don't think it matters – show-off or not, I think it's a good conversation started and maybe even a motivator (think if I could run THAT race, I can make it through THIS race no problem).

My problem is that I never ever wear cotton race t-shirts, and rarely even wear short sleeve tech shirts! They just don't look right on me (I rarely wear t-shirts to begin with) so I usually take a picture of the logo and then donate the shirts! Long sleeve shirts are different though – I save those for handfull of cold days we get here in FL!

[Reply]

40. [#40 Clare](#)
on Mar 10th, 2011 at 1:52 pm

I think wearing the race shirt during the race is kinda lame (especially when it's not a tech tee, who can run in cotton? Crazy). I compare it to going to a concert and wearing a shirt of the band you're seeing. Lame.

I've never heard the one up thing, and I've definitely been "that guy" I realize now. But I agree with you, I wore my Disney marathon shirt to a race in NYC and made a friend.

[Reply]



Zulkey Reply:
March 10th, 2011 at 2:25 pm

I feel pretty lame now ☹️

[Reply]



Rebecca Reply:
March 10th, 2011 at 3:21 pm

Yeah. If I were going to a concert of a band I enjoy and had a band tee, I'd totally wear the tee. My sister went to a Superchick concert a few years ago and bought me a tee, and you can bet that if I ever go to a Superchick concert, I am WEARING that shirt.

[Reply]



Amy Reply:

March 10th, 2011 at 3:52 pm

Seriously, me too. People are overthinking this way too much. I don't care if someone thinks I'm "lame" for wearing a particular shirt to a particular race – get over yourselves!



Rebecca Reply:

March 10th, 2011 at 8:41 pm

Come to think of it, I saw Superchick at Sonshine (got there right at the beginning of their set), and I think I was wearing the shirt... ☺

And my dad says he follows those rules, but he doesn't know the reason behind said rules. He read them in the "humorous" running books written by the editor of Runner's World.

Personally, I think it's dumb. If I ever take up running, I'm probably going to say "Screw the [unwritten] rules. I'm wearing whatever I want to a race." Who cares? I'm not superstitious; doesn't matter to me.

41. #41 Legs

on Mar 10th, 2011 at 1:53 pm

I've never heard about this superstition before. Mind you I am NOT a serious runner, but in the last year or so I've done about 10 races. I've worn the race shirts on the day of the race without thought on several occasions. For instance, I ran a Christmas race and they gave us great red shirts and jingle bells for our shoes. Since I don't own many workout tops I was happy to wear the themed shirt for the run. I felt the same way at a St. Patrick's day race (green shirt w/ shamrock) and a race to end breast cancer (great pink technical shirt). The only time I felt weird about a shirt was when I bought a "Finisher" shirt before my first half marathon in Disney World. I didn't wear it to race in but I was still so worried that I wouldn't finish the race and then I would be stuck with a finisher t-shirt. I ended up making it through and now it's my favorite shirt. I wear it all the time to yoga! ☺

[Reply]

42. #42 megan

on Mar 10th, 2011 at 1:53 pm

I never wear the shirt to the race, bc I know so many other people will and I don't want to be dressed the same! And I think the one-up rule is ridiculous. Be proud of your distances!

[Reply]

43. #43 Melissa

on Mar 10th, 2011 at 1:53 pm

Congrats on a great run!

Great topics today, too ☺ I don't wear race t-shirts until after the race for all of the reasons described. Never thought about the "one up" rule and could see it going both ways...inspirational to be running your 1st 5K and see someone in a marathon shirt..."hey that could be me some day"...wearing a marathon race t-shirt at a family fun run...I would feel self conscious. Sometimes I will wear my half or full marathon shirts when I'm going out for a tough run to remind myself that I CAN do it!

[Reply]



Caitlin Reply:

March 11th, 2011 at 10:15 pm

I agree, I would be more INSPIRED than INTIMIDATED by someone else's race shirt, but everyone is different!

[Reply]

44. #44 Katy (The Singing Runner)

on Mar 10th, 2011 at 1:55 pm

I never wear a race shirt before or during the actual race. I just think it's stupid (unless you have a legit reason like you did!). I'm not sure if I agree with the "one up" rule. If I have a certain race shirt that makes me feel better, than I'm going to race in it. For instance, if I run a 5K, but I want to wear my Disney 1/2 shirt, then I'm going to wear it!

[Reply]

45. [#45 Liz](#)
on Mar 10th, 2011 at 1:55 pm

I definitely don't wear the race shirt on race day. Last year I trained for the National Marathon and got a stress fracture a few weeks before. I decided to pick up the race shirt and packet anyways since I paid so much money and it was too late to get any money back. But I didn't let myself wear it until I completed another marathon. Truth be told, I still feel a little weird/bad about wearing it, but I did all the training!

[Reply]

46. [#46 Roberta](#)
on Mar 10th, 2011 at 1:55 pm

You have to earn the shirt before you wear it!!

[Reply]



Caitlin Reply:
March 11th, 2011 at 10:15 pm

Love it. I agree!

[Reply]

47. [#47 Michelle](#)
on Mar 10th, 2011 at 1:56 pm

I think Runner's world is being a little too serious. Half the time I don't even think about what shirt i'm pulling out of the closet. And i've never thought twice about what anyone else was wearing.

I do sometimes think that wearing the shirt of the race you're running is a bit like wearing the t-shirt of the band you're seeing. Fine on other people but feels weird to me. ☺

[Reply]

48. [#48 Carolyn](#)
on Mar 10th, 2011 at 1:56 pm

What brand of running hat is that you wear? I like how reflective it is. Just wondering if it's still on the market.

Thanks!

[Reply]

49. [#49 Carolyn @Eat Well. Live Well. Be Well.](#)
on Mar 10th, 2011 at 1:56 pm

I never wear a race shirt on race day unless it is possible from a previous year. Why would I need to? I have a huge stock pile of other shirts from lots of other races.

[Reply]

50. [#50 Lauren](#)
on Mar 10th, 2011 at 1:56 pm

I don't wear the shirt before/during the race, but my last half, they gave us our shirts at the end of the race – which was kinda annoying because they were running out of sizes when I picked mine up.

My friend's family has SO many shirts because all of them run (marathons, cross country, track), so they have quite a few quilts now from all the t-shirts. They're pretty cool quilts!

[Reply]

51. [#51 Samantha @ Health, Happiness & Skinny Jeans](#)
on Mar 10th, 2011 at 1:56 pm

Personally I think if you trained for and ran a race, whether it be a 5k or Ironman, then you earned the right to brag! Its an accomplishment and you should be proud to show it off.

Now running the race with your finishers medal is another story.... 😊

[Reply]

52. [#52 Julie \(A Case of the Runs\)](#)
on Mar 10th, 2011 at 1:59 pm

I might have violated that one-race-up rule without knowing. I rely on my race shirts for working out in general because I don't buy any other shirts too often.

[Reply]

53. [#53 Ashley @ Feeding Ashley](#)
on Mar 10th, 2011 at 2:02 pm

Bahaha "So, if you're running a 5K, don't wear an Ironman shirt or you look like a bragging douchebag." I haven't had the privledge of earning a race shirt yet, but I can imagine they would build up after awhile. I like the quilt idea, and I'm sure you could make other stuff. I hate regular tees so I would probably never even wear the shirt.

[Reply]

54. [#54 faith @ gracefulfitness](#)
on Mar 10th, 2011 at 2:03 pm

During the year that I lived in Peru I took part in 3 or 4 races, including a marathon, and everyone but me wore their shirts for the race. I was too nervous about wearing something new for a race but it was kind of cool to see all of these runners in matching tops!

[Reply]

55. [#55 Amber from Girl with the Red Hair](#)
on Mar 10th, 2011 at 2:04 pm

I have a couple race shirts that I love (both from half-marathons) and wear a lot, a lot. Then I have two race shirts that I NEVER wear for running and only for lounging (they are both technical tees too, but both races hold a special place in my heart and I don't want them to get stinky. hehe)

Also, when I did my first marathon (Portland) in October it POURED RAIN the entire time. 4:45 of being SOAKED. At the end of the race water was squishing out of the mesh in my shoes and my hands were wrinkly like I'd just had a bath!!

[Reply]

56. [#56 Maggie](#)
on Mar 10th, 2011 at 2:07 pm

I definitely don't think you should wear a race's shirt during the race, it just seems weird, like you haven't earned it (which I know sounds stupid). My snobby-runner father says that only inexperienced runners wear a race's shirt during the race, but he likes when people wear old race shirts from the same race they're running.

As for the distances, it doesn't really bother me. I tend to think people don't have bad intentions about that type of stuff. Maybe the shirt is lucky or that's all they have clean or they're coming back from injury and trying to give themselves some inspiration.

[Reply]

57. [#57 Lindsay](#)
on Mar 10th, 2011 at 2:13 pm

I have a different race shirt issue – i have a few awesome race shirts from my TNT staff days from races I did not run, but I worked at...they would give us the extra shirts sometimes. I ALWAYS feel weird wearing them and I feel like its a big no, no, but they are really great wicking shirts and so sometimes I just wear them anyway...ok, confession is done 😊

[Reply]

58. #58 Mary
on Mar 10th, 2011 at 2:13 pm

Agreed! I think you should never wear your race shirt the day of the race... it's like asking for lightning to strike you or something.

[Reply]

59. #59 kalin
on Mar 10th, 2011 at 2:14 pm

I wore one for a holiday race because we were dressing up (you can see the outfit here <http://wp.me/pB8Kq-Ll>) and none of my other shirts worked well for a Christmas-y race-I needed to match my Mrs Claus apron!

I was def not the only runner there in my race shirt-I think a lot of people were lacking in holiday running attire but wanted to be festive ☺

[Reply]

60. #60 SaraRM
on Mar 10th, 2011 at 2:18 pm

I don't ever wear the race shirt on race day, but never thought of it being superstitious. I have no problem with people wearing other race shirts if that's what they want to do but also agree that it is a good conversation starter, I've done that several times....

[Reply]

61. #61 the veg meg
on Mar 10th, 2011 at 2:20 pm

I try them on after I pick my packet up, because it seems my race shirts will always be too big (I may start ordering youth sizes if they have them), but I won't wear the race shirt to the race... my husband, on the other hand, MUST wear the race shirt to the race. Makes it difficult to keep track of him..

[Reply]

62. #62 Zulkey
on Mar 10th, 2011 at 2:20 pm

Oh my. I feel like such a yokel. I guess I thought it makes perfect sense to wear your race shirt on race day—it helps you feel like it's more of a communal experience, plus then you're secretly bragging about what you did when you go out to brunch later.

[Reply]

63. #63 Cristina
on Mar 10th, 2011 at 2:22 pm

I agree about not wearing the race shirt during the race you got it for. More so because you look like a newbie :p

However I think the one-race-up rule is silly. If your most comfortable/luckiest shirt happens to be from an Ironman, and you want to wear it during a 5k, so be it.

[Reply]

64. #64 Laura H.
on Mar 10th, 2011 at 2:24 pm

I read that RW article, too! For some reason, I was taught that it isn't "cool" to wear the race shirt on the actual day of the race because it labels you a "newb" in the running community. Usually I will wear another shirt of my own – usually a non-race shirt. As far as wearing other shirts to races, I think it is a little tacky to wear an ultramarathon or Ironman shirt to a fun run. You'd have to think that those people participate in enough races to have a stack of shirts that they could wear instead. And I think it just makes the other people feel bad / consider the shirt-wearer kind of a douche.

[Reply]

65. #65 delia
on Mar 10th, 2011 at 2:26 pm

I've never worn a race shirt on the day of that actual race, but I can see how you might be compelled to if you were picking up your packet that morning and didn't have time to stash it in your car or something. I've also never made the distinction of the length of the race advertised on the shirt to align with the length of the race I was running at the time although I guess it's rarely an issue anymore because I mainly run half marathons now.

I LOVE my race shirts, even the cotton ones. They bring back nice memories, and as a result, I never have to buy workout shirts!

[Reply]

66. #66 Zulkey
on Mar 10th, 2011 at 2:26 pm

I need to quit reading the comments on this post—they're giving me a complex! I never realized that there's such an air of elitism to running. I never cared about looking like a newbie—I was just proud of myself for being there.

[Reply]



Jess Reply:
March 10th, 2011 at 2:44 pm

Aaaw I'm sorry...you SHOULD be proud of yourself for being there! You ARE being awesome and if you don't have the same silly superstitions the rest of us have, actually way more power to you. ☺ <3

[Reply]



Zulkey Reply:
March 10th, 2011 at 2:45 pm

aw thanks. I am being whiny partially because I had a bad last few weeks of running and was not feeling it—today I did a nice slow 4 miles and was like "I'm back!" and then let myself feel all sorry for myself. I'll keep coming back for the inspiration/aspiration.

[Reply]



Caitlin Reply:
March 10th, 2011 at 9:54 pm

Way to go ☺ You're doing great. Plus, remember everyone ebbs and flows!



Amy Reply:
March 10th, 2011 at 3:55 pm

Me too! I can't believe some of the snobbish, elitist attitudes coming out on this thread. It's ridiculous.

[Reply]



Kayla Reply:
March 10th, 2011 at 4:01 pm

I'm glad that I'm not the only one getting super annoyed at these comments. I cannot believe how snobby and elitist they are. I thought the running community was about being healthy and active, not about being this judgemental.

[Reply]



Amy Reply:

March 10th, 2011 at 4:04 pm

I know, right? God forbid I wear the wrong thing on race day. People might snicker at me behind my back! I'd be outed as a – gasp – NEW RUNNER!!



Heather Reply:

March 10th, 2011 at 8:53 pm

AGREED – Reading the comments, I had no idea it was so “lame” and “stupid” to wear a certain article of clothing! Ridiculous.

[Reply]



SaraRM Reply:

March 10th, 2011 at 9:10 pm

Ok ZULKEY and to any other new runners do not take this to heart... High five for wanting to run, trying to run and DOING IT! Do not let this silly thing make you feel bad about yourself. You should definitely be proud no matter what you are wearing!

[Reply]



Caitlin Reply:

March 10th, 2011 at 9:53 pm

I agree – guys, it's just a fun debate about whether your superstitious about wearing race shirts on race day! No one is saying (well, I certainly am not) that people are stupid if they do. It's just a fun little discussion about runner's quirks.

[Reply]

67. #67 Susan
on Mar 10th, 2011 at 2:27 pm

I don't wear the race shirt on the day of the race because I follow the rule “Don't do anything new on race day” and that includes wearing something I haven't worn before.

For races, I tend to wear non-race shirts or if I've done the race before, I'll wear a shirt from a previous year.

[Reply]

68. #68 cindylu
on Mar 10th, 2011 at 2:29 pm

I change in to my race shirt, tech tee or t-shirt, immediately after the race. The feel of a dry tee is so, so nice.

I'm not superstitious about it, but wearing a NEW tee goes against a common sense and well-known racing rule, “nothing new on race day!”

I think wearing a race t-shirt or tech tee at the race is a little corny. It's like driving to a concert and hearing the car next to you play the band you're going to see.

[Reply]



Rebecca Reply:

March 10th, 2011 at 3:26 pm

It's like driving to a concert and hearing the car next to you play the band you're going to see.

I would LOVE for this to happen. I'd take it as a positive. It'd just get me MORE excited for the concert.
But maybe that's just me.

[Reply]

69. [#69 Laura @ Sprint 2 the Table](#)
on Mar 10th, 2011 at 2:30 pm

12 miles in the rain = super impressive!

I keep all my shirts, but never wear them on race day. My mom had a quilt made of a bunch of them... but now I'm ready for quilt #2 and 3!

...Then I start thinking "what am I going to do when I have 10 quilts?!"

[Reply]

70. [#70 Jill](#)
on Mar 10th, 2011 at 2:37 pm

Never ever ever would I wear a race t-shirt on the day of the actual race unless it was absolutely necessary (and I cannot think of what would make it absolutely necessary since I have every variety of running shirt out there). It would jinx the race. Also it is a little like wearing a concert t-shirt to the same concert you are attending and everybody knows that is against the rules.

As to the Runners World article, when would it not be considered bragging to wear the iron man t-shirt. I say brag it up, wear it, you earned it, whether its a 5k or an ultra marathon.

[Reply]

71. [#71 Heidi](#)
on Mar 10th, 2011 at 2:37 pm

I've haven't heard of these superstitions either, but I've never worn any of the shirts BEFORE race day. I've only done races in Chicago and wear my shirt on race day and most other people here seem to as well. During the Turkey Trot last year they gave us hideous yellow and orange shirts and it was a sea of neon colors running down the road!

[Reply]



Zulkey Reply:
March 10th, 2011 at 2:46 pm

I loved those shirts! I have a picture of my husband and me wearing them and we look like a couple of dorks.

[Reply]

72. [#72 Maren](#)
on Mar 10th, 2011 at 2:41 pm

I love your hat!! I've never thought about that, but I don't really race that often! I do have a shirt that my sister got from Grandma's Marathon in Duluth, MN and it doesn't fit her so I've been wearing it on all of my long runs this winter!! I usually wear clothes over it, but it's the only long-sleeve tech tee I own!

[Reply]

73. [#73 linny](#)
on Mar 10th, 2011 at 2:42 pm

I've run dozens of races and strangely am not familiar with the race shirt superstition. I don't have any race day rituals. I've found that no matter how much I prepare and train, I cannot predict how the run or race will turn out.

I don't wear or even save my race day shirts because I'm super petite. I wear a XXS women's and unless it's a women's only race they don't provide women's sizes. Even then the shirts are too big. I don't like bulky, billowing clothes when I'm running.

Thanks for the post. I'll have to check into the race shirt superstition now. 😊

[Reply]

74. [#74 Emily](#)
on Mar 10th, 2011 at 2:44 pm

I would wear another race's tee but never the one of the race I'm in. I also would probably stick to the type of race I'm running, but I'm also only a 5k girl thus far so the selection is pretty limited 😊

[Reply]

75. [#75 Jen](#)
on Mar 10th, 2011 at 2:44 pm

Never ran a race so I can't comment on the race shirts, but your lunch looks absolutely delicious!!!!

[Reply]

76. [#76 Rachel](#)
on Mar 10th, 2011 at 2:45 pm

Haha NEVER heard about this. I always wear the race shirt for the race I'm currently running!

[Reply]

77. [#77 Rachel @ Grateful Girl Goes Gluten Free](#)
on Mar 10th, 2011 at 2:45 pm

Awesome 12 miler! I've never thought about race shirts, but I totally understand don't be a douchebag rule.

[Reply]

78. [#78 Mary @ stylefyles](#)
on Mar 10th, 2011 at 2:46 pm

Starting now, I'm going to wear my race tee shirt to the race every single time I run. If you see a red headed chic doing this, come over and say hi. I'm Mary. There can't be that many red heads out there all committing the same runner's faux pas, can there?

I'll report back with any injuries acquired while doing so 😊

[Reply]



Caitlin Reply:
March 11th, 2011 at 6:27 pm

Heehheh love this comment.

[Reply]

79. [#79 Courtney Leigh](#)
on Mar 10th, 2011 at 2:52 pm

My first race, a Komen, I wore my shirt and so did thousands of others. I haven't raced in one since then, but I did wear one, a long sleeved tee, the morning of a race because it was chilly. I never considered it bad luck and didn't even know that some people did until today. I think if I run a race again that hands out tech shirts I might do it.

I think the attitude of the shirt wearer is more important than the one level up rule. If you have an I'm better than this race attitude its going to show even if you wear a 5k shirt to a half marathon.

[Reply]

80. [#80 Roselyn](#)
on Mar 10th, 2011 at 2:56 pm

Haha, I didn't know there was a race shirt superstition! I just never wore my race shirt to race in because I hate running in cotton. (I have yet to get one of those cool tech tees as a race shirt).

As far as the one-up thing...I don't see it as bragging...just pride in your accomplishments. 😊 One day, I'll be able to wear a marathon shirt to a 5K. 😊

[Reply]

81. #81 Sarah for Real
on Mar 10th, 2011 at 2:57 pm

LOL I think it's really interesting that Runner's World thinks there are people out there who look for tips on not being a douchebag.

In my opinion, a d-bag is defined by not knowing it and would never look for ways to reduce their douchbag-i-ness.

[Reply]

82. #82 Kathleen @ KatsHealthCorner
on Mar 10th, 2011 at 3:01 pm

I love the shirt!!! 😊 I want one! 😊

xoxo
Kathleen

[Reply]

83. #83 Kate (What Kate is Cooking)
on Mar 10th, 2011 at 3:02 pm

I am not a fan of race shirts because I am really picky about short sleeves! Inalso have never gotten a shirt that fits well 😊

[Reply]

84. #84 Elizabeth
on Mar 10th, 2011 at 3:03 pm

I totally think it's bad race juju to wear that race's shirt on the course. As for the RW one-race-up rule, I sort of love when people wear their Boston jackets during a 5k... and then I pass them (going slowly, nevertheless). Maybe that makes me a dbag. 😊

[Reply]

85. #85 Jaclyn
on Mar 10th, 2011 at 3:32 pm

I totally agree, I wouldn't wear a race's shirt during the race itself! I don't feel like I have "earned" the shirt until I cross the finish line. However, I reserve the right to wear my race shirt for the rest of the day!

As for the "rule" about the one-race-distance-up, I think it's considerate mostly when at shorter distance races. At my first 5K after taking up running again, there were a bunch of people in marathon shirts. Just looking at them freaked me out. I mean, here I was, plenty nervous already and not even sure I would make it through the race, and it just felt like these people were bragging about how awesome they were. I know it wasn't directed at me, but seeing those marathon shirts at a little community 5K made me feel even more out of place and embarrassed. I can see the other side of it, that it's a good conversation starter, and at a longer race (say 10 miles and up) I wouldn't think twice about seeing marathon or Ironman shirts in the crowd. But at a little community 5K – and this is just my opinion – a marathon shirt smacks of "I am a running God(dess) who has blessed you, mere mortal, with my presence and I will now proceed to make you look stupid. Kiss my D-tag!"

[Reply]



Gracie (complicated day) Reply:
March 10th, 2011 at 4:51 pm

Kiss my D-tag, LOL!

[Reply]



Caitlin Reply:
March 11th, 2011 at 6:27 pm

Kiss my D-tag WIN

[Reply]



Chantal Reply:
March 10th, 2011 at 10:34 pm

Jaclyn, I had the same experience at my first 5K – I was SO intimidated by people wearing half-marathon and marathon shirts. It made me feel quite out of place, like I wasn't good enough to be there. It was disheartening.

[Reply]

86. [#86 Mary \(What's Cookin' with Mary\)](#)
on Mar 10th, 2011 at 3:32 pm

I've never been in a race, but if I did... I would def NOT wear the race shirt during the actual race. I'm totally superstitious!

[Reply]

87. [#87 Alex @ Healing Beauty](#)
on Mar 10th, 2011 at 3:33 pm

I seriously admire you for running in the rain for that long! Way to go!!

[Reply]

88. [#88 Juli D.](#)
on Mar 10th, 2011 at 3:36 pm

I run most my races as part of the husband's running club, so I wear a team shirt. Otherwise, I'll wear whatever color one I like – I've never thought about the "race distance" rule. Honestly, who gives an F, wear what makes you feel good. 😊

[Reply]

89. [#89 zoe \(and the beatles\)](#)
on Mar 10th, 2011 at 3:37 pm

i just ran in the rain too! all seven miles of being soaked, but it was probably one of the best runs i've been on in a long, long time!
AND i had brussel sprouts for my lunch post run. funny coincidence 😊

[Reply]

90. [#90 Emma \(Namaste Everyday\)](#)
on Mar 10th, 2011 at 3:41 pm

I was uber deressed when my first race didn't give us shirts. but I do plan on collecting more!

[Reply]

91. [#91 Jeni @ stepping out](#)
on Mar 10th, 2011 at 3:41 pm

I used to not wear the race's shirt on the course. Although, that was more because I didn't pick up my shirt and bib until the day of the race...not much time to change.

The first time I wore the race's shirt was my first half marathon because I had zero long sleeve shirts and that was my first one.

I was actually really disappointed at my last 10k when they ran out of my shirt size so I couldn't wear the shirt on the day of the race. I love wearing them and actually haven't worn a different race shirt on the day of.

[Reply]

92. [#92 Alison](#)
on Mar 10th, 2011 at 3:43 pm

I don't wear race tshirts during the race, with the exception of the Girls on the Run 5ks. I do wear mine, then. I'm not superstitious, but I feel like I should earn the shirt before I wear it.

[Reply]

93. [#93 Emily @ Comfortable Home Life](#)
on Mar 10th, 2011 at 3:51 pm

Is it weird that I can tell you're wearing the Spinx shirt in your first picture? I only know because I have the same one (I ran the 5k)!

I don't ever wear race shirts during the race. My sister told me once that it was bad luck, so I never have. I'm not opposed to it though. I was actually going to wear a race shirt this past weekend because I didn't have time to run it back to the car, but they ran out of shirts anyway. Bummer.

Also, I don't care if you wear one-ups to races. I saw a guy wearing a Boston Marathon jacket this past weekend at my 5k. I thought, "cool!" If you can do it, you might as well be proud of it!

[Reply]



Caitlin Reply:
March 11th, 2011 at 6:27 pm

Yay for Spinx! Isn't that a comfy race shirt?

[Reply]

94. [#94 Laura @ Starting Out Fit](#)
on Mar 10th, 2011 at 4:01 pm

I'm not exactly one to talk considering I've only ever run 3 official races... and only 1 where I got a shirt. BUT, I definitely did not wear that shirt on race day. HOWEVER, out of the 15,000+ runners who ran that race (the 2010 SportingLife 10K in Toronto for Kids with Cancer), at LEAST 50% of the runners did wear the shirt! I think it's sort of a tradition for that race... to show support for the kids.

[Reply]



Caitlin Reply:
March 11th, 2011 at 6:26 pm

I think you're right – charity races are different.

[Reply]

95. [#95 Kacy](#)
on Mar 10th, 2011 at 4:07 pm

I've never thought of this! I definitely don't wear them the day of because I like to wear a favorite running outfit that I know if comfy and won't chafe. The one-up thing does make sense though.

[Reply]

96. [#96 Ashley @ Ashley's Adventures in Alaska](#)
on Mar 10th, 2011 at 4:11 pm

I've never thought about this! I only wear the shirts after the race, but only because I want to wash them before I wear them. ☺

[Reply]

97. #97 April @ Crazy Fabulous Life
on Mar 10th, 2011 at 4:19 pm

Hmmm..well, I'm running my first race in April so I can't really weigh in on this, but I'm enjoying the comments!

[Reply]

98. #98 Heather
on Mar 10th, 2011 at 4:48 pm

you bet your bippy when i get my half marathon shirt this october i will be wearing it to other races (5Ks and such) to "brag" – I am working damn hard for that shirt! is it bragging to say "this is what i worked hard to accomplish, and I havent given up on you sweet little 5K race" or – "you were my first, 5K...and I will always hold you close to my heart, 5K!"

also – isn't saying that wearing a higher distance race shirt to a smaller race a bit of race-snobbery in itself?

Don't wear your AWESOME Ultra Marathon shirt to a measly little 10K, because then all the 10K runners will know that they are lame and don't really matter to the world of running.....eeeeeeeeeeeeeeeeewwwwwwwwwww.

[Reply]

99. #99 Gracie (complicated day)
on Mar 10th, 2011 at 4:50 pm

My little brother ran his first marathon at age 19, and he wore the race shirt because at the time HE DIDN'T OWN ANY OTHER WICKING T'S because he was so new to running! And he smoked it with a 2:49. It was weird to see all the elite athletes pass the finish line in their fancy sponsored jerseys and singlets, then see my brother in a race T and hand-me-down shorts come in 16th. So cool.

[Reply]



Caitlin Reply:
March 11th, 2011 at 6:25 pm

He ran his first marathon in 2:49?! That is incredible!

[Reply]



Gracie (complicated day) Reply:
March 12th, 2011 at 12:59 am

He's a beast!

[Reply]

100. #100 Lisa (bakebikeblog)
on Mar 10th, 2011 at 4:52 pm

I dont wear the race short until I have crossed the finish line!

[Reply]

101. #101 Theodora
on Mar 10th, 2011 at 5:04 pm

Oooh...the only time I would ever wear a race shirt to the race was if it was a distance I'd already accomplished. Since I've run everything from 5K-marathon now (whoa!), I would *maybe* break that rule for a 5 or 10K. For a half-marathon or a marathon, it would feel like I was jinxing it, since they were longer races.

[Reply]

102. [#102 Clare @ Fitting It All In](#)
on Mar 10th, 2011 at 5:07 pm

I appreciate the one-race-up rule for what it's worth, but quite honestly I don't own enough good shirts to follow it. I use my technical race shirts and good running options instead of spending more money, so when I choose to wear one it has to do with wanting a dry-fit shirt, not showing off!

[Reply]



Caitlin Reply:
March 11th, 2011 at 6:24 pm

True that. Good and valid point!

[Reply]

103. [#103 Kennedy](#)
on Mar 10th, 2011 at 5:09 pm

I agree Caitlin! Never ever wear the shirt to the race. My running group had a discussion about this – our leaders told us it was a 'faux-pas' and even though I'm not really superstitious I've fallen in line on this one. Plus – I've always followed the logic that you should never do anything different on race day – and that includes wearing a new shirt! No one wants to chafe right?

[Reply]

104. [#104 Alexa @ Simple Eats](#)
on Mar 10th, 2011 at 5:15 pm

I've never been in a race yet, but I'm running my first 5K in June, yay! I definitely would NOT wear a race shirt in a race, that's asking for something bad to happen.

[Reply]

105. [#105 Trisha](#)
on Mar 10th, 2011 at 5:16 pm

I think it is super weird to wear the race shirt during the race. Super weird.

BUT my mom made me a t-shirt quilt of my "high school career" when I graduated. It has race t-shirts, volleyball and track shirts as well as some other things to remember. I LOVE IT! Such a fun idea for race t's too!

[Reply]

106. [#106 Ashley @ Thefitacademic](#)
on Mar 10th, 2011 at 5:21 pm

uh, i usually wear my race shirts as sleep shirts (unless they're the tech-type material). What's that say about me? haha!

[Reply]

107. [#107 Kristen](#)
on Mar 10th, 2011 at 5:25 pm

I defiantly dont wear the race shirt for the race. I dont know why (maybe its one of my superstitions haha)

[Reply]

108. [#108 Theodora](#)
on Mar 10th, 2011 at 5:29 pm

Also, Nike tech tees are the best. I think all superstitions can be broken if the tee in question is a Nike one.

[Reply]

109. [#109 Jillian@ Reshape Your Life](#)
on Mar 10th, 2011 at 5:31 pm

I've only run one race, but I didn't wear the t-shirt until after the race. I wouldn't expect to wear the shirt DURING the race anyway, I want to make sure that I'm not going to chafe or get too hot.

As for the one up shirt... I think I'm on the fence, because at my first 5 k there were people wearing marathon shirts and at first I was like "great what the heck did I get myself into" and "who am I kidding, I'm not a runner!"... It really started to get to me... UNTIL, I passed one. Then another. Then my confidence kicked in and I realized that I can run and if I trained too I could run a marathon (or half marathon) like they did. But seeing all of those accomplished runners definitely freaked me out at first!

[Reply]

110. [#110 Cait](#)
on Mar 10th, 2011 at 5:38 pm

Race shirts usually just hang out in my bottom dresser drawer 'cause I hate cotton. No luck for me on technical race tees yet.

But that hat is baller- where did you get it??

[Reply]



Caitlin Reply:
March 11th, 2011 at 6:24 pm

Athleta and it IS baller – very comfy!

[Reply]

111. [#111 Mary @ Bites and Bliss](#)
on Mar 10th, 2011 at 5:48 pm

I've never heard of that superstition before! But I never wear race shirts anyway because I'm usually already dressed in whatever I want to run in that day..and changing would throw off the groove. I do have plenty of race shirts, though..just not for racing in.

[Reply]

112. [#112 Fit Chick Britt](#)
on Mar 10th, 2011 at 5:48 pm

I would never wear a race shirt to the race, not because I think it's bad luck but just because it's not "cool" lol. I don't think I agree with the "one up" rule. I love my marathon finisher shirt from the Houston marathon to a local 5k and there were tons of people wearing the same shirt. I think it is a conversation starter and I think it's just a good way to show where you've been.

[Reply]

113. [#113 maria @ Chasing the Now](#)
on Mar 10th, 2011 at 5:50 pm

I have only done two races (and received a shirt at only 1), but I won't wear a race shirt before running the entire race, not so much out of superstition but because I want to earn that shirt and if I haven't finished the race, I haven't earned the right to wear it yet!

[Reply]

114. [#114 gabriella @ embracement](#)
on Mar 10th, 2011 at 6:18 pm

I have never done a race so I don't have any shirts, but I guess I wouldn't wear one during the race. Not really because of any superstition more because I have tanks that I know fit perfect and I can run comfortably in and I just don't want to change it up. My long run tomorrow is 12 miles too, we're on a similar training track ☺

[Reply]

115. [#115 Fawn](#)
on Mar 10th, 2011 at 6:22 pm

I did the Maui Marathon last year but didn't finish and I was given a finishers shirt anyway. My friend who did finish was so mad I accepted it. I can understand why she would be upset I wasn't trying to take away from her being able to finish but I told her it wasn't like I would lie and tell people I finished when I actually did not. It was my first marathon and I was proud of myself for even reaching over 14 miles since I've never even done a 5k, so I just accepted it as a souvenir. She was pretty bent out of shape nonetheless.

[Reply]



Susan Reply:
March 10th, 2011 at 9:47 pm

That's crazy. It's not like you plan on going around telling everyone you did the marathon.

I was injured last fall and ended up not doing two races I paid for. For the first, I was able to transfer the bib to my BF. He didn't want a long sleeve shirt, so I kept it. For the other, I couldn't transfer it and didn't feel right about selling it to someone else, so I went ahead and picked up my packet along with the shirt. I don't care if I didn't do the actual races. I've done the distances before and that's all that matters to me.

[Reply]



Caitlin Reply:
March 11th, 2011 at 6:23 pm

Crazy!

Congrats on running 14 miles!!! 🍀

[Reply]

116. [#116 chelsea](#)
on Mar 10th, 2011 at 6:45 pm

I LOVE getting race tee's, however my husband made me throw out most of them because they are all I wear! I didn't know about any superstitions about race tee's, but it makes sense....Does it count if I wear my Shenendoah 100 shirt even though I only helped out and not raced??? That's a major jump up in races....I won't sport it at anymore 5k's promise!

[Reply]



Caitlin Reply:
March 11th, 2011 at 6:23 pm

Well people in THIS comment section seem to think it's OK -so screw RW! Do whatcha want.

[Reply]

117. [#117 Kelly \(meatlesswithaman.blogspot.com\)](#)
on Mar 10th, 2011 at 6:59 pm

I was going to recommend the quilt!!! When my hubby and I moved from Pittsburgh to Nebraska, his family made us a quilt made of each family members favorite t-shirt (not race related) and it's one of my favorite things – it represents everyone!!

Anyhow – I've read about the rule “don't wear a tshirt more than one level up from what you're racing” from No Meat Athlete.

[Reply]

118. [#118 erin](#)
on Mar 10th, 2011 at 7:08 pm

i don't race, so i'm not surprised i haven't heard of this. BUT it reminded me of the time i went to barcelona. my brother-in-law bought one of those t-shirts with a bull on it and wore it the next day, while still in barcelona. we were totally embarrassed (hello tourist!). and still tease him about it (and he still thinks it's completely fine).

[Reply]



Caitlin Reply:

March 11th, 2011 at 6:22 pm

HAHAH YES. Tourist fail.

[Reply]

119. [#119 Melissa @ Be Not Simply Good](#)
on Mar 10th, 2011 at 7:09 pm

LOL, the Runner's World piece was funny. I guess it is a little douche-bag-ish to do that. I don't put on my shirt for the current race at that race. I'm already dressed when I get there! I never thought about jinxes.

I have a race shirt with a fire truck on it (wearing it right now, actually) that gets a lot of attention from children when I'm out and about. "Look, mommy, a fire truck!" We have a 5k in my town that raises money for the fire dept. ☺

[Reply]

120. [#120 Chelsea @ One Healthy Munchkin](#)
on Mar 10th, 2011 at 7:09 pm

I'm not a racer (yet) so I've never heard of any of these rules or superstitions! But I'm pretty sure I'll be so proud about my first race that I'll end up wearing my race shirt everywhere! ☺

[Reply]

121. [#121 Camille](#)
on Mar 10th, 2011 at 7:11 pm

There is a website, it is called... I want to say College Quilts, and you can get them to sew all your shirts in to a quilt there!

[Reply]

122. [#122 christine](#)
on Mar 10th, 2011 at 7:25 pm

I agree with not wearing the race's shirt at the race- it's like the groupies who wear the band's shirt to the concert. The one-upping thing is silly, though, I think.

I know Garmins are water-resistant, but do you wear yours in the pouring rain? I just got one last week and am fearing an upcoming race is going to be a wet one.

[Reply]



Caitlin Reply:

March 11th, 2011 at 6:22 pm

Mine is always fine in the rain! They really are water-resistant ☺

[Reply]

123. [#123 Ellie@fitforthesoul](#)
on Mar 10th, 2011 at 7:31 pm

It doesn't sound like something I would be bothered by, but if it makes one create an awesome quilt, then so be it! ☺ Cool quilt!

[Reply]

124. [#124 Hannah](#)
on Mar 10th, 2011 at 7:31 pm

I definitely think it's a sort of taboo to wear the race day t-shirt during the race. I would feel weird wearing it! T-shirts are better to wear after so you can tout your accomplishments!

And, I have never heard of the one-race-up rule. I'm running a 10K on Sunday and was planning on wearing my half-marathon shirt from last year for good luck since it's filled with good memories. I sort of thought it might be weird to do, so now I'm not sure what I'll end up wearing!

[Reply]

125. [#125 Lee](#)
on Mar 10th, 2011 at 7:33 pm

I don't wear the shirt until after the race...usually. I did a 5K last fall and they handed out the shirts at the start and I didn't have time to walk back to my car so I wore it.

As for the one upping thing, I think it's pretty silly. Every marathoner had a time in his or her life where a 5K was the most they could run. Why is it bad to show your accomplishments? And plus, you might just like the way the shirt fits.

[Reply]

126. [#126 Allison @ Happy Tales](#)
on Mar 10th, 2011 at 7:33 pm

Considering I've only run winter races... i guess it doesn't matter what kind of shirt I wear under my running-jacket thing... I've never worn a race shirt on the actual race day, though. Not superstitious about it, just think that I'd wait it! afterwards!

[Reply]

127. [#127 Julie @ Lettuce Choose Healthy](#)
on Mar 10th, 2011 at 8:04 pm

I've only ran a couple of races.. I cant get rid of my shirts! .. one has a hole .. but I was so proud of that particular race .. i cant throw it out!

[Reply]

128. [#128 Cynthia \(It All Changes\)](#)
on Mar 10th, 2011 at 9:22 pm

I have a big superstition about wearing the race shirt until after I finish. But I love throwing it on after I finish because I sweat a ton and I'm all wet...sorry TMI.

I actually like other race shirts because It gives me an idea of where I'd like to travel to run. I have very few local races so I like recommendations just like I do with books.

[Reply]

129. [#129 Caitlin @ TPL](#)
on Mar 10th, 2011 at 9:53 pm

Great job on the run!! What do you do about soggy shoes in the rain?

[Reply]



Caitlin Reply:
March 11th, 2011 at 6:21 pm

Pray I don't get blisters and stuff them with paper towels when I get back!

[Reply]

130. [#130 Sarah](#)
on Mar 10th, 2011 at 10:19 pm

I wouldn't wear a race shirt the day of for three reasons.

1. don't do anything new the day of the race ☺
2. I would want something comfy and favorite, since I'm new to this and races still make me super nervous
3. I HATE the smell of new clothes...

[Reply]



Caillin Reply:
March 11th, 2011 at 6:21 pm

I hate the smell of new clothes too!

[Reply]

131. [#131 Jennifer](#)
on Mar 10th, 2011 at 10:26 pm

I don't wear the race shirt on the day of the race, simply because I've had issues with different shirts rubbing, and I don't want to take the chance.

[Reply]

132. [#132 Chrissie](#)
on Mar 10th, 2011 at 10:29 pm

Oh, I would never wear a race shirt before – that's just bad juju! From a more practical perspective, I like to be able to tell my fam "I am in bright blue" (or whatever), and if I'm wearing the same thing as tons of other people, it's harder to pick me out of the crowd.

I have a tshirt quilt and I love it! My mom, grandma and aunt all worked together on sewing it and gave it to me for college graduation. Another thing I have done with an old race shirt is make a reusable bag.

[Reply]

133. [#133 Laurie](#)
on Mar 10th, 2011 at 10:56 pm

My thing is to take a nice hot shower after the race and then don my new shirt! Sometimes I feel like a show off, but screw it, I worked hard for it!

[Reply]

134. [#134 Sharon](#)
on Mar 11th, 2011 at 3:56 am

The only race we wear our shirts for is the Mother's Day race in our area, because if you have your race shirt on, you can use the c-train and public transit for free. As the race also raises money for Neonatal Intensive Care (and we have a son who was born at 28 weeks and hospitalized for several weeks), we decorate our shirts as well. Otherwise, I'm of the mind that I would never wear a shirt before or during a race, and only if I complete the race (wouldn't feel right wearing a shirt for a race that I wasn't able to run for some reason).

[Reply]

135. [#135 Amber K](#)
on Mar 11th, 2011 at 12:40 pm

Wow, people have such strong opinions about superstitions! I don't have any so it all seems silly to me. But it's whatever the particular person is comfortable with!

[Reply]

136. [#136 Amy](#)
on Mar 11th, 2011 at 2:21 pm

I think a one race up shirt rule is crazy! I've never heard of it and I wear what is comfortable. I'm scheduled for my first ultra in a week. Once I finish that, I might just wear that shirt every day – race or not. 😊
And you don't need mad sewing skills. My friend makes shirt quilts! Check out Quilts by Leslie.

[Reply]



Caitlin Reply:
March 11th, 2011 at 6:20 pm

Oh how awesome!! Thanks 😊

[Reply]



Caitlin Reply:
March 11th, 2011 at 6:20 pm

Oh how awesome that your friend does this!! Thanks 😊

[Reply]

137. [#137 still talking about... « striving cynic](#)
on May 27th, 2011 at 9:58 am

[...] the woman wearing jeans). I had read a post Caitlin at Healthy Tipping Point wrote about whether wearing race t-shirts at the actual race is a no-no (or bad luck, or poor etiquette). A lot of people weighed in to say they never wear the shirt at the race. So, I wore a different [...]

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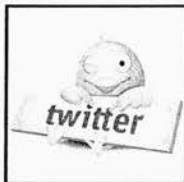


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Another Version

Posted on March 10th, 2011 by peanutbutterfingers

I had a great workout this morning. To be honest, it really wasn't anything special, but I was just *feelin'* it! Perhaps the butter and cream from last night's lobster mac is the pre-workout dinner of champions!



My workout began with 10 minutes on the stair master before I hopped on the treadmill to complete this 25 minute workout:

Minutes	Incline	Pace
0 – 5	10.0	4.0
5 – 10	1.0	6.7
10 – 15	10.0	4.0
15 – 20	1.0	6.7
20 – 25	8.0	4.0

I loved this workout because I wasn't really in the mood to run, so by the time I got sick of running, it was time to do some incline walking again. Then, by the time I was over incline walking, it was time to run. Perfecto!

I finished my workout with 15 minutes on the elliptical before sprinting home in the pouring rain.

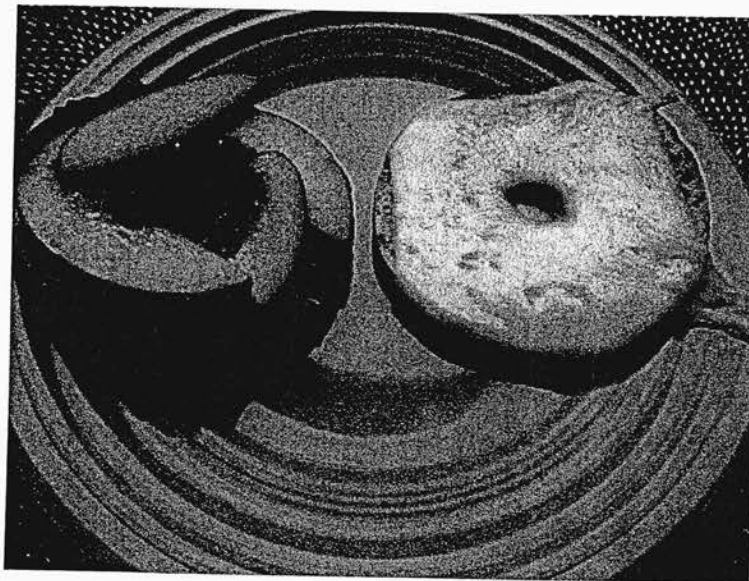
Unfortunately the torrential downpour nixed my morning walk with Sadie, so I'm giving her extra lovin' on the couch... plus a couple of Beggin' Strips which I sadly think she prefers to my cuddles.



The Beggin' Strips are actually a distraction to keep her grubby little paws off my breakfast...

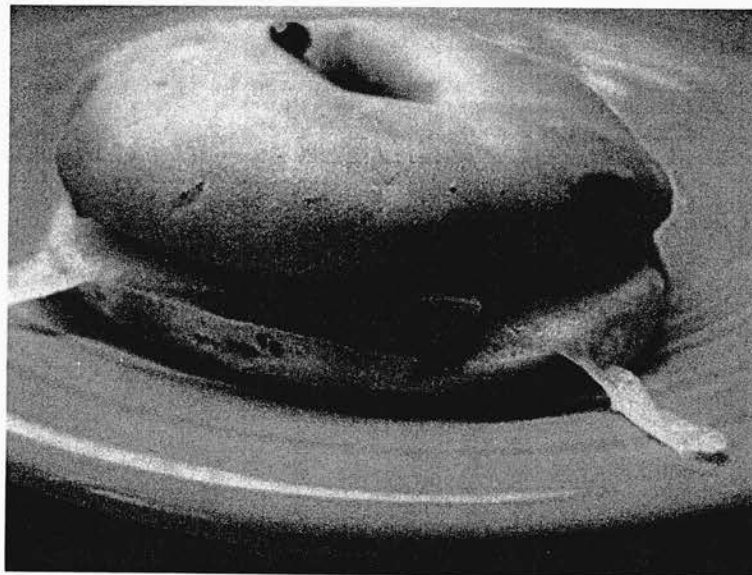
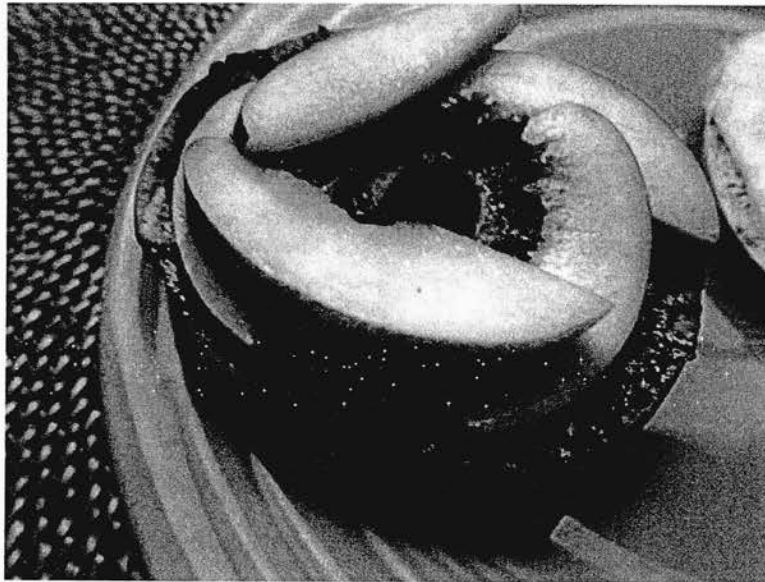
Breakfast

Another day, another version of my all-time favorite breakfast bagelwich!



Woo!

This morning's creation included a toasted Thomas' cinnamon raisin bagel thin, topped with Swiss cheese, raspberry jelly and nectarine slices.



I love this breakfast!



Now I'm waiting for the pest control guy to stop by our apartment. He's running a little late and I gotta get to work. C'mon guy!

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Filed under: [Breakfast](#), [Workouts](#)

« [Lobster Mac is the Way to My Heart](#) [Any Excuse for Hunter Boots](#) »

41 Responses to "Another Version"

1. [Ali @ Ali Runs](#), on March 10th, 2011 at 10:00 am Said:

I love workouts like that! It's definitely nice to mix up inclines/speeds to make the time go by! 😊

1

[\[Reply\]](#)

2

2. **Hope**, on [March 10th, 2011 at 10:02 am](#) Said:

What a yummy breakfast! I love melted cheese on a bagel. It always tastes amazing. Love the closeup picture of Sadie. Looking cute as always 😊

[\[Reply\]](#)

3

3. **Meg**, on [March 10th, 2011 at 10:03 am](#) Said:

I am determined to try lobster mac. I'll take the stomach discomfort...it looks SO GOOD haha 😊 I hope you're feeling better, though! 😊

My dog would definitely prefer Beggin Strips over a walk in the rain + my cuddles...dogs will be dogs.

Happy Thursday!

[\[Reply\]](#)

4

4. **Claire @ Live and Love to Eat**, on [March 10th, 2011 at 10:04 am](#) Said:

Do you live close enough to the gym to walk? If so that's awesome!

[\[Reply\]](#)

peanutbutterfingers Reply:
March 10th, 2011 at 10:07 am

yep! it's literally a 1.5 minute walk. 😊 we're spoiled.

[\[Reply\]](#)

Amber K Reply:

March 10th, 2011 at 11:59 am

Wow, I would love that!!

[Reply]

5. Natalie @ Will Jog For Food, on March 10th, 2011 at 10:10 am Said:

I'm doing 2 workouts today to compensate from the outrageously gigantic meal I had last night! hehe But it was all worth it 😊

I heard the weather is gonna be bad today, it's gonna hit us in South Florida later today...but it's gonna be perfect weather this weekend!!

[Reply]

6. Angela @ Eat Spin Run Repeat, on March 10th, 2011 at 10:10 am Said:

Your breakfast looks delicious, and that is the CUTEST picture of Sadie!!

[Reply]

7. kristy @ kristyruns, on March 10th, 2011 at 10:16 am Said:

Seems like the rain is hitting a bunch of us lately! Ready for some sun again! 😊

[Reply]

8. Brittany (A Healthy Slice of Life), on March 10th, 2011 at 10:19 am Said:

Love the Sadie nose pic!! And the cheese on that sandwich.. mmm... cheese.

[Reply]

9. Paula @ Eat: Watch: Run, on March 10th, 2011 at 10:27 am Said:

The cheese on that sandwich frightens me, but my friend tried it out and said it's actually really good. Maybe I'll be brave enough to try it someday. 😊

[Reply]

10^{10.} **Courtney @ The Granola Chronicles**, on March 10th, 2011 at 10:31 am Said:

I love that close-up shot of Sadie – great start to the day! 😊
Have a great Thursday, Julie!

[Reply]

11^{11.} **Tracey @ I'm Not Superhuman**, on March 10th, 2011 at 10:32 am Said:

I could so go for a nectarine right now. I love fruit with cheese, though I've never tried it with nectarines (mainly because I can't help biting into those whole).

[Reply]

12^{12.} **Holly @ Couch Potato Athlete**, on March 10th, 2011 at 10:36 am Said:

Fruit with cheese is so good, and I need to try it on a bagel sandwich! I think about that every time I see your breakfast post.

[Reply]

13^{13.} **Amanda**, on March 10th, 2011 at 10:44 am Said:

Just wanted to tell you that I made those chocolate oatmeal cookies last night – had a hankering for dessert and had all the ingredients in the house – they were great!
Thanks for the recipe 😊

[Reply]

14^{14.} **Sarah Westbrook**, on March 10th, 2011 at 11:08 am Said:

That workout looks awesome! And so does your breakfast. Yummmm!

[Reply]

15^{15.} **Khushboo**, on March 10th, 2011 at 11:25 am Said:
Your lunch yday got me craving a noodle bowl. I just made some for dinner & it totally hit the spot 😊

[Reply]

16^{16.} **Carrie**, on March 10th, 2011 at 11:26 am Said:
NICE workout! ilove walking/running intervals but at 4 im still slowly joggin!- im short 😊
have a beautiful day!

[Reply]

17^{17.} **Lindz @ Happy or Hungry?**, on March 10th, 2011 at 11:27 am Said:
I think you have sold me on that breakfast sandwich. I'm gonna give 'er a try!
I think I'll be trying out that interval workout at the gym tonight also!

[Reply]

18^{18.} **FunnerRunner**, on March 10th, 2011 at 11:42 am Said:
If the Lobster Mac was fab fuel, maybe you should look into the Krispy Kreme Challenge?! You only have to scarf a dozen Krispy Kreme's half-way through the race...no biggie. ;)

[Reply]

19^{19.} **Annie**, on March 10th, 2011 at 11:46 am Said:
Have you ever heard of the H.I.I.T. treadmill workout? My hubby and I just started it this Monday. No incline, but it's a seriously intense interval workout in 29 minutes. I think you'd enjoy it!

[Reply]

20^{20.} **Rachel @ Grateful Girl Goes Gluten Free**, on [March 10th, 2011 at 11:49 am](#) Said:
I really need to try a different treadmill workout mine is getting pretty dull! Those nectarines look so good.

[Reply]

21^{21.} **Gen**, on [March 10th, 2011 at 11:51 am](#) Said:
So glad that you had a great workout!!!
That breakfast sandwich is makin' me hungry! =D

[Reply]

22^{22.} **Colleen @ The Lunchbox Diaries**, on [March 10th, 2011 at 12:06 pm](#) Said:
I love interval workouts for that exact reason! I get so bored running on the treadmill – so if I get to switch it up every few minutes, it makes it so much better 😊

[Reply]

23^{23.} **Annette @ EnjoyYourHealthyLife**, on [March 10th, 2011 at 12:21 pm](#) Said:
I did a similar workout this morning too 😊 I LOOVE intervals because it keeps boredom at bay–have a good one- hope that pest guy comes quickly

[Reply]

24^{24.} **Katy (The Singing Runner)**, on [March 10th, 2011 at 12:22 pm](#) Said:
The pest control guy is ALWAYS late for me! I think it's a common thing among them!

[Reply]

25^{25.} **Alicia**, on [March 10th, 2011 at 12:34 pm](#) Said:
I totally wrote down that treadmill workout- thanks for sharing!! We are getting lots and lots of rain in NY too- boo!!

[Reply]

26^{26.} **Stefanie @TheNewHealthy**, on March 10th, 2011 at 12:41 pm Said:
Yum—I have to try that breakfast sandwich combo! Sounds delicious!!

[Reply]

27^{27.} **Holly**, on March 10th, 2011 at 12:41 pm Said:
yep, it's raining here in british columbia as i type this! i also completed an interval work out this morning – your mantras in a previous post REALLY helped me! i wrote them out and pinned them to the back of my door.

ps, that breakfast sandwich looks amazing! i'm going to have to find me some bagel thins!

[Reply]

28^{28.} **Daina**, on March 10th, 2011 at 12:58 pm Said:
I recently found your blog and love it! Thanks for the great workouts too ... I did the 40 min interval treadmill workout this morning!

[Reply]

29^{29.} **Allison@ Happy Tales**, on March 10th, 2011 at 1:40 pm Said:
Sounds like you had a great workout regardless of the lack of energy... that's how i'm feeling today for my workout. But i'm going to go, regardless!

[Reply]

30^{30.} **Jackie @ Seejacrun**, on March 10th, 2011 at 1:56 pm Said:
Love your interval workouts! It definitely fights boredom and makes time fly by, and still build up a sweat! That breakfast sandwich looks delicious 😊

[Reply]

31^{31.} **Lauren**, on [March 10th, 2011 at 2:13 pm](#) Said:

The exercise motto you posted the other day – your just one workout away from a good mood. This got me going this morning to workout.

[Reply]

32^{32.} **Kacy**, on [March 10th, 2011 at 2:47 pm](#) Said:

I don't know about butter and cream but I ate two candy bars yesterday and had the best workout I've had in a LONG time afterwards. I think that means I should eat candy every day. 😊

Hope the pest guy showed up!

[Reply]

33^{33.} **Chelsa**, on [March 10th, 2011 at 3:33 pm](#) Said:

Fruit and cheese is so yummy together. I make goat cheese and green apple paninis all the time.

[Reply]

34^{34.} **Chelsea J**, on [March 10th, 2011 at 7:47 pm](#) Said:

I always love your breakfasts they look so good! First time commenter here, but thanks for the great treadmill workout!

[Reply]

35^{35.} **Amy at TheSceneFromMe**, on [March 10th, 2011 at 8:12 pm](#) Said:

Great workout idea!
What pesky critters you got running around there?

[Reply]

36^{36.} Courtney, on March 10th, 2011 at 11:48 pm Said:

That sandwich looks sooo yummy! I love anything that combines sweet with salty!!
Its been raining here like crazy too!

[Reply]

37^{37.} Peanut Butter Fingers » Peanut Butter Puppy, on March 19th, 2011 at 10:56 am
Said:

38^{38.} Peanut Butter Fingers » First Fashion Giveaway, on April 12th, 2011 at 8:55 am Said:

39^{39.} Peanut Butter Fingers » And So I Had It, on June 9th, 2011 at 9:02 am Said:

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Mail (will not be published) (required)

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• **Welcome!**



My name is Julie and I am a 26-year-old writer/editor living in Orlando, Florida with a huge interest in food, fitness, healthy living and daily indulgences. This blog follows my life and my eats as I work full-time, navigate life as a newlywed and enjoy each day!

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Feel free to contact me at pbfingers@gmail.com. I'd love to hear from you!

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I am not a registered dietitian. My blog is simply a documentation of my life. The views I express are mine alone, based on my own experiences, and should not be taken as medical advice. I do NOT post everything I eat.

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The King's Court IV

Saving For A Brighter Future...

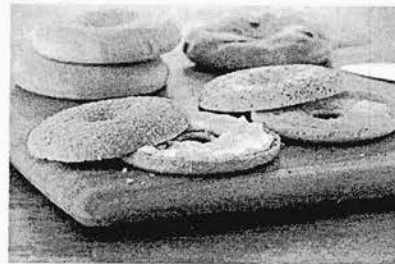
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MARCH 13, 2011

Thomas' Bagel Thins Giveaway {5 Winners}!



Best known for their English Muffins, Thomas' Bread has worked hard to provide consumers the best with providing healthier products, and improving environmental processes such as water recycling in all of their plants.



One such enhancement was the addition of Thomas' Bagel Thins Bagels. Thomas' Bagel Thins Bagels contains only 110 calories per serving and can be purchased at supermarkets and mass stores (eg. Walmart and Target) nationwide! These retail for approximately \$3.29-\$3.69.

Varieties:

100% Whole Wheat Bagel Thins
Cinnamon Raisin Bagel Thins
Everything Bagel Thins
Plain Bagel Thins

Thomas' Bagels also offers delicious recipes to try out here! For example, the Southwestern Bagel Thin and the Turkey and Swiss Bagel Thins Melts look incredible!



We were sent the 100% Whole Wheat Bagel Thins and the Cinnamon Raisin Bagel Thins, and they were great! With the family trying to eat a little healthier, this was a great addition to our menu. They made good breakfast treats, lunch treats, as well as snack treats! You could eat them plain (as with any regular bagel) or make a variety of sandwiches with them and not feel so guilty!

I am happy to tell you that **5 The King's Court IV** readers will receive a **\$4.00 coupon for any Thomas Bagel Thins (8ct packages)**, making them **FREE** for you to try!

THIS GIVEAWAY IS NOW CLOSED.

To Enter- ~~MANDATORY~~- Tell which Bagel Thin you would like to try!

- ~~1. Follow The King's Court IV via email and leave a comment letting me know you are a CONFIRMED subscriber.~~
- ~~2. Become a GFC Follower! Leave a comment on this post letting me know that you are/have become a follower.~~
- ~~3. Like The King's Court IV on Facebook and leave a comment on this post letting me know that you are a fan.~~
- ~~4. Follow The King's Court IV on Twitter and leave a comment on this post letting me know that you are a follower.~~
- ~~5. Like Thomas English Muffins and Bagels on Facebook and leave a comment on this post letting me know that you are a fan.~~
- ~~6. Tweet about this giveaway (ONLY ONCE)- copy/paste the following entry:
I'm entered to be 1 of 5 to win a \$4.00 coupon for Thomas Bagel Thins @TheKingsCourtIV
#Giveaway at http://bit.ly/eH4tH~~

~~*PLEASE leave separate comments on this post ALONG WITH AN EMAIL ADDRESS for each entry. That will give you a greater chance of winning!~~

~~This giveaway ends 10:00pm CST on Saturday, March 26, 2011. I'll use Random.org to select the winners, who will be notified by email and listed on this site. Please respond within 48 hours or a new winner will be selected. US residents only.~~

~~*Disclaimer- I was not financially compensated in any way for this giveaway. I received samples of Thomas' Bagels for review purposes only. The opinions in this post are my own honest opinions and were in no way affected by having received these items.~~

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 a Friend   

Posted by wacki04@TheKing'sCourt IV at Sunday, March 13, 2011

Labels: Giveaway

272 comments:

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Chevelle said...

I would like to try the Everything Bagel Thins. We love their regular everything bagels in our house!

March 13, 2011 9:18 AM

Chevelle said...

I'm a fan on FB :)

March 13, 2011 9:19 AM

Chevelle said...

I follow on Twitter & Retweeted about the giveaway too ;)

March 13, 2011 9:20 AM

Chevelle said...

Now a fan of Thomas english muffins & bagels on FB>

March 13, 2011 9:22 AM

Chevelle said...

I tweeted about the giveaway! <http://www.twitter.com/Chevso>

March 13, 2011 9:23 AM

Chevelle said...

Arg. I forgot my email in all of the entries I just posted, so I'm going to start again.

I follow you on FB :)

chevsweeps@yahoo.com

March 13, 2011 9:24 AM

Chevelle said...

we would love to try the everything bagel thins ;)

chevsweeps@yahoo.com

March 13, 2011 9:25 AM

Chevelle **said...**

I am a fan of Thomas english muffins & bagel on fb :)
chevsweeps@yahoo.com

March 13, 2011 9:26 AM

Chevelle **said...**

I follow TKC on Twitter :) @Chevso

chevsweeps@yahoo.com

March 13, 2011 9:27 AM

Chevelle **said...**

I tweeted about the giveaway :)
<http://twitter.com/chevso>

chevsweeps@yahoo.com

March 13, 2011 9:28 AM

Chevelle **said...**


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The Final Countdown: Half Marathon Running Tips

March 14, 2011 by Jenn

2 Comments



The following is a post sponsored by Thomas' Bagel Thins. For our sponsored post policy, click [here](#).

"Cue the Europe rock song from Rocky please. Thanks."

I am just three weeks away from running the MoreFitFest Half Marathon in New York City, and I have been busy getting my long run on. So far, the longest I've logged has been a 7-miler on the tread. (We got some seriously wet weather early this month,

making outdoor running miserable.) And my last short 3-mile run outside—which had some decent-sized hills—made me feel like I was running in water. Which leads me to three important running points:

Best Half Marathon Running Tips

- 1. Increase speed or distance, not both.** This is a cardinal rule of running: You just can't get speedy *and* get ready for the long race, too. Sure, you can do intervals when training for a half marathon or marathon, but don't expect to really get that much faster if you're not regularly running long distances. Sadi, this rule and my paranoia of being injured again has moved my goal to run a sub 7-minute mile farther out, but it's what a girl's gotta do! (And, in case you're as obsessed with my mile time as I am, I did run a 7:28, breaking my initial goal to run faster than a 7:30 mile!)
- 2. Practice what you preach.** We preach everything in moderation up in this mug and with good reason. It's solid advice on how to live a balanced life! The first two weeks of training I thought I'd get in three runs a week, a workout or two at The Fit Pil, a couple yoga sessions and weight-lifting. But then I remembered I'm human. Unlike marathon training, where I'd try to run for at least an hour before taking a walk break during long runs, I'm now taking walk breaks whenever my body needs them. Begone rigid-training plans and hello listening-to-the-body!
- 3. Diet, diet, diet.** A few pounds gained during training no longer get under my skin because I know what I'm working towards (fitness and health, not weight-loss), and I understand how important carbs are for fueling your body to run farther. Again, this is why I love my Thomas' Bagel Thins. With 110 calories and fiber, they're the perfect size for your pre- or post-workout snack when topped with a little almond butter and half a banana. Plus, they're delicious. Lately I've been having quite the love affair with the Everything Bagel Thin variety.

For more on the marathon, delicious carbs and to see little ol' me featured, be sure to "like" Thomas Bagel Thin's Facebook page! —Jenn

Tags: Bagel Thins, marathon, Pick, running, training



Comments

2 Responses to "The Final Countdown: Half Marathon Running Tips"

Madeline LaFave says:

March 16, 2011 at 10:45 am

Interested in an email address for Jennipher Walters or the nutrition editor for Fit Bottomed Girls. Thanks,

 Madeline
410-986-1275

Jenn says:

March 16, 2011 at 12:36 pm

There's a skinny person inside me...
but I shut the bitch up with a cookie



A HILARIOUS
WEEKLONG JOURNEY
IN THE LIFE OF A
YO-YO DIETER.


www.DontFeedTheBitch.com

Dr. Seuss wrote diet books
this would be it... only funnier!

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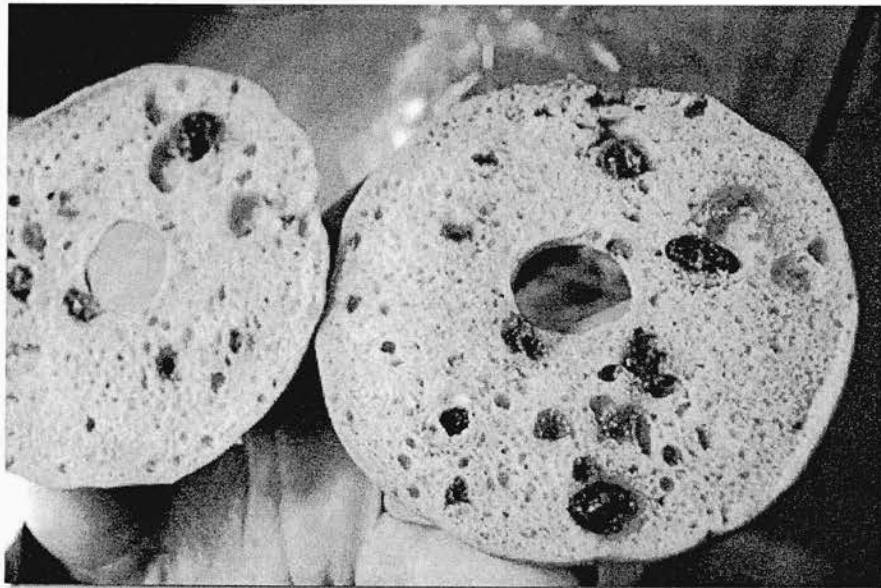
White Bean Dip that's really Green Bean Dip

by [runeatrepeat](#) on March 17, 2011

Hellllloooo Bagels! That's what I shouted when I opened up a package of Bagel Thins that arrived today. I immediately knew what my afternoon snack was all about.



I spotted the new Cinnamon Raisin Bagel Thins at the store already, but resisted getting them because they're not whole wheat. Well, I am over that ish because they are super tasty!



The other half is missing in picture because I downed it way too fast.

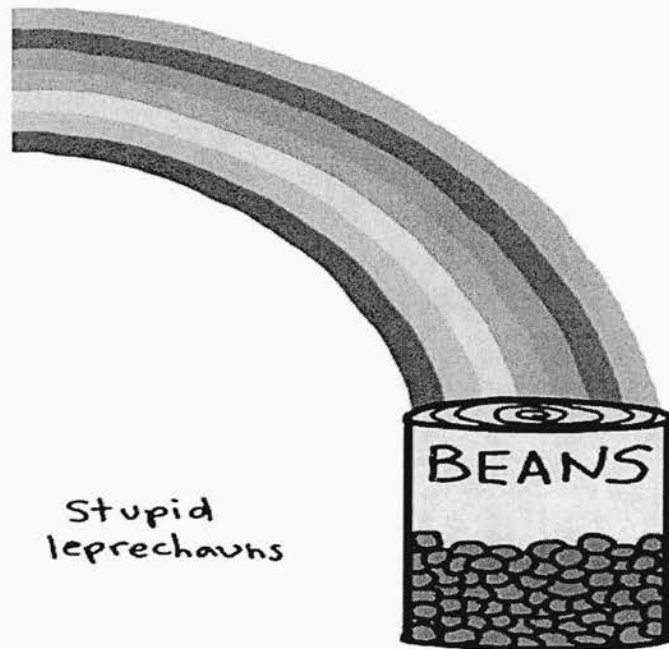


A PB&J bagel thin and massive iced coffee made the perfect afternoon pick-me-up. Bagels to lift the spirit, iced coffee to lift everything else 😊



I also chugged a Vitawater and had some blubes at some point today. I deleted the picture because I am dumb.

Now for a fun and healthy St. Patrick's Day recipe!



www.nataliedee.com

I ~~cooked~~ blended up this recipe in my head yesterday when I was brainstorming good green foods to make for St. Patrick's Day. I love holiday themed foods and have made green eggs & ham for this St. Patty's in the past.

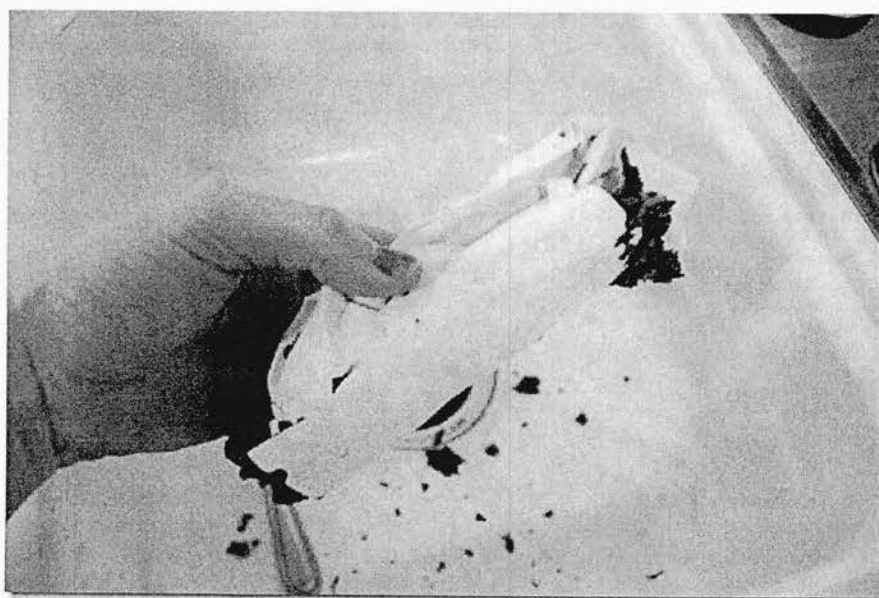
Today I made **White Bean Dip**, but **Green!** I hesitate to call it "Green Bean Dip" since it's not made of "green beans", but I kinda love that name more.

Main ingredients: White beans, 10 oz. frozen spinach, 1 Tb. olive oil, 1 Tb. minced garlic, salt, pepper, Italian seasoning and parmesan cheese to taste



First I blended the beans and spices. You can use a food processor, but I had to use my blender since I can't find my processor?! Minor speed bump.

I microwaved the spinach and squeezed out the water. After the beans and spices were blended I stirred in about 3/4 of the spinach.



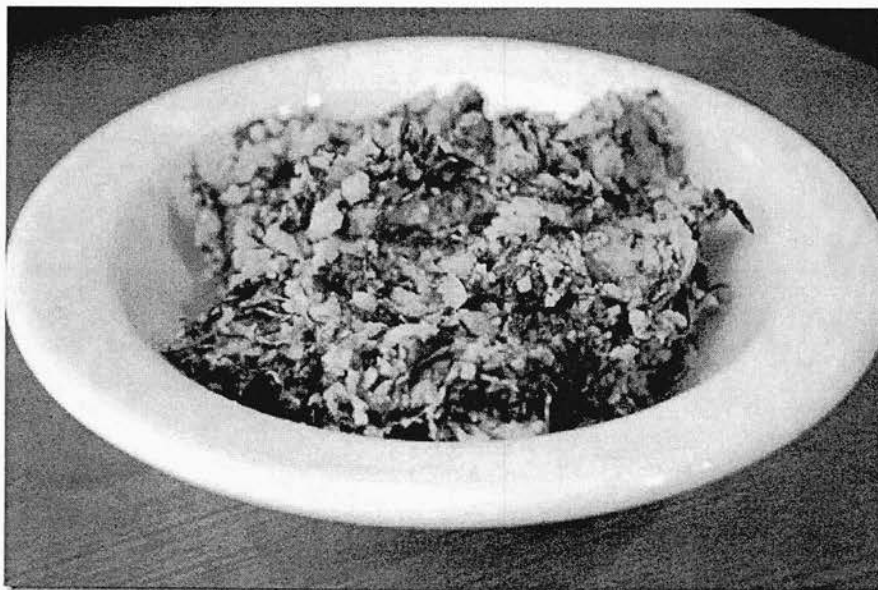
Mix together. Eat.

Sprinkle with a little extra parmesan for good measure

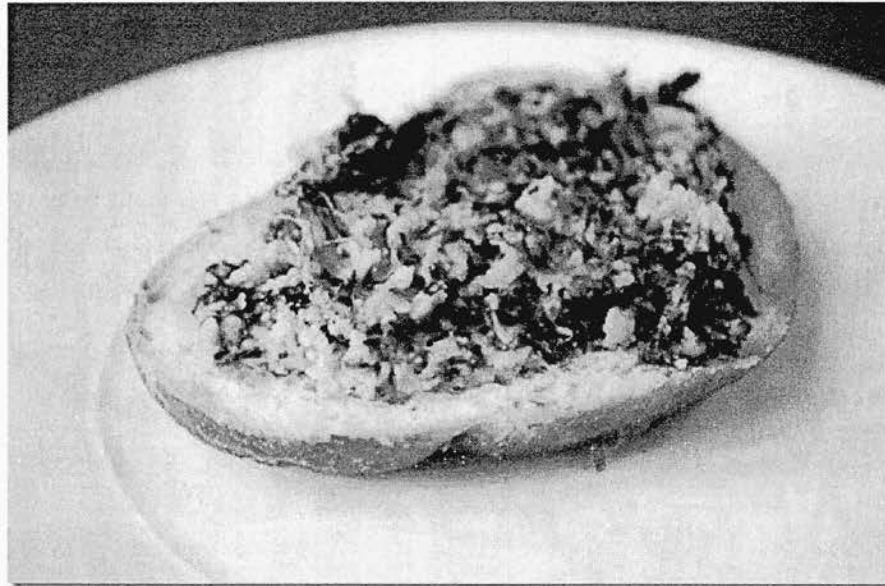


Green Bean Dip

(or white bean dip with spinach if you want to get all technical)



This would be great with a crusty hunk of sourdough too. Luckily, I have a big ol' loaf of Boudin Sourdough Bread because it's now sold at Costco!



I think dinner with be cheese and spinach ravioli with this bean dip slathered crostini on the side! If I don't eat it all first...



Have a good night 😊



Other Posts You Might Like:

1. [Bean Wrap and More Answers](#)
2. [Refried Bean Pasta Lunch](#)

3. Today I love ... Green eggs and ham

Tagged as: Recipe

{ 17 comments }



1 Emma (Namaste Everyday) March 17, 2011 at 2:33 am

what a great alternative to spinach and artichoke dip! especially because i've been craving it.....



2 Julie @ Lettuce Choose Healthy March 17, 2011 at 2:42 am

yum .. so simple! perfect green eats for st. pattys day tomorrow!



3 emily March 17, 2011 at 2:47 am

1. Your dip looks very tasty, and festive.
2. Cinnamon raisin bagel thins?!?!!!!!!!



4 Run Tara Run March 17, 2011 at 3:52 am

I almost bought the cinnamon raisin bagel thins the other day but ended up going with my standard wheat. Now I'm going to have to try them! 😊



5 Mandy March 17, 2011 at 4:53 am

Or you could call it "Greens Bean Dip." Happy St. Patrick's Day!



6 blackhuff March 17, 2011 at 7:45 am

It doesn't look appetizing – spinach and beans. But I am willing to give it a try because pictures of food can be misleading sometimes.
Bagels – I'm not a big fan of them. I like buns or rolls. Yum.



7 laura March 17, 2011 at 9:00 am

bagel thins, damn, we need those here.



8 Jimmy March 17, 2011 at 10:58 am

I have avoided your blog because your persistent use of the word 'naner' makes you sound like a deranged five year old. I decided to give you another chance when I stumbled across your blog. I didn't read past the word 'blubes'. Is this the devolution of the English language in action, or are you just think you are charming for writing like a child?



9 heather k March 17, 2011 at 12:08 pm

perhaps they are other blogs that would suit you better, jimmy.



10 runeatrepeat March 17, 2011 at 4:07 pm

I write "blubes" in reference to "boobs" as in "show me your...!" so I don't think that's exactly writing like a child ☺
It's all in good fun, right?



11 Lauren March 17, 2011 at 11:00 am

Love this recipe!!



12 Elizabeth@The Sweet Life March 17, 2011 at 1:47 pm

I love, love the idea of bagel thins!



13 Amber K March 17, 2011 at 2:33 pm

I don't care what you call it, it looks so freaking delicious!



14 Heather March 17, 2011 at 2:56 pm

That dip looks amazing – similar to a spinach and artichoke dip.

Great creation! Happy St. Patrick's Day



15 hannah (mindrunningwild) March 17, 2011 at 4:04 pm

oooh that dip looks great!

I've been looking for those cinnamon raising bagel thins but haven't found them anywhere!! I thought I could do the sandwich thins but they've got splenda in them which I'm not so fond of. Gotta keep looking!



16 runeatrepeat March 17, 2011 at 4:19 pm

Hannah, Just a heads up...The cinnamon raisin bagel thins are made of white flour and have sugar and stevia.



17 Hannah (mindrunningwild) March 17, 2011 at 5:15 pm

stevia is fine and sugar is as well. White flour, that's fine it's at least real. Just not a fan of fake sugars and chemicals x_X
thanks!!

Comments on this entry are closed.

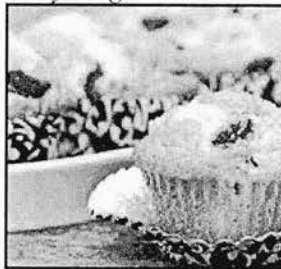
Previous post: [Refried Bean Pasta Lunch](#)

Next post: [Quick Pancakes](#)





Couscous Salad
by: *A little bit of everything*



Strawberry Rhubarb Yogurt...
by: *spicyperspective*



Thai Mango Salad With
Ads by foodbuzz





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Healthy Living Community



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• The Calendar

March 2011

M T W T F S S

1 2 3 4 5 6
 7 8 9 10 11 12 13
 14 15 16 17 18 19 20
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« Feb Apr »

Tweet Time!

Too Much Food, Just Enough Fun <http://nblo.gs/j189T> »

◦

My fun in Florida so far <http://t.co/NkeLTXk> #fitblog #blogher »

◦

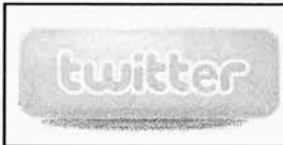
Good Morning from Florida :) The internet isn't working at our hotel, sorry for the delay.
 »

• ◦

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Hi, I'm Monica. Welcome to Run Eat Repeat. I'm using running and healthy eating to lose weight and stop dieting forever! This blog documents all of that and more - in a fun way.

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Jan: RnR Arizona Half

Feb: Surf City Half

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April: tbd

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Dec: Las Vegas Half

Jan: RnR Phoenix??



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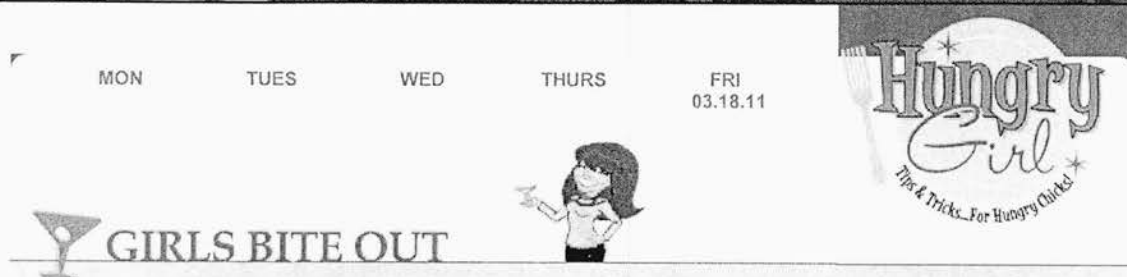
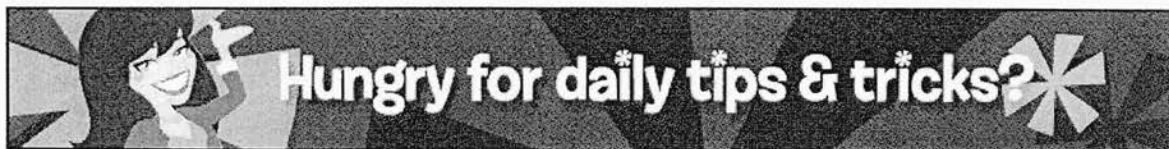
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Ⓢ



This Saturday's episode of *Hungry Girl* -- "Pick Me Up!" -- is all about sips and snacks that'll give you a lift. As a head start, here's everything you need to know about making your own coffee-shop-style drinks and more...

Do-It-Yourself Drinks!

Say "so long!" to high-calorie, high-priced coffee beverages...



The Coffee - When making iced or blended coffee-based drinks, we like to use instant coffee granules. You can get all fancy and use **Starbucks VIA**; you can use the affordable-and-dependable kind from **Folgers**. Or you can brew up your coffee of choice -- just make it super-strong (with less water) if you plan to add ice afterward!

The Milk or Creamer - If you're looking to put together a latte-like beverage with very few calories, you need **Unsweetened Vanilla Almond Breeze**. Light vanilla soymilk is good too, but UVAB is super-creamy and WAY low in calories! Sugar-free or fat-free powdered creamers, like the kinds by **Coffee-mate**, are also essential. When it comes to these creamers, the MVP (most valuable powder) at the HG HQ is sugar-free French vanilla. We keep the fat-free plain variety around as well, along with a fancy flavor or two!



The Sweet Stuff - **Splenda** has been our go-to no-calorie sweetener for ages, but **Truvia** is our recent love and stevia pick. **Torani Sugar Free Syrups** are perfect when you want fun flavor + sweetness, without a bunch of calories! These syrups come in a SLEW of great flavors -- [order them online](#) or [find them at places like Cost Plus World Market and BevMo!](#). If you're lucky, you can locate a couple of flavors in the coffee aisle of your supermarket... Just make sure they're the zero-calorie, sugar-free kinds!

The Add-Ins - If you want to add some chocolate flavor to your brew, a bit of **unsweetened cocoa powder** will do it for minimal calories -- not to mention that a container of the basic stuff is cheap and will last a LONG time. If you want chocolatey stuff that IS sweetened, grab some 25-calorie hot cocoa mix packets -- **Swiss Miss Diet** is a staple. Finally, we have **Fat Free Reddi-wip**. Don't look at us like a squirt of



whipped topping won't make your coffee drink more delicious. You know it will, and it'll get the job done for 5 calories per 2-tbsp. serving!

Early-Morning Market Finds!

Swap those treats you'd get with your cup o' joe for something you can grab at the grocery store!



Want a Muffin? Vitalicious VitaTops!

PER SERVING (1 VitaTop): 90 - 100 calories, 1 - 2.5g fat, 105 - 150mg sodium, 20 - 27g carbs, 5 - 10g fiber, 0 - 12g sugars, 3 - 5g protein -- **PointsPlus®** value 2 - 3*

If sweet baked goods are your downfall, you need to get better acquainted with these 100-calorie (or less) treats. You can find limited varieties at select markets, and you can order from the whole lineup online. Keep an eye on your HG emails for free-shipping specials and other deals... There's one coming your way NEXT week!

Hungry for a Hot B-fast Sandwich? Jimmy Dean D-Lights!

PER SERVING (1 sandwich): 230 - 290 calories, 4.5 - 12g fat, 760 - 860mg sodium, 29 - 31g carbs, 2 - 4g fiber, 3 - 5g sugars, 15 - 18g protein -- **PointsPlus®** value 6 - 8*

Jimmy D. has some AMAZING options in this low-calorie lineup. Tasty items on an English muffin, a bagel, a croissant... WOW! And you don't have to wait in a line to get one.



Craving Bagels? Thomas' Bagel Thins!

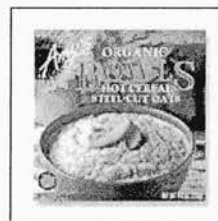
PER SERVING (1 Bagel Thin): 110 calories, 1g fat, 160 - 210mg sodium, 24 - 25g carbs, 4 - 5g fiber, 3 - 6g sugars, 4 - 6g protein -- **PointsPlus®** value 3*

Here's the thing -- we LOVE bagels as much as the next person. But we don't need mega-normous dough rings with SLABS of cream cheese. These guys are juuuust right...

Only Have Eyes for Oatmeal? Amy's Organic Hot Cereal Steel-Cut Oats Bowl!

PER SERVING (1 container): 220 calories, 3.5g fat, 190mg sodium, 42g carbs, 5g fiber, 15g sugars, 6g protein -- **PointsPlus®** value 6*

We actually like the oatmeal at Starbucks a LOT, but if you want to skip the trip and don't have time to make your oats from scratch, [this freezer-aisle find will do](#). There are also [Multi-Grain](#) and [Cream of Rice](#) options. Toss some fruit on top and go to town! (Not really... Stay where you are.)



The Big Coffee-Shop-Swap Recipe Roundup!

Half drinks, half food, all delicious...



Cherry Bomb Iced Mocha - A [fruity, chocolate-inflected](#) coffee drink. We never get tired of it!

Cara-mellow Coffee Freeze - McDonald's for a coffee drink? WHY? We've got what you need...

Toffee Mocha Hotté - Just thinking about this sweet cup of yum makes us feel ready to face the day.

Vanillalicious Cafe Freeze - Sure, the flavors are simple and it's easy to make, but your taste buds won't appreciate this sipper any less!

Raspberry Mocha Madness Swappuccino - Frappuccino schmappuccino -- this rich-n-fruity freeze ROCKS!

Green Tea Crème Swappuccino - A little something for the coffee avoiders in the house...

Fluffy-Good Zucchini Nut Muffins - Most veggie-based baked sweets are bad news; ours are front-page worthy.

Chunky Apple-Cinnamon Muffins - These are just as good as anything coming out of a bakery case -- make them and you'll see...

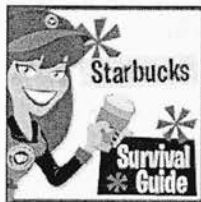
Big Fat Blueberry Muffins - Everybody's favorite muffin, featuring surprisingly slim stats.



Chocolate-Chippy Cheese Danish - Guilt-free pastry with chocolate. We repeat, GUILT-FREE PASTRY WITH CHOCOLATE.

Crazy-Delicious Cheesy Cherry Danish - If chocolate isn't your style (don't scoff, cocoa lovers -- some people aren't into it!), this fruit-filled Danish will suit your needs.

Top Banana Bread - Cut yourself a slice to go with your coffee, sit back, and smile. You won't be able to help it, really...



Pssst! For those seemingly inevitable Starbucks stops, click HERE for a few (read: a LOT of) tips to get in and out, satisfied and unscathed...

CHEW ON THIS:

Today, March 18th, is National Lacy Oatmeal Cookie Day. Instead of chomping on a doily of a cookie with WAY too much sugar and fat, try an Oatmeal Raisin Softy! Mmmmm...

SEND TO A FRIEND

Skip grabbing coffee with your homies -- click "Send to a Friend" to pass this along, and then you can all get together for java at home!

Having mail issues? [Click here](#) for a printable, text-only version of this email. And [click here](#) for an HTML version.



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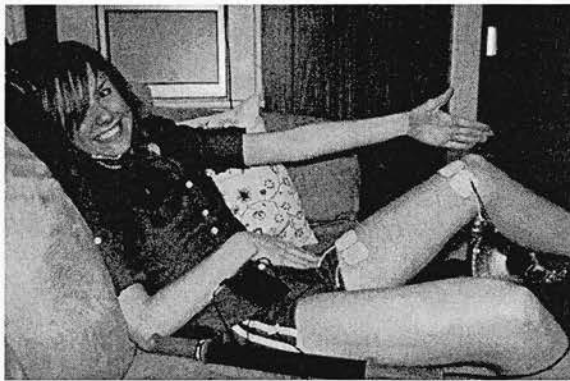
You are here: [Home](#) > [Uncategorized](#) > Tips for Recovery

Tips for Recovery

by Janae on March 18, 2011

Let me just apologize in advance for the random outfit I am wearing in the below pictures. I needed to change into shorts in order to work on the leg but was far too lazy to change my work shirt and that is where the mismatched random outfit was born.

Thursday night was dedicated to getting that leg of mine back to its normal wanting to run as much as possible self.



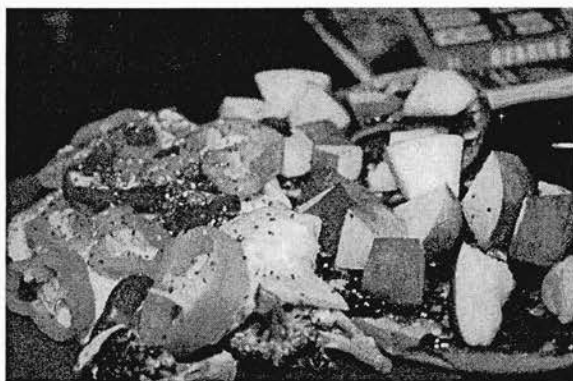
I have a friend that is a chiropractor and he lent me an Electrotherapy device. Basically these weird things that made my muscles twitch and feel really cool are used to increase blood circulation, repair tissue and are used for muscle rehabilitation. Already feeling the benefits:)

Next up was our new [Tiger Tail](#) ([found on gear page](#), it is a rolling muscle massager). The foam roller is a little too much pressure right now on the quad so the Tiger Tail is just perfect.

Pretty brave of me to put up this picture of my nap hair.....I LOVE naps, it is amazing what 20 minutes of shut eye can do for you!

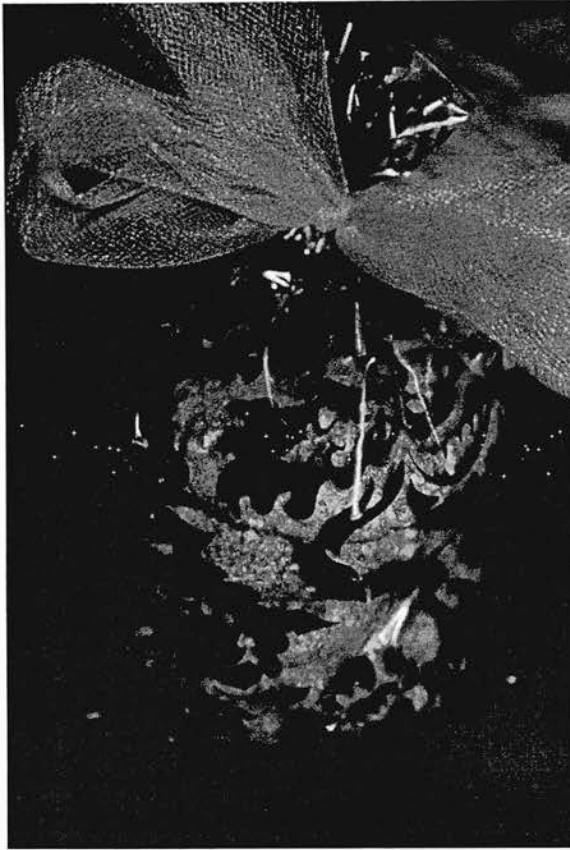


Spray on tan will occur before Boston..... also I might pick up my house before I take pictures. Did I tell you that my neighbor brought over a new dish scrub brush? I think she was hinting that it is time for me to do the dishes. I heard doing dishes and cleaning your house makes muscle recovery slow down and that is why I have let them stack up 3 feet above a safe level.



My next tip would be to make a colorful, ridiculously delicious dinner. We have an egg omelet with fresh delicious eggs from JEN, broccoli, peppers and chia seeds and a toasted THOMAS Bagel thin with Jam and apples. I was sent the bagel thins and although I was a little skeptical at first (I had never tried them before), I actually really LOVED them. I get excited thinking about the possibilities with these beauties.

The best recovery tip of all.....



The cutest [MEGAN](#) brought over her famous zucchini cookies.....these are SO GOOD but also ridiculously good for you!!! Go to her amazing [BLOG](#) right now to get the recipe. They are still good for you if you eat all four at the same time right???

Have you ever used a Tiger Tail? Do you use a foam roller?

Do you like to take naps?

-I would if I could every day of my life!!! I crave them! One more reason I am secretly a toddler in a 25 year old's body.

What is your Friday work-out?

-Lifting baby and I am going to my racing team's meeting at night where we will talk about running....(that counts right.)

What delicious toppings should I use on my bagel thins?

-Give me your secret recipes for amazing sandwich/toast/bread toppings!!!

{ 70 comments... read them below or [add one](#) }

Mamarunsbarefoot [March 18, 2011 at 7:40 am](#)

Do I nap??? Heck no! I wish!!!!!!! Rolling?? I need I'm lazy!

[Reply](#)

Sara [March 18, 2011 at 7:43 am](#)

Naps? Love 'em!

Today's workout? Rest day! I did 18.5 yesterday.

Bagel thins? Never had a bagel thin, but I eat bagels all the time. One of my favorites is cream cheese, deli turkey, and sliced cucumbers on a toasted bagel. Yum, it is so good!

[Reply](#)

Shannon [March 18, 2011 at 7:43 am](#)

Peanut butter and honey as a topping, for sure!

[Reply](#)

Euniece Santiago [March 18, 2011 at 7:46 am](#)

i wish i could take a nap. but for some reason every time i lay down i think of all the tons of things i should be doing! ur posts make me day! ur hilarious

[Reply](#)

theAlmostRunner [March 18, 2011 at 7:47 am](#)

PB and honey is good, but PB and Nutella is BETTER!

[Reply](#)

MuncherCruncher [March 18, 2011 at 7:48 am](#)

Oh girlie. You are my favorite! I am so glad you found them! I hope you're feeling better! I am sending you all my good energy ☺

P.S. We really do still need to talk about the bachelor

P.P.S. See you today?? WAHOO!!

P.P.P.S I HEART you! xoxoxo

[Reply](#)

MuncherCruncher [March 18, 2011 at 7:48 am](#)

Oh and are you kidding me with those darling tiny legs of yours!!

[Reply](#)

Kacie Darden [March 18, 2011 at 7:52 am](#)

YUMYUMYUM! That sounds delish!

[Reply](#)

kate [March 18, 2011 at 7:52 am](#)

cheese and jam!

[Reply](#)

movesnmunchies [March 18, 2011 at 7:56 am](#)

DANG that is a crazy electro thang! i love naps! its hard for me to relax but when i do ... is so nice!!.. PEANUT BUTTER AND BANANA – DUH... is that even a question?....

actually hummus and anything is good too!

[Reply](#)

Stephanie [March 18, 2011 at 7:58 am](#)

I've never heard of a tigers tail? I will have to check it out! I just recently invested in a foam roller.

I rarely take naps. Once every few months maybe?

Today I ran 7.12 miles before work. Not as fast as I wanted, but dang, it was SO HOT in the gym!!

PB & banana is a must. I'd also suggest, turkey w/ mashed avocado, sprouts, tomato & lettuce. Or smoked salmon and cream cheese.

[Reply](#)

[Kirstie March 18, 2011 at 8:01 am](#)

I am the queen of naps. 20 minutes to 4 hours, I love them all! I can come home after work and shut my eyes for 20 minutes before a group run. I am a power napper!

Never heard of Tiger Tail but I have THE STICK which does pretty much the same thing. I don't use it nearly as much as I should.

No workouts today unless you call eating my way thru a bar menu and drinking vodka a workout. If so, I'm working out all night long 😊

[Reply](#)

[runningonwords March 18, 2011 at 8:04 am](#)

I wish I could nap, but it always screws up my ability to sleep at night. It makes me sad.

I'm not working out today, although I have to give a campus tour, so I'll get plenty of walking in.

My only sandwich tip is to use garlic and herb cream cheese or garden veggie cream cheese instead of mayo. It's delish!

[Reply](#)

[Corey @ the runners cookie March 18, 2011 at 8:07 am](#)

Glad to hear you're well on your way to recovery! I was sent the bagel thins too – can't wait to try them!! I'm thinking that apple butter or pumpkin butter would be amazing on the cinnamon raisin ones 😊

[Reply](#)

[Gracie \(Complicated Day\) March 18, 2011 at 8:08 am](#)

Melted aged cheddar and apricot preserves. Together, as a sandwich. YUM. YUM. YUM.

[Reply](#)

[Jogging with Fiction March 18, 2011 at 8:10 am](#)

I got to have electro therapy yesterday at the chiro on my back! it was AWESOME. I can't wait to do it again next week!

I never nap. I always wake up WAY grumpier and more tired than before.

I'm considering a foam roller, but haven't used either...

Today is a rest day, so i'm just planning on jogging with my slowpoke dog and then some yoga.

hummus on bagel thins!

[Reply](#)

[Christine March 18, 2011 at 8:16 am](#)

5 or so miles tonight- I'm supposed to be tapering though!

I suck at naps- once I fall asleep 20 minutes turns into an hour and then I can't sleep that night.

[Reply](#)

[Lindsey@arunningtale](#) March 18, 2011 at 8:17 am

I have too many favorite sandwich ideas with bagel thins, but my top 2 – toasted with melted cheddar cheese and then sliced apples or toasted with peanut butter, banana slices and cinnamon.

Tonight I have a 75 minute easy run.

[Reply](#)

[Matty O](#) March 18, 2011 at 8:18 am

Had 30 minutes on the trainer and hot yoga tonight.

I hate naps, I feel like I am wasting the day and when I wake up from them I am crabby!!! My wife loves them though ☺ Have a great weekend!

[Reply](#)

[Running Mama x5](#) March 18, 2011 at 8:21 am

I nap nearly everyday. I am lucky enough to be home doing in home daycare, so when all the little people nap, mama naps too. I use The Stick. I don't have a foam roller, but I love my stick. HOpe you're feeling 100% in no time.

[Reply](#)

[linzlikewhoa](#) March 18, 2011 at 8:28 am

I have a foam roller but now I think I may have to invest in a tiger tail, that looks way easier to use!

I love putting laughing cow cheese on everything bagel thins. Nom-a-lish.

[Reply](#)

[Miranda](#) March 18, 2011 at 8:32 am

Love naps, but never get them! I barely take time to stretch after running, so no foam roller. (I am getting slightly better at stretching after so maybe some day!) Love bagels, haven't seen the bagel thins, doubt my little grocery will get them.

Saw some yummy cream cheese mix at HealthyTippingPoint the other day I want to make for my bagels, she mixed in green onions, carrots, and dill with the cream cheese, looked amazing.

[Reply](#)

[Erin @ UntilYouTri](#) March 18, 2011 at 8:43 am

I wish I could take naps but I am a bad napper. (For some reason 20 minutes just makes me feel more groggy and tired. I don't feel good unless I get over an hour...but then I have problems going to bed at night, so I don't usually take them. *sad face*

Friday is my rest day—which I'm a little bit sad about because it's supposed to be 72 and SUNNY today!!)

I love making turkey sandwiches on the bagel thins! I don't know what it is about a sandwich on a bagel—but it's awesome!!

[Reply](#)

[Coy Martinez](#) March 18, 2011 at 9:01 am

Do I use a foam roller? Is the Pope Catholic? I would use that roller as a pillow if I thought it would help me anymore. Don't apologize for the outfit, chilling on the couch is best done while mismatching!

[Reply](#)

[trisha*n](#) March 18, 2011 at 9:15 am

I have an electrotherapy device! My chiropractor gave it to me years ago when I hurt my knee. I use it all the time. Love it! And foam rolling. And naps. Goodness that all sounds so stinking good right now.

[Reply](#)

[Britt Burns Kelly March 18, 2011 at 9:22 am](#)

I never heard of it referred to as the Tiger Tail, I have one but here in the Midwest we call it "the stick". My quads love it, but it freaks my dogs out for some reason so I don't often use it.

[Reply](#)

[Emily March 18, 2011 at 9:25 am](#)

i can only take naps if i have 3 hours to do it. its a little ridiculous and barely qualifies as a nap.
my friday workout: taught spinning this morning, rode my bike to work and about to go run in 74 degrees and sun!

[Reply](#)

[Julie March 18, 2011 at 9:27 am](#)

1. Naps – sure... but not as many as when the kids were babies. Now, I'm pretty good at getting a full nights sleep – and I LOVE THAT!!
2. I have a 6 mile run on the schedule today. I promised wee girl she could run the first 3 with me, so we're off for a mama/daughter run real soon.
3. I always top my bagels with cream cheese, tomatoes and salt. YUM!

[Reply](#)

[Holly March 18, 2011 at 9:32 am](#)

I love me some naps! ☺

Friday work out: Abs & running!

What should you put on your bagel thin? Ice cream. I mean, um... Peanut butter and melt chocolate chips on top (so healthy ☺)

[Reply](#)

[Laurie March 18, 2011 at 9:36 am](#)

I LOVE NAPS. I can curl up and sleep anywhere, any time. It's my favourite thing to do, apart from running. If I could nap while running I think I'd be totally set. (Just thinking about napping makes me want to crawl under my desk for 20 mins... do you think anyone in the office would notice?!)

I have both a tiger tail/stick and a foam roller and I wish I loved them both, I really do. But I hate them! Everyone says the pain hurts so good, but for me it really does hurt so BAD. Probably because my muscles are ridid tight and if I rolled they might get better. It's a vicious circle, dammit!

Really hope your electrocution thingummy works its magic on your leg! And have a faboosh friday – you ROCK!

xx

[Reply](#)

[Victoria Elizabeth March 18, 2011 at 9:37 am](#)

I love bagel thins! I make them into sandwiches with lunch meat, cheese, avocado, tomato, and spinach!

I hope that you are healing well!!!! (Electrotherapy! That is so crazy cool!)

[Reply](#)

[Laura \(LunaChickRuns\) March 18, 2011 at 9:37 am](#)

I have a rest day today, long run tomorrow!

I used to work from home and I took a nap every single day, no lie. It was heavenly.

Bagel thins: well, you can never go wrong with pb, banana, honey & cinnamon. However, you should probably try toasting one in the toaster oven (or under the broiler) with a slice of cheese and some jam or sliced fruit!

[Reply](#)

Emily @ eat.drink.run. [March 18, 2011 at 9:42 am](#)

oh those cookies look so good! i want to make them now!

i'm hoping to go for an easy run today. i've only run once all week bc i have an awful viral infection and feel really sick. i'm mostly mad bc i'm missing training runs!!

yes i foam roll and love it! that's so cool that you got to use a fancy machine to stimulate your muscles!

i don't have time to nap during the week, but i like taking naps after long runs on weekends.

bagel thins are good with melted cheese and jam! i also like making bagels with cream cheese, tomatoes and cucumbers. or if you're feeling really crazy – make the bagel with cream cheese and nacho cheese doritos – super crunchy and delicious!! ☺

happy friday!

[Reply](#)

Sally [March 18, 2011 at 9:43 am](#)

1) I LOVE naptime!! especially in the winter when i can curl up underneath my really fuzzy/really cool dancing teddy bear fleece blanket!

2) 6 mile run for me today! it's sunny and warm out in Baltimore! ☺ Gotta get through this work day first.....

3) I would mix a nice slab of cream cheese on one side of the bagel with raspberry jam on the other side and let the cream cheese get all melty. Then probably stuff my face and enjoy every bite. ☺

[Reply](#)

WannabeRunner [March 18, 2011 at 9:46 am](#)

Looooove naps. They are part of my weekend routine! And Bagel Thins are great. I have one every morning with WW cream cheese. ☺

[Reply](#)

Dorry [March 18, 2011 at 9:56 am](#)

Your dinner looks delicious! I might take it easy today – or maybe I'll go to yoga. My body feels stiff. I think I need a massage! I can take naps only when I'm REALLY exhausted, and usually only if Billy is with me. He loves naps, so I guess it rubs off on me. Bagel thins with peanut butter and banana! Or hummus and avocado. Mmm. xoxo

[Reply](#)

Rachelle Wardle [March 18, 2011 at 9:59 am](#)

I love naps, especially on Sundays. Nap, eat, and repeat. Love it!

I haven't ever tried bagel thins but love the sandwich thins. Lots of turkey, swiss cheese, and avocado... YUMMY!

Have a fabulous weekend, will you still be pacing your sister Saturday? Also you asked me earlier this week if I was running Shamrock and I am not. I am running Canyonlands in Moab tomorrow.

[Reply](#)

Lindsay and James Cotter [March 18, 2011 at 10:25 am](#)

we have one of those electrotherapy kits. James uses it all the time. It makes me giggle cause it tickles me, haha! But I think it helps james! Oh megan is so sweet, I love her blog too! You are gonna be better in no time with all this good recovery!
LC

[Reply](#)

Lindsay and James Cotter [March 18, 2011 at 10:25 am](#)

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Oh megan is so sweet, I love her blog too! You are gonna be better in no time with all this good recovery!
LC

[Reply](#)

Alyssa @ Life of bLyss [March 18, 2011 at 10:42 am](#)

Laughing cow light cheese! and if you want some more on top of that, regular jam OR pepper jelly.... YUM!

my favorite bagelthin sandwich is 2 egg whites, laughing cow light, pepper jelly, and a little spinach. it's a healthified heaven. 🍷

I've never tried or even heard of a tiger tail!

[Reply](#)

Samantha [March 18, 2011 at 10:49 am](#)

I have a roller that is very similar to the tiger tail, just not the same brand. I love it. Foam rollers are good for my IT bands and other areas I can't really use the stick on hah.

I absolutely LOVE naps, but only short ones because I get headaches if I take too long and then I feel like my day has been wasted.

My workout today is hills 😊 I hate hills.

I've seen people use bagel thins for sandwiches with turkey and cheese or egg and sausage! I would probably use peanut butter on one 😊 I love peanut butter!

[Reply](#)

Sabrina @ Radioactive Runner [March 18, 2011 at 10:51 am](#)

I hope you're leg gets feeling better soon for you!

I've never used a tiger tail.. but I use the TP quadballer and it does wonders!
I love for naps..somedays I can't function if I don't get a nap in lol.
I did some yoga meltdown this morning and it felt great!

Have a great wknd!!

[Reply](#)

[yourdailygrace.com](#) [March 18, 2011 at 10:57 am](#)

I don't have a foam roller but have a feeling I will be investing in one soon..I just don't know which one to get! Today I'm going to eventually give Jillian Michael's Yoga DVD a go...the reason I don't have energy to do it right. now! is because I took a nap from 11:30-12:30... do not read blogs in bed, it isn't conducive to staying awake! Although I'd like to love naps... I don't because they leave me feeling more sleepy unless it's a 10 minute car power nap... for some reason those don't? Since I love bagels, I also love bagel thins! My favorite thing to do is pur cream cheese and cinnamon sugar on the cinnamon raisin ones and garden veggie or onion and chive cream cheese on whole wheat ones... I'm not creative like that.

[Reply](#)

[runyogarepeat](#) [March 18, 2011 at 11:09 am](#)

Hope the treatments work, so you can start running again!
I wish I could nap everyday, I love them so much. At the summer camp I work at, we have rest hour after lunch everyday. I always nap while the kids throw notes around the cabin. It's such a great, relaxing of the day.
I'm heading out NOW to do my 7 mile run!

[Reply](#)

Big Daddy Diesel [March 18, 2011 at 11:11 am](#)

- 1009 followers, how do you keep track of all your fans?
- I am hoping for a speedy recovery, since your injured, might as well tidy up the place
- I foam roll alot, I love my foam roller, literally
- on the weekends I take naps
- 4 mile run after work
- 2 post a day, I am amazed, I am lucky to find enough material for 2 a week, I posted weekly ramblings today, you should stop by and say hi

[Reply](#)

Rene [March 18, 2011 at 11:13 am](#)

I foam roll 1 – 2 times a week and it hurts so the tiger tail looks like a good alternative.
I love naps. It's ridiculous. When all of my kids were in school I think I took a nap every day. I've scaled that back now.
no workout for me today. I'm nursing a sore back (can't wait for my chiro appt next week). I am going to do 8 miles tomorrow.

[Reply](#)

Jen [March 18, 2011 at 11:16 am](#)

No naps for me, but I look forward to the 3 year old's naptime every day! His naptime is the only time I get to myself all day long, I'm not wasting it sleeping!
Workout this morning: Turbo Jam: Cardio Party2 and 3T. Kicked my little tail!

Jen
<http://jensdaily.wordpress.com/>

[Reply](#)

2 Running Chix [March 18, 2011 at 11:17 am](#)

I've never tried foam rolling, but I think I will...everyone says it's awesome.
Rarely take naps, but when I do, it makes my whole day better!!
Workout today: body weight exercises...pushups, pullups on pullup bar, plank poses...rest day from running.
Bagel thins, I suggest toasting then spread with almond butter...then sprinkle with your chia seeds...yum!! That's making me hungry!

[Reply](#)

Little Miss Runshine [March 18, 2011 at 11:21 am](#)

I use the stick <http://www.thestick.com/products/sticksbylength.cfm>
works wonders!
i love naps but never have time for them! last time i took one was probably in college!

[Reply](#)

blondevue... [March 18, 2011 at 11:26 am](#)

Your hair is cute in that picture, crazy girl! Hope the healing keeps going AMAZING 😊) Your a champ, and I love your blog!!

[Reply](#)

XLMIC [March 18, 2011 at 11:29 am](#)

I love your nap hair!

And your food looks amazing... as always!

[Reply](#)

danielle [March 18, 2011 at 11:46 am](#)

Oh my gosh I love naps! I take naps all the time. BUT my naps last for ummm... About three hours!!!! Hard to get anything done with those kind of naps!

[Reply](#)

Bess@Bess Be Fit [March 18, 2011 at 12:10 pm](#)

my collegiate athletics career revolved around the e-stim machine!! That thing has healed many an injury of mine!!! Hope it fixes you right up! And yes I take naps, I might be narcoleptic.

[Reply](#)

pajamachef [March 18, 2011 at 12:30 pm](#)

i wish i could nap, but alas, i can't sleep during the day. sigh...

[Reply](#)

ashley & sundance [March 18, 2011 at 12:38 pm](#)

Those cookies look way yummy!!! Glad your leg is feeling better. You know you will still ROCK Boston. I so wish i could come cheer you on!!!!!!

I rarely take naps. I feel like i never have time to just lay down and relax. I'm too ADD/OCD. Lol. I love my foam roller. Can't believe i didn't use one sooner! My workout today consisted of 20 minute treadmill run. I kind of want to go do the elliptical for awhile because i feel like i didn't sweat enough this morning ...

Umm. Did i mention how excited i am for our fro yo date today? ☺

[Reply](#)

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Umm. Did i mention how excited i am for our fro yo date today? ☺

[Reply](#)

SeeAliEatSeeAliRun [March 18, 2011 at 12:54 pm](#)

I have a hard time napping because I always feel like I want to be up doing something! Video of the electro-device thing?? I'm intrigued ☺

[Reply](#)

Caroline [March 18, 2011 at 1:52 pm](#)

Nap?? what is that? here is my answer to that: I have 2 sons. they are 5 and 6. nap is dead in this house.

Friday: rest day. I hate it.

I have never seen that Tiger thing before..where did you get it?

On bagels: whipped salmon cream cheese.

[Reply](#)

Emily @ eat.drink.run. [March 18, 2011 at 2:30 pm](#)

Just realized that Boston is one month from today!! So exciting! ☺ Bill Rodgers hung the first banner in Boston today – there's nothing like walking around the city and seeing all of the banners with real runners and their stories. So inspiring! I'm so happy you'll experience it soon!!

[Reply](#)

Jenny [March 18, 2011 at 2:36 pm](#)

I wish I could take more naps but they really mess with my sleeping schedule! ☹ bleh!

[Reply](#)

Jess @ Blonde Ponytail [March 18, 2011 at 2:42 pm](#)

Geez!! You surpassed 1000 followers fast!!! Did your sista even get in on the action?!!

I used to nap in college b4 softball practice–so necessary! Love them!

I like your fashion sense; it is purposeful–you can teach and transition immediately to working out!

Bagel/Sandwich makings: hummus, sprouts, thinly sliced veggies and broccoli slaw!

[Reply](#)

spiffykerns [March 18, 2011 at 3:06 pm](#)

I wonder if spray tans melt off after a good sweaty workout. I'm like you – bronzer on the face, pale everywhere else lol. ☹

[Reply](#)

Ashley [March 18, 2011 at 3:12 pm](#)

Oh I am foam roller lover. I also have "The Stick" so I'm not too discriminatory. Anything that massages my leg muscles = <3

Thank you so much for these posts this week. Too much training + not enough sleep led to me getting sick... so I haven't run in 2 days and I slept all day yesterday. It's good to watch your awesome recovery while trying to facilitate my own... wanders away to eat yet another orange. Vitamin C baby!

[Reply](#)

Thisisme [March 18, 2011 at 4:38 pm](#)

your outfit cracks me up!!

your smile is seriously infectious! but i'm sure you've heard that!!

"The stick" rocks for leg TLC!

[Reply](#)

melissadishes [March 18, 2011 at 4:39 pm](#)

DOR on Fridays for me. I was going to do my long run today but that didn't happen.

I use a foam roller when I am not too lazy.

I used to do the eletrotherapy and I liked it in a weird kind of way. Well except for when they REALLY cranked it

[Reply](#)

hungry-dancer.com [March 18, 2011 at 6:48 pm](#)

Great tips!! I LOVE naps!! I'm actually planning on taking a serious one when I get home from work!

[Reply](#)

Adrienne [March 18, 2011 at 6:49 pm](#)

Whoohoo to the gorgeous mama! Happy half marathon!

[Reply](#)

juanitagf [March 18, 2011 at 7:10 pm](#)

I am jealous of your ability to nap. Sure wish I could! I have and use both the Tiger Tail and a foam roller. Love my TT! Sometimes I have hubby roll my hammies and ITB. It hurts so good...

My mom taught me the following for bagels. Toast bagel and spread with cream cheese. Sprinkle with brown sugar and microwave until warm and bubbly. Be careful as the sugar can get very hot. Almost tastes like a cinnamon roll!!

[Reply](#)

juanitagf [March 18, 2011 at 7:11 pm](#)

Uhh, my mom taught me...

[Reply](#)

Lisa [March 18, 2011 at 8:05 pm](#)

Sorry about your leg! Hope the device really helps. I use a foam roller at the gym and I have 'stick' and a trigger wheel.

I take Fridays off from working out. I can't nap, wish I could sometimes, but I always wake up groggy.

Feel better!

[Reply](#)

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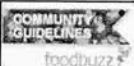


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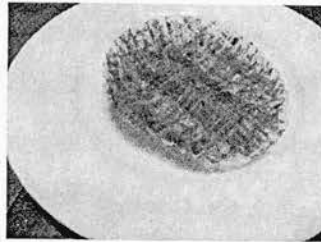
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Marathon Madness: The Carb-Loading Edition

March 22, 2011 Becky

"Operation Leave No Carb Behind" is well underway.

0



My body is absorbing every last calorie to repair tired muscles and store glycogen for the big race. It would seem that this is the easy part – **sit and eat**.



But is it really that simple? For me, it's not. At this point, the miles are logged. No run that I do will have a major impact on my race. *The food I eat?* That's different. The foods I fuel with this week can have a profound effect on the way my body feels on Saturday and its ability to run for 26.2 miles. Needless to say, food is on my mind A LOT.

- What to eat?
- When to eat?
- Did I eat enough?
- Did I eat too much?
- Digestion?
- Hydration?

Rather than simply enjoying delicious food, I start to feel like every morsel has a purpose. I often joke about cupcakes and cookies, but I really can't rely on those delicious treats right now. Instead, I'm trying to fill my body with nutrient-dense power foods – whole grains, healthy fats, and protein.

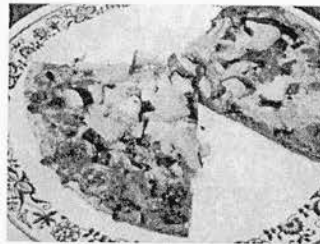
In the morning, I fill up my favorite jars with steaming hot oatmeal and chia seeds.



Then I pack a lunch box, jam-packed with fruits, veggies, nuts, last night's dinner.



At dinnertime, I load a whole grain crust with all of my favorite toppings – sauce, cheese, red peppers, artichokes, broccoli, onions, zucchini, and pineapple.



In between meals, I sample new carbs.



I recently received a shipment of Bagel Thins. Perfect timing! These thin, doughy rounds make the perfect snack when toasted and paired with a little PB & J. I'm loving the **cinnamon raisin** flavor this week.



Group runs are no longer in the plan. Instead, I'm enjoying [{ontherun}](#) pasta parties and embracing the marathon madness.



What's your favorite way to carbo-load? My all-time favorite carbolicious meal was the deep dish pizza at [Gino's East Chicago](#).



Carb heaven.

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17 Responses to *Marathon Madness: The Carb-Loading Edition*



Lisa @ I'm an Okie says:

March 22, 2011 at 11:42 am

Honestly, I haven't really carb loaded that much. I just ran my first half and just made sure I ate enough, and that most of it was good food.

[Reply](#)



Lizzy says:

March 22, 2011 at 12:00 pm

Before a local race or an important long run I eat lobster ravioli from my favorite local Italian place...you'll get to try it this summer! So good! Keep eating those carbs...your body needs them. Cannot wait for Saturday. By 11 am Saturday you will be done with your second marathon!!!

[Reply](#)



Holly @ rouchpotatoathlete says:

March 22, 2011 at 1:01 pm

Yeah as much as I'd like to carb-load with muffins and cookies, that probably wouldn't work out so well for me 😊

I recently tried those bagel thins and I think they are pretty good — I was afraid they'd be like those sandwich thins (which I didn't like at all) — but they were surprisingly bagel-y.

[Reply](#)



Liz says:

March 22, 2011 at 1:19 pm

I really like bagel thins for carb-loading because they aren't high in calories so you don't have to worry about pre-race-weight-gain. The night before races I always eat lots of pizza though 🍕

[Reply](#)



Lauren says:

March 22, 2011 at 1:28 pm

I can't wait for our (ontherun) pasta party! What could be a better idea than getting two crazed marathon runners in a room together? 😊

I over-analyze everything I eat this week too. I've been trying to stock up on lots of whole grains, protein, and veggies early in the week and then will keep slowly upping the percentage of carbs I eat each day (and cutting back on the leafy greens). My bigger problem is that anxiety makes me restless...and my typical release is running. My urge to run is so strong this week. And when I'm not running, I want to go for longer walks or run lots of errands, just to keep busy. It's so hard to sit still, even though that's the one thing that I'm supposed to be doing this week!

[Reply](#)



MelissaNibbles says:

March 22, 2011 at 1:28 pm

I've never carb-loaded before, but would absolutely love to. That pizza looks incredible!

[Reply](#)



Emily says:

March 22, 2011 at 2:39 pm

im the best carbo loader in the world. no joke. i'll eat lots of whole wheat pasta in the week leading up to a marathon. also love brown rice, beans, pizzas (of course!) and i won't turn down cookies and cupcakes.

[Reply](#)



Corey @ the runner's cookie says:

March 22, 2011 at 3:00 pm

When a race gets close I try to remain eating things I usually eat, things I know agree with my stomach, and not introduce anything new and crazy. I also try to just go with what I'm craving, because I am a big believer that my body tells me what it needs (as corny as that sounds!) If I really pay attention, I notice that I really don't crave that many sweets (well, okay, besides my daily dessert after dinner 🍰) and that my body wants good carbs, fruits, veggies, and a variety of protein sources. Try not to let the anxiety get to you too much – you know what your body needs to perform this weekend! My pre-race meal has to be pasta 🍝 Happy carbo-loading Becky!

[Reply](#)



[Ali @ All on the Run](#) says:

March 22, 2011 at 4:17 pm

I'm with you! Despite the fact that I'm currently chowing down on Cadbury Mini Eggs, I am making sure I stick to lots of good, nutrient-rich foods that I'm familiar with. Nothing new or exotic this week—just hearty, filling items like pasta that will keep my body healthy.

We'll have to chat about your DC plans! I want an OnTheRun photo 📷

[Reply](#)



[AllisonM](#) says:

March 22, 2011 at 4:30 pm

I think PB&J on bagels has got to rank pretty high for me! I recently read though that you don't need to go crazy overboard with the carbo loading. Basically just do what you're doing, which is incorporate a few more carb-based snacks here and there, and make sure you have a good carb source with every meal. Over the course of the week, with the reduced activity, that should see you through 🍰

[Reply](#)



[Alaina](#) says:

March 22, 2011 at 7:19 pm

I always thought eating was the best part about racing 🍕

I try and eat enough protein and whole grains before a race. Pizza and pasta are my go tos. 🍕

[Reply](#)



[Bekah @ runtrackmind](#) says:

March 22, 2011 at 8:27 pm

Can you believe it is time for marathon 2? You've overcome the harsh winter, your training miles are done and now you get to enjoy a few extra carbs. Enjoy the experience. Looking forward to seeing you this weekend.

[Reply](#)



[Samantha @ Health, Happiness & Skinny Jeans](#) says:

March 22, 2011 at 9:17 pm

That pizza looks so good! Any reason to enjoy some pizza is good for me!

[Reply](#)



[Erin @ Big Girl Feats](#) says:

March 23, 2011 at 7:52 pm

You must be so excited. I'm getting ansty reading all of these pre-marathon/half marathon posts and I'm not even running!
Good luck carbo loading!

Reply



Chase says:

March 24, 2011 at 1:56 am

I've never carboloaded before a race before, but I've also never run a full before! I just chomped on a hunk of french baguette
☺ Are you running the National marathon? I am too! Good luck to you!

Reply



Paige @ Running Around Normal says:

March 24, 2011 at 12:24 pm

I'm going to have to agree with you on the Gino's East ☺ Definitely the most efficient... ok most delicious way to carb load ☺

Reply



Kim says:

March 25, 2011 at 2:18 am

Good luck this weekend Becky!!! Kick butt ☺

Reply

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Posted by wacki04@TheKing'sCourt IV at Thursday, March 24, 2011

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Sunday, March 27, 2011

CLOSED: GIVEAWAY: THOMAS BAGEL THINS

6:19 PM | Posted by Tatum



Your mornings can, with help from Thomas' products. From the Original "Nooks & Crannies" English Muffins to soft, delicious Bagels and more, we have it all. See how there's a perfect breakfast match for you, no matter when you get up.

Thanks to the wonderful people over at Thomas we were sent a few coupons to try out their bagels. Since I'm not too big on Bagels Tim helped me with this review! Below are a few of the products we tried out!



Thomas'® Cinnamon Raisin Bagel Thins™ Bagels

A delightful taste of juicy raisins, and sweet cinnamon in your favorite 110 calorie bagel.

I have always loved bagels but Thomas's bagels are always a little better than the competition. Of course I love them with cream cheese, who wouldn't. But the best thing about Thomas's bagels are that they draw you in with the sweet smell, such as the cinnamon raisin or blueberry. Then when you taste them, it's over. These are the sweetest, most delicious bagels I have tasted. I definitely recommend these bagels.



Thomas'® Everything Bagel Thins™ Bagels

Fans of the everything bagel will love this light-textured, delicious twist with 110 calories.



Thomas'® Plain Bagel Thins™ Bagels

Light texture and delicious taste in a 110 calorie bagel.

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Meal Planner

Thomas's website also offers some really yummy recipes such as below!



The Southwestern Bagel Thins

INGREDIENTS:

- 2 Thomas'® Plain Bagel Thins™ Bagels
- 1 teaspoon olive oil
- 1 tablespoon red onion finely chopped
- 2 tablespoons roasted red pepper finely chopped (jarred-packed in water)
- 2 large eggs, beaten
- 2 slices reduced fat pepper jack cheese
- 1 tablespoon cilantro finely chopped
- 1/4 avocado sliced
- 2 tablespoons red or green salsa

DIRECTIONS:

Heat oil in large non-stick skillet over medium heat. Add eggs and tilt skillet to distribute evenly. Cook for about 30 seconds. Sprinkle onion and pepper evenly over eggs. Cook for about 30-45 seconds or until eggs have set up. Place 2 slices of cheese in the upper half of the egg mixture on the right and left sides evenly spaced. Using a spatula fold the bottom half of the egg mixture over the top, covering up the cheese. Remove from heat. Toast 2 Thomas' Bagel Thins Bagels. Cut omelet in half and place 1 piece per bagel. Top egg with avocado, a tablespoon of salsa and a pinch of cilantro.

Click here to view more [Recipes](#)

2 Lucky people will win 2 product free coupons each for Bagel Thins

Mandatory

- Tell me why you want to win
- You must be a Public Follower to Enter
- Please leave your contact info. in case you win

Extra

Must complete mandatory first

- Follow me on Twitter (1 entry)
- Tweet about this giveaway, can be done 2x a day 2 hours apart (2 entries per tweet)
- Subscribe via Email (2 entries)
- "Like" me on Facebook (2 entries)
- "Like" Thomas Bagel Thins on Facebook (2 entries)
- Like this giveaway on facebook (1 entry)
- Comment on my facebook page that you entered (1 entry)
- Blog or Post on your Facebook Wall about this Giveaway (5 Entries)
- Grab My Button (5 Entries)
- Enter any of my other Current Giveaways (2 entries per giveaway)
- Comment on any of my Reviews (3 entries)
- Add this giveaway to a giveaway linky & leave link (1 entry per Linky)
- Visit Thomas & tell me a [recipe](#) you would like to try (2 entries)

Open to US residents only & must 18 years old at the time of entry. Giveaway will end on April 9th @ 11:59 pm EST & a winner will be chosen by Random.org. I will email the winner & the winner will have 72 hours to respond before choosing another winner. I received free samples to properly conduct this review & the opinions of this product are solely mine. Opinions may vary to my own. I did not receive any monetary value to conduct this review.

Thank You for entering my Giveaway!!! By your Support of Entering & Commenting I am able to bring you Great Products....I read every Comment & truly enjoy reading your thoughts about a product. I especially love when you make me laugh.



Labels: CLOSED Giveaways

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 Grammar 500 Game (6/12)
 Simple Green Outdoor Cleaning Kit (6/12)
 George Foreman Vari-Temp Grill (6/10)
 Pretend & Play Ice Cream Shop (6/10)
 OnlyBendies.com \$15 Gift Card (6/10)
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 PackIt! Cooler (6/14)
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 CrystalTek™ Polish Off Fingernail Polish Remover (6/14)
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 Hawaii Lunkai Bath & Body Prize Package (6/13)
 Fish Party Box Young Naturalist Gift Box (6/13)
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 Aerobic Sprint Flying Ring (6/12)
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 Cedar's Mediterranean Food (6/11)
 Flings Bin (6/11)
 Snorkel Sand Socks (6/11)
 Sand Gone (6/10)
 Choice of Syeko Designs Sandals (6/10)
 Knot Genie Detangling Brush (6/10)
 Certain Oil (6/10)
 Entire Line of SPE 20 Softlups (6/10)

BLOCK PARTY



via
 href="http://tatumsreviews.blogspot.in/

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A Blog Devoted to a Healthy Balance

Cruising Through Thursday

March 31, 2011

Hey, there! 😊

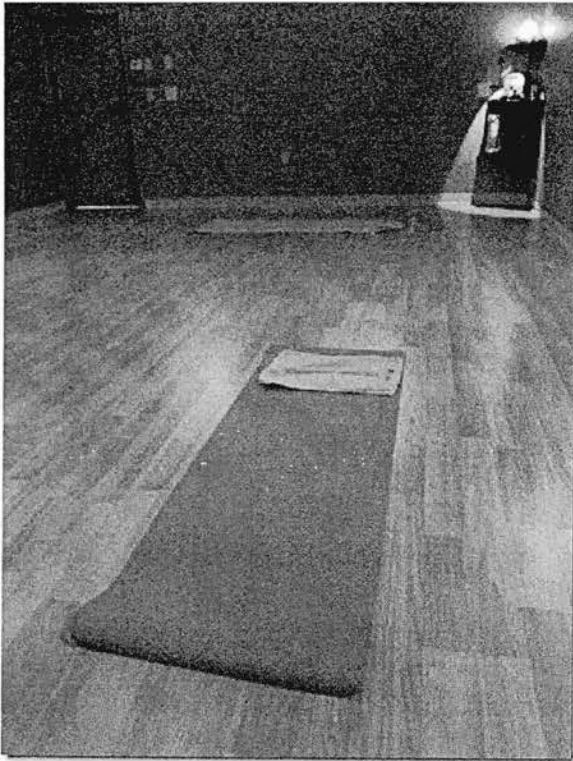
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tweet

I can't believe it's already Thursday afternoon! Holy moly! This week has flown by! I also can't believe that I'm getting on a plane again tomorrow morning. (I'm heading to New York City to run the [More Half Marathon](#) as part of the [Thomas Bagel Thins team](#).) I just got home from [DC](#)!

retweet

Workout

After breakfast, I got my yoga on at [Downward Dog Yoga](#). I took a Level 1, Yoga Foundations class, but I was the only person in attendance, so the instructor tailored the practice a little bit. We did a lot of strength and core work, but I also got a good stretch. My hamstrings and hips, in particular, were screaming for mercy!



Lunch

For lunch, I enjoyed a salad with greens, grape tomatoes, cucumbers, and red onions. On the side, I had some sweet potato fries and a bunch of Kashi TLC crackers.

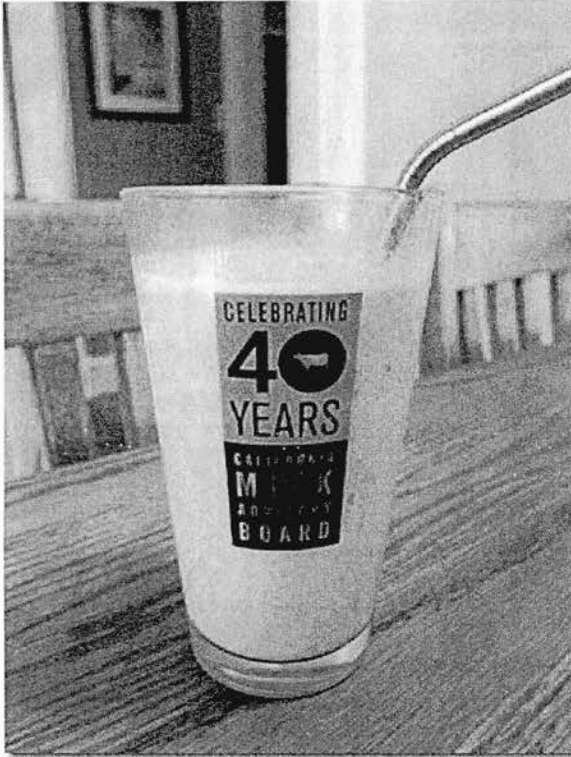


I <3 sweet potato fries.



After lunch, I wanted something sweet, so I whipped a smoothie. In the mix: frozen banana, oats, plain yogurt, almond milk, coconut butter, and flaxseeds.

I always want something sweet to eat after lunch (and dinner), so I balance my meals with these sweet treats. Today, for instance, lunch was light and carby, so I made sure that my smoothie was packed with protein and healthy fats to satisfy me.



Smoothies never used to fill me up, but now they are my go-to meal (or snack). I find that if I add the right ingredients (i.e. protein, fat, whole grains) to my smoothies, they are incredibly satisfying and keep me full for hours.

Here are some of my favorites:

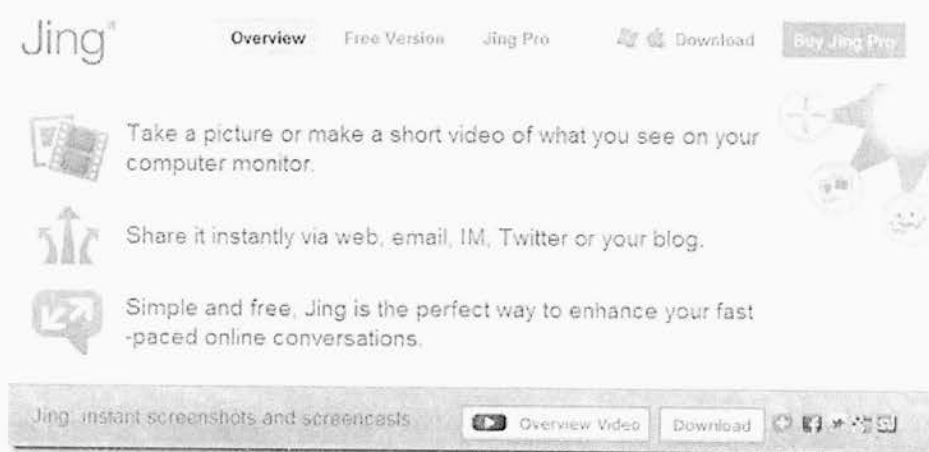
- Cooked whole grains (oats, bulgur, wheat berries, barley, quinoa, etc.)
- Protein powder
- Nut butters
- Greek yogurt
- Coconut Butter
- Frozen bananas <— more filling than ice

Jing

I received this question in my email inbox the other day:

Do you know how to enter/copy an excel table into blogspot? Or take a table from a webpage and put it in blogspot? I am trying to post some of my livestrong.com food diary entries on my blog page, but don't know how to go about it. Any suggestions?

I use Jing when I want to add a table (like I do for my treadmill workouts) or capture an image for my blog. Jing captures anything you see on your computer screen, as an image or short video, and lets you share it (just like the image below).



Once you download Jing onto your computer, you can use it to grab images right off your computer to include (upload) in your blog posts, including tables, spreadsheets, logos, maps, images, etc. It's pretty cool! I use it all of the time!

I have three back-to-back calls this afternoon! Gah!

I hope you're cruising through your Thursday!

Tagged as: [Downward Dog Yoga](#), [Jing](#)

{ 69 comments... [read them below](#) or [add one](#) }

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[Kati @ Living Well](#) March 31, 2011 at 8:08 pm

Neat to know about Jing! Thanks!! I forget about smoothies as a dessert but with our Magic Bullet they really are a cinch to whip up!

[Reply](#)



[Honey @ Honey, What's Cooking](#) March 31, 2011 at 8:16 pm

the sweet potato fries sure look tasty along with that frozen banana smoothie, i still have to give that a shot.

[Reply](#)



Chelsea @ One Healthy Munchkin March 31, 2011 at 9:29 pm

I always need something sweet after my meals too! I usually have a small handful of dates or other dried fruit.

Reply



Abby March 31, 2011 at 9:56 pm

I always want something sweet after lunch and dinner also! Usually I finish lunch with fruit of some kind and at night I usually have a Lara bar or something like that.

Reply



Meg @ pinkgiggles March 31, 2011 at 10:42 pm

I love being the only person in a yoga class! You lucky girl

Reply



sarah (sarah learns) April 1, 2011 at 1:04 am

i love smoothies too! one day last week i had a smoothie for breakfast, lunch, and dinner. it was a good day. 😊

Reply



Emma (Namaste Everyday) April 1, 2011 at 4:49 am

i love when I am the only one at yoga! it's a free personal class! I especially only feel brave enough to make "requests" when it's just me...unless I've been going to the same place forever 😊

Reply



Presley April 1, 2011 at 10:33 am

Thanks for the Jing info. I tried to post my intervals from the treadmill yesterday and the table in my post is a complete mess! I swear, you always have such great timing!!

[Reply](#)



Mac April 1, 2011 at 10:15 pm

Thanks for writing the post on Jing, it really helped! I'm in the process of posting using some Jing action 😊

[Reply](#)



Mama Amanda April 4, 2011 at 3:38 pm

I've never considered adding oats or nut butters to a smoothie but it does make sense. I love making smoothies (love my Blendtec!) but like you, I find that they don't always fill me up. Thanks for the tip!

[Reply](#)



Cheri April 5, 2011 at 3:39 pm

I am soooo intrigued by these sweet potato fries -they look so tasty!...How do you prepare something like this?

[Reply](#)

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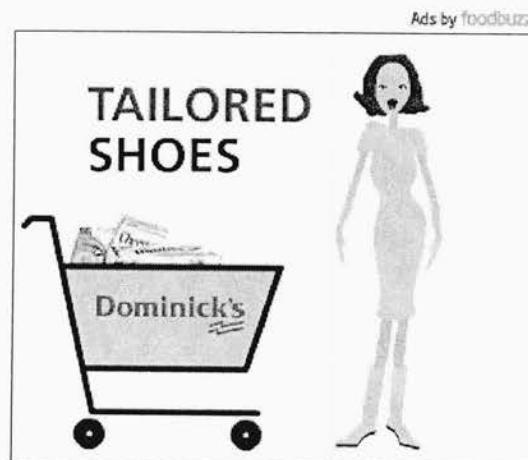
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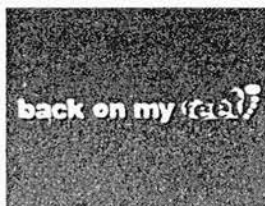
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A Blog Devoted to a Healthy Balance

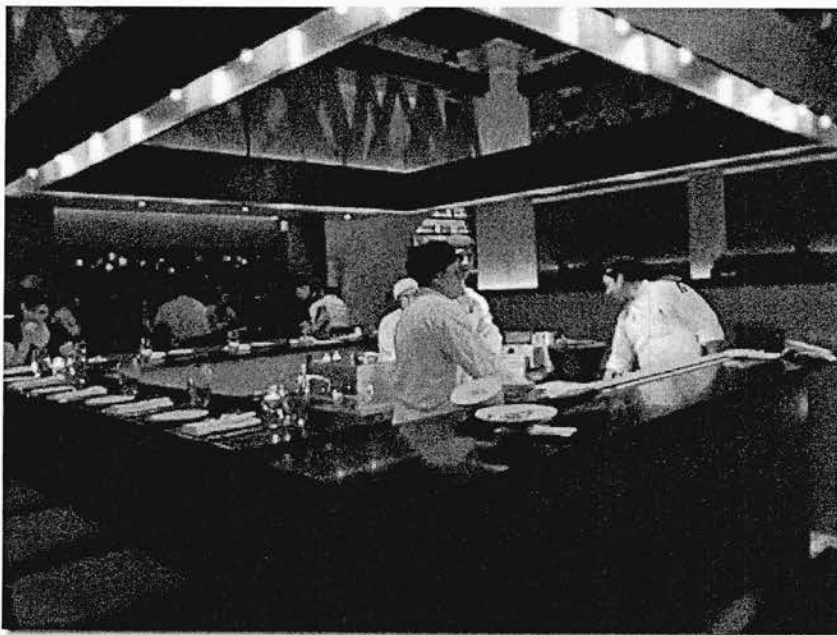
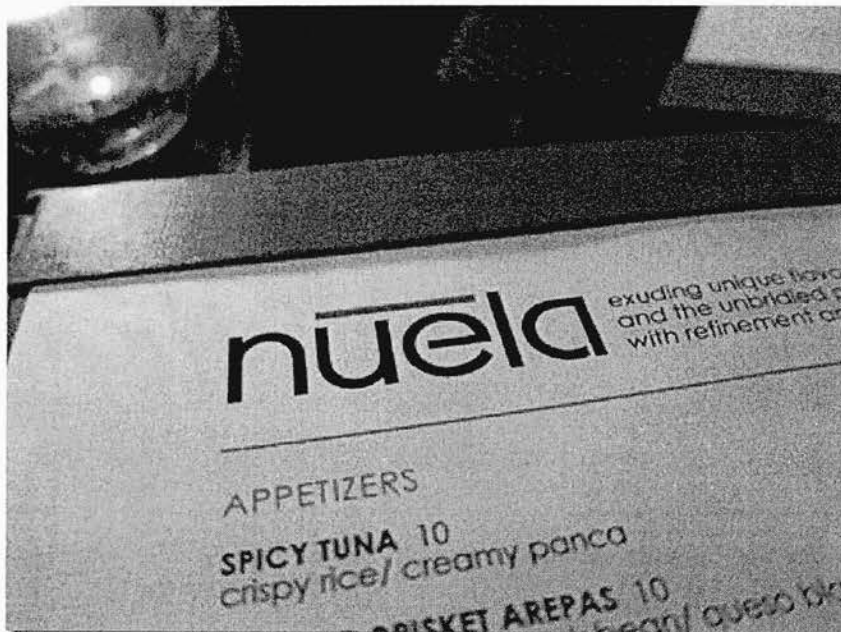
Nuela

April 2, 2011

I think I'm still stuffed from last night's dinner!

The Thomas Bagel Thins folks treated the team to dinner at Nuela, a Nuevo-Latino restaurant. "Nuela brings a taste of South America to the Flatiron District in New York City, combining the excitement and energy of South American cuisine and décor with a modern, urban sabor." Everything I tasted from Nuela was fresh, interesting, and so delicious! I'm a big fan of this place!

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Caitlin and I joined Jennifer, the third member of our team, as well as Jessica and Kristen from Thomas Bagel Thins for dinner.



Dinner started with goodie bags! Jessica and Kristen gave each of us a bag with a Thomas Bagel Thins shirts for Sunday's race, a water bottle, and a bottle of red wine for after the race. So fun!



Then, it was time for cocktails! I ordered the Andean Beauty, which was a martini made with lychee, ruby red grapefruit and lemon juice with Svedka citron vodka. Holy yum! I love citrusy cocktails like this one! It was slightly sweet, but light and refreshing.



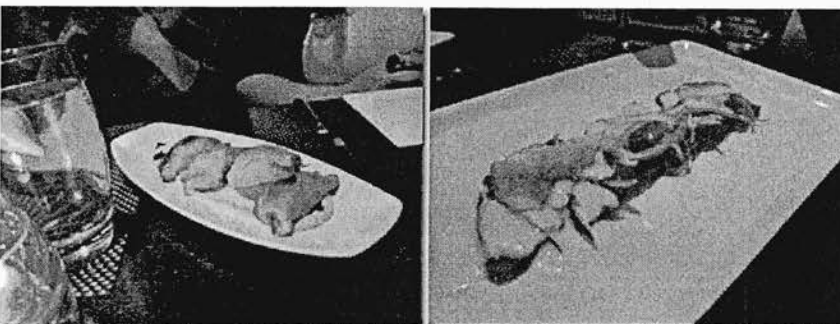
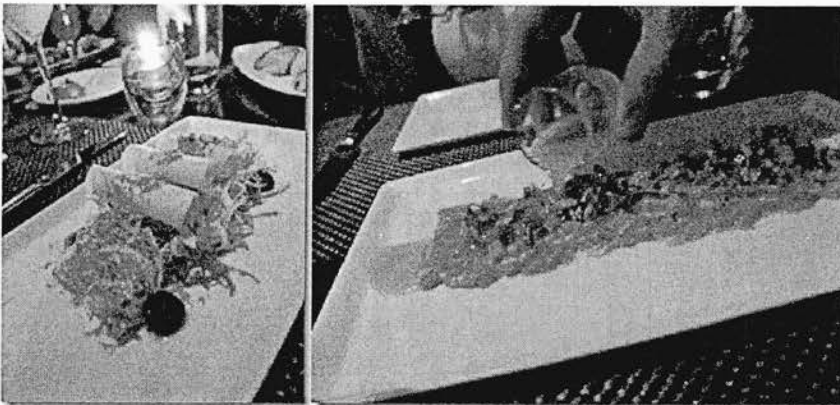
Caitlin ordered the same drink. Great minds think alike!

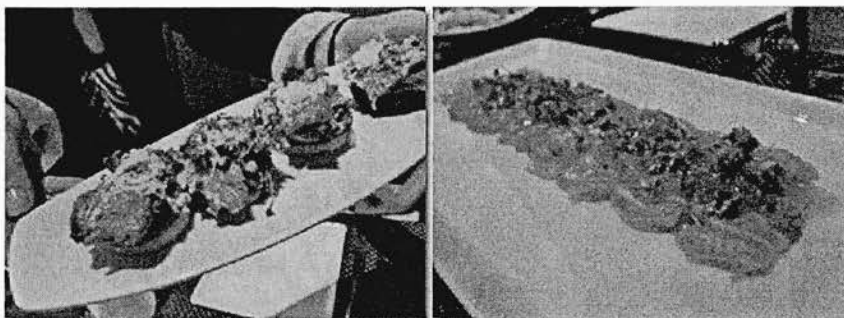


Kristen, Jennifer, and Jessica ordered fun cocktails too.



Then, we ordered a ton of different appetizers from the menu and shared them among the table. We had Oxtail Empanadas, Shaved Hearts of Palm Salad with smoked dates and coconut vinaigrette (so good!), Smoked Brisket Arepas, Tuna with coconut, orange, and basil, Salmon with celery, yuzu, and sesame, and a number of other appetizers. I tried a bite or two of everything, and enjoyed them all.







And then came the entrees! We also shared these dishes.



For the entrees, we had the Scallop “Picante” with a Parmesan crust, gnocchi, tomato, and fennel (loved this!), Short Rib “Lomo Saltado” with tomatoes and Chinese broccoli, and the Lobster “Chupe” with butter poached lobster, turnips, purple potatoes, chupe sauce, and quail egg. Mmm! Let’s just say that I left the restaurant with a very full stomach last night!



Off to brunch next! I always have room for brunch (and cake)!

Tagged as: [New York City](#), [New York City Restaurants](#), [Nuela](#)

{ 42 comments... read them below or [add one](#) }



Kelly [April 2, 2011 at 9:17 am](#)

Have you been to Levain Bakery on 74th yet? I am guessing yes because it has been well know for a while now. If you haven't then you must. The cookies are by far the very best in the city! It would be well worth celebrating Cookie Friday on Saturday or Sunday.

[Reply](#)



Stacy @ Every Little Thing [April 2, 2011 at 9:31 am](#)

Wow that place looks divine! YUM ...and I love the idea for wine after the race!

Have a fun day!

[Reply](#)



Kacy April 2, 2011 at 9:40 am

Everything looks delicious! That cocktail sounds terrific.

Reply



Christina April 2, 2011 at 9:41 am

Everything looks so elegant and tasty! Have a great day!

Reply



Sabrina April 2, 2011 at 9:42 am

WOW! The food looks amazing!! So do the drinks!

Have a great time in the city!!

Reply



Jess (Sweet Potato) April 2, 2011 at 9:44 am

Omg that looks amazing!

Reply



Amanda (The Nutritionist Reviews) April 2, 2011 at 9:52 am

Looks like an amazing dinner! How fun.

Reply



lynn @ the actor's diet April 2, 2011 at 9:53 am

yum! i'm still full from last night's dinner as well! have a wonderful brunch.

[Reply](#)



[Ash @ Good Taste Healthy Me April 2, 2011 at 10:03 am](#)

Yum, food looks delish! So glad you're having a fun time!

[Reply](#)



[Jenny April 2, 2011 at 10:03 am](#)

ohh that looks so yummy and fun! Best wishes as your prep for the race! 😊

[Reply](#)



[Liz @ Tip Top Shape April 2, 2011 at 10:04 am](#)

Those goodie bags are so cute! Love that they gave you wine for after the race!!

[Reply](#)



[Amanda April 2, 2011 at 10:12 am](#)

Oh yum! I want to be in New York

[Reply](#)



[Heather \(Heather's Dish\) April 2, 2011 at 10:16 am](#)

oh my goodness, the scallops picante sound AH-MAZING! well, all of it does, but those especially. yum!

[Reply](#)



[Miranda @ Working Mom Works Out April 2, 2011 at 10:20 am](#)

What a neat looking place! And the cocktail sounds right up my alley. Maybe I'll go on my next trip to NYC.

[Reply](#)



caitlin April 2, 2011 at 10:26 am

hey tina! I just wanted to let you know there is a vegetarian food festival going on in nyc tomorrow. looks like it's going to be a good one!

[Reply](#)



Heather @ Health, Happiness, and Hope April 2, 2011 at 10:29 am

That restaurant is gorgeous! And how fun with the goodie bags. I love going out to eat with friends so I can get a little taste of everything that sounds delicious. 😊

[Reply](#)



Angela April 2, 2011 at 10:40 am

WOW what a cool restaurant!! I love the decor – so trendy!! Looks like you ladies had a great night. Can't wait to see where brunch is at!

[Reply](#)



Justeen @ Blissful Baking April 2, 2011 at 10:44 am

All of the food looks SO good! Have a awesome time at brunch!

[Reply](#)



Jamie aka "Sometimes Healthy Girl" April 2, 2011 at 10:48 am

The restaurant looks incredible. I'll have to add it to my list!

Those Thomas Bagel Thins shirts are soooo cute. Hope to see you run by in Central Park

tomorrow. Go get em!

[Reply](#)



[Dee April 2, 2011 at 10:55 am](#)

Oh man. With yours and Caitlin's reviews of Nuela, it's becoming clear that I'll have to go and check it out too. 😊 That spread looks amazing!

[Reply](#)



[Lauren at Keep It Sweet April 2, 2011 at 10:56 am](#)

That dinner looks amazing, I'll have to check that restaurant out!

[Reply](#)



[Katie April 2, 2011 at 11:08 am](#)

I love sharing plates! Its the best idea !!

Love that they gave you girls a bottle of wine after too!

Caitlin should of treated for dinner, since she is filthy rich now, lol! Loved her prank!!

[Reply](#)



[Vanessa Hills@ Gourmet Runner April 2, 2011 at 11:23 am](#)

Oh, yum! That food looks delicious. Isn't it fun to share so many appetizers and entrees with friends? I love to try a bite of everything!

[Reply](#)



[Kristi April 2, 2011 at 11:33 am](#)

Wow. Looks like a lot of really good food!

I saw someone else mention it, but I just want to agree. Levain Bakery is a must! They have amazing cookies. But, they also have this chocolate chip bread that is sooo delicious! It's a must stop for me everytime I'm in the city.

[Reply](#)



[Michelle \(The Runner's Plate\) April 2, 2011 at 11:34 am](#)

I love sharing food with others and having a few bites of each item!

[Reply](#)



[Courtney April 2, 2011 at 11:49 am](#)

What an interesting, fun restaurant! I love the Bagel Thins shirt, where can I get one?? 😊

[Reply](#)



[Holly @ The Runny Egg April 2, 2011 at 12:13 pm](#)

I love your bagel shirts! And a bottle of wine for after the race? That is awesome!

[Reply](#)



[The Teenage Taste April 2, 2011 at 12:16 pm](#)

Nuela sounds like a fabulous restaurant! The food looks delicious – I love the presentation! 😊

[Reply](#)



[Christine \(The Raw Project\) April 2, 2011 at 12:30 pm](#)

Nice dinner and sweet swag! What a fun night of great eats!

[Reply](#)



Katherine: Unemployed April 2, 2011 at 12:55 pm

such a great looking meal! I love the bagel thins jersey too 😊 ((I think I have a learning disability, my first thought reading this was "that's so great they named a restaurant after nutela!")

Reply



Natalia - a side of simple April 2, 2011 at 1:16 pm

All of the food at dinner looks so fresh and tasty! I'm pretty smitten with your drinks, too. You just HAVE to order a fancy, fruity drink when in NYC, even if it costs an arm and a leg 😊

Reply



steph April 2, 2011 at 1:30 pm

i want your life!!! 😊 good food, good drinks, sponsored to race!

Reply



sarah (sarah learns) April 2, 2011 at 1:42 pm

i love that they gave you guys wine to enjoy after the race!! 😊 that's awesome.

Reply



chelsey @ clean eating chelsey April 2, 2011 at 1:54 pm

Looks like a delicious dinner!

Reply



melissa April 2, 2011 at 2:15 pm

Before Nuela, there was a restaurant called Sapa that I loved. I was so happy when something

finally opened in the space, nuela's pretty cool.

[Reply](#)



Hilary April 2, 2011 at 2:59 pm

Mmmm.....looks delicious and like so much fun! Jealous of that amazing meal AND your goodie bags!

[Reply](#)



Jess @atasteofconfidence April 2, 2011 at 3:05 pm

Everything looks great!

[Reply](#)



Emma (Namaste Everyday) April 2, 2011 at 3:51 pm

sounds like you got to try a bunch of new things! That's the best part of going out to eat—having something you can't (or haven't yet 😊) make at home! Also, those goodie bags are sweet. Better than the usual beef jerky!

[Reply](#)



Annette @EnjoyYourHealthyLife April 2, 2011 at 7:10 pm

I love trying new dishes—looks like a perfect place to do so 😊

[Reply](#)



Lauren @Running Examiner April 2, 2011 at 9:18 pm

I had a great experience at Nuela over Restaurant Week! Such a fun restaurant — I love the food and ambiance. Glad you enjoyed!

[Reply](#)



[Hannah](#) April 3, 2011 at 12:56 am

Oh my gosh, the smoked salad with dates and hearts of palm sounds AMAZING! I've never had anything like that!

[Reply](#)



[Bianca @ Confessions of a Chocoholic](#) April 3, 2011 at 6:49 pm

Everything sounds mouth-watering! Oxtail empanada? Smoked brisket arepas? Scallop piccante? Yes please!!! I am going to NY in a couple of weeks and might just put this in our list of restaurants to visit!

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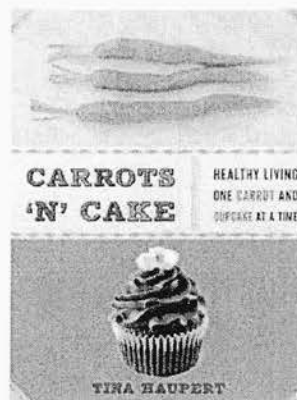
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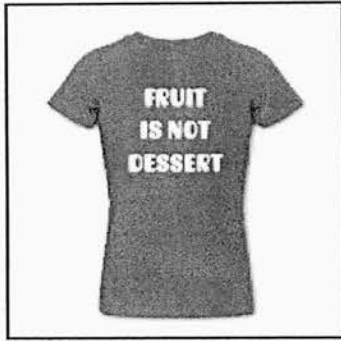
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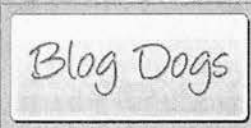
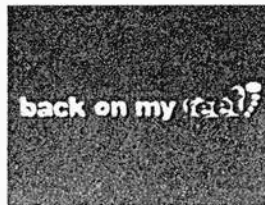
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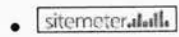
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Davis



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A Blog Devoted to a Healthy Balance

More | Fitness Women's Half Marathon

April 3, 2011

Holy hills!!! The course for the [More|Fitness Half Marathon](#) kicked my butt this morning!

10
tweets

Ashley and Theodora weren't joking when they warned me about the hills in Central Park. I knew about Harlem Hill because I ran it last summer during [BlogHer](#), but I didn't realize just how difficult the other "rolling" hills would be! Yowsahs. The [National Half Marathon](#) course was child's play compared to this one!

retweet

I didn't PR at this half marathon, but I still had a blast running through Central Park and being part of the Thomas Bagel Thins team with [Caitlin](#) and [Jennifer](#). What a cool experience it has been for me!



Just like last weekend, Theodora and I found each other before the race. We only chatted for a few minutes before the gun fired promptly at 7:00 AM.





As expected, the first mile or so of the race was jam-packed with runners and a little bit crazy, but, eventually, the group spread out and there was plenty of room to run.



The race started on West Drive at 63rd Street, and then looped counterclockwise twice around the Park. I thought I'd get bored running the same course a second time, but I actually didn't mind it at all. Central Park is so beautiful, and there were tons of spectators cheering us on. Running the course again also helped me plan for the hills the second time around. Harlem Hill and Cat Hill almost killed me on the second loop! My legs were burning!!



Even though I really struggled with the hills today, I finished... in one piece. I completed three half marathons in three weeks, so I think that's a major accomplishment in itself! I'm feeling pretty proud of myself right now.



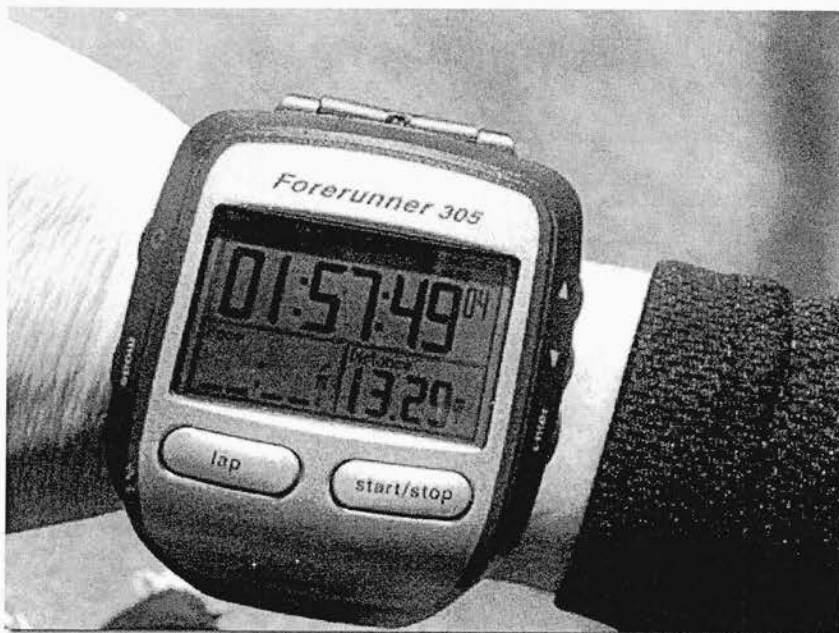
Considering the hills, I'm happy with my race time. I finished in 1:57:49 (8:59 pace). Of course, I'd like to PR at every race, but, as we all know, it doesn't always happen that way.



My Garmin time and official time were the *exact* same. When does that ever happen!?! What a

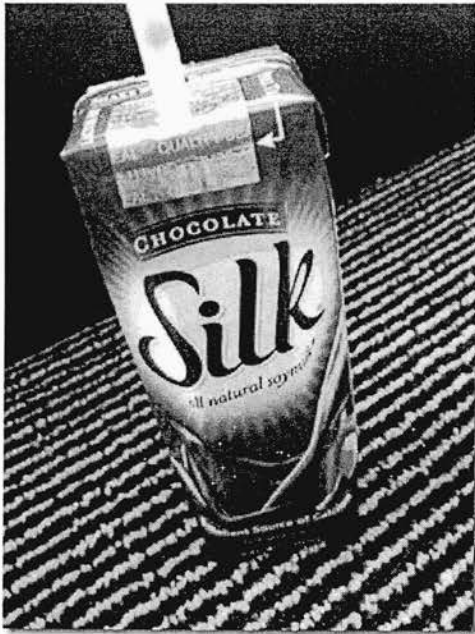
difference compared to last weekend, huh?

- Mile 1: 8:02
- Mile 2: 8:29
- Mile 3: 8:31
- Mile 4: 8:41
- Mile 5: 9:10
- Mile 6: 8:40
- Mile 7: 8:42
- Mile 8: 9:09
- Mile 9: 8:53
- Mile 10: 9:25
- Mile 11: 9:47 <— Harlem Hill 2nd time
- Mile 12: 9:03
- Mile 13: 8:45

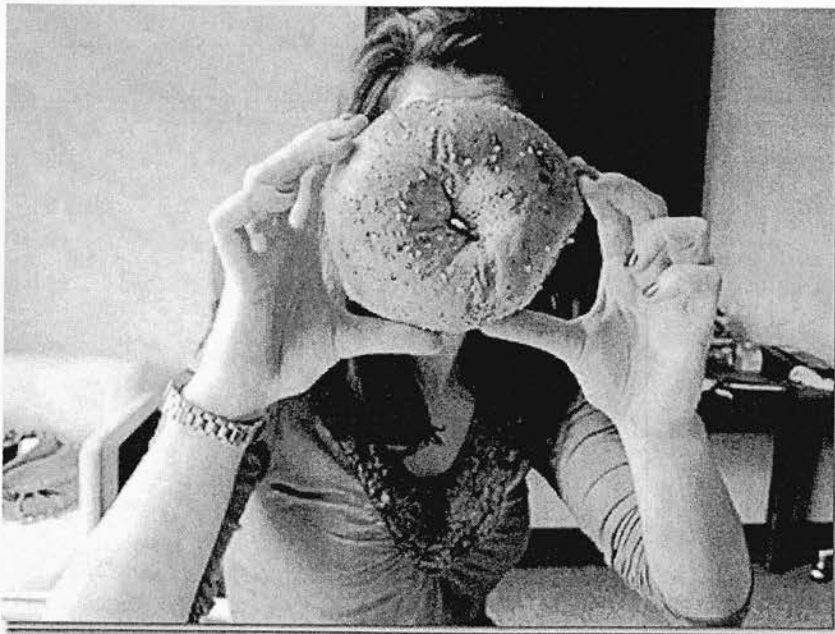


I have to say, the More|Fitness Half Marathon was soooo well organized. There was plenty of water and Gatorade at all of the “fluid stations,” clearly visible mile makers at every mile, and a smooth, efficient finish line with no crazy back-up of runners. I’m very impressed by the New York Road Runners. Perhaps I’ll have to come back to NYC for another race soon?!

After the race, I refueled with a mini carton of chocolate Silk soymilk, which tasted delicious and provided lots of wonderful nutrients for recovery.



I also ate a massive bagel with cream cheese.



And an iced soy latte from Stumpton Coffee, which I've been obsessed with ever since my first sip back in October 2009. Mmm! Nice and bold!



Since the race, I've been lounging around and watching TV. Hopefully, I can motivate myself to get out and take advantage of my time in New York City!

Tagged as: [More|Fitness Half Marathon](#), [New York City Adventures](#), [New York City Running](#), [New York Road Runners](#)

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[Katherine: Unemployed April 3, 2011 at 7:15 pm](#)

this makes me want to run again! you make it sound fun (ah I was burned out before)

[Reply](#)



[Chelsea @ One Healthy Munchkin April 3, 2011 at 7:21 pm](#)

3 halves in 3 weeks is incredible! Congrats! 😊

[Reply](#)



Miranda @ Working Mom Works Out April 3, 2011 at 7:26 pm

I still vote for beer in bed. Congrats on a great race!

[Reply](#)



staceyhealthylife April 3, 2011 at 7:27 pm

Get out and enjoy the food in New York. 😊

[Reply](#)



Katie April 3, 2011 at 7:35 pm

U seriously inspire me girl! I really , really, am thinking of training for a half one day ! I want to ! Congrats!!!

[Reply](#)



Kerry April 3, 2011 at 7:45 pm

Congrats. Time to become a half fanatic!! <http://www.halffanatics.com/criteria.html> You definitely meet some criteria!

[Reply](#)



beachgirlrunning April 3, 2011 at 7:56 pm

Sounds like such a fun race! Speedy 1st mile! Great job! Should take up Kerry's suggestion and become a fanatic....

[Reply](#)



Averie (LoveVeggiesAndYoga) April 3, 2011 at 7:56 pm

3 halves in 3 weeks = I bow down to thee. You are superwoman! Take next weekend off 😊

[Reply](#)



[Hannah April 3, 2011 at 8:16 pm](#)

Congratulations!! You deserve a bagel twice that size and filled with chocolate 😊

[Reply](#)



[Alyssa April 3, 2011 at 8:22 pm](#)

Congrats on your time & running 3 half-marathons in 3 weeks!! That's an amazing feat on its own for sure! =)

[Reply](#)



[Meghan @ StruggleMuffins April 3, 2011 at 8:24 pm](#)

Congrats Tina – 3 marathons in as many weeks is a serious accomplishment!

[Reply](#)



[Ashley @ Will Run for Food April 3, 2011 at 8:29 pm](#)

You rock! Three half marathons in that many weeks is a huge accomplishment!! Way to go!!

[Reply](#)



[sarah \(sarah learns\) April 3, 2011 at 8:36 pm](#)

congrats on 3 halves in 3 weeks! as someone who's never even completed a 5k, that definitely sounds like quite an accomplishment! 😊

[Reply](#)



Courtney April 3, 2011 at 8:45 pm

I would do a half marathon solely for that bagel at that!!! Also, I've always wanted to run in Central Park, so I am jealous!

Reply



Katy (The Singing Runner) April 3, 2011 at 9:12 pm

Congratulations! Great job Tina!

Reply



chelsey @ clean eating chelsey April 3, 2011 at 9:16 pm

Nice job on the race!!! I can't imagine running 3 halves in 3 weeks!!! You're amazing!

Reply



Lauren @ MRS April 3, 2011 at 9:18 pm

Congrats! I've never participated in any marathon activities, and from your posts it seems like such a fun thing to do. I have to start baby steps first, as it looks like a test of endurance.

Reply



Kristen April 3, 2011 at 9:25 pm

three half marathons in three weeks! AWESOME JOB!

Reply



Samantha Angela @ Bikini Birthday April 3, 2011 at 9:45 pm

That sounds like it was a great race!!

[Reply](#)



Abby [April 3, 2011 at 9:49 pm](#)

Nice work lady! Three halves in three weeks—that's awesome! 😊

[Reply](#)



Khushboo [April 3, 2011 at 10:01 pm](#)

PR or not, u rocked the half! Three in a row plus a fabulous time! Props to ya 😊

[Reply](#)



gina (fitnessista) [April 3, 2011 at 10:03 pm](#)

congrats on an incredible race!!! 😊
miss you <3

[Reply](#)



LauraJayne [April 3, 2011 at 10:11 pm](#)

Congrats! Three in three weeks is an amazing accomplishment!

[Reply](#)



Kathleen @ Kat's Health Corner [April 3, 2011 at 10:13 pm](#)

Congrats on your race! 😊 LOVE SILK! 😊

[Reply](#)



Annette @ EnjoyYourHealthyLife [April 4, 2011 at 12:10 am](#)

Congrats-that is awesome of 3 in 3 weeks!! I like the medal too 😊

[Reply](#)



[Becky April 4, 2011 at 12:25 am](#)

you should be proud of yourself, girl, you have accomplished something amazing! i've got plans to run my first half marathon this year. in theory it sounds exciting, but i've got this darn hip problem currently that is slowing down my training progress. i can't increase my distance much past 6 miles at a time right now. oh, well. i'm so grateful to be able to do 6 that i refuse to complain 😊 xo

[Reply](#)



[Megan@Dirty Dishes Daily April 4, 2011 at 12:26 am](#)

Congrats! Well done...especially with the hills. Those always suck the energy out of me.

[Reply](#)



[Holley @ Lunges and Lashes April 4, 2011 at 12:29 am](#)

3 in 3 weeks! That is an accomplishment! I am totally with you. You can't approach every race and expect to PR, and if you don't get down on yourself. Every run is so different with weather, the course and how you are feeling. I try to enjoy each one for what it is and for the simple reason that I enjoy racing! The best part is just being around so many other people who love to run as well. That feeling of unity is amazing!

[Reply](#)



[Hannah @ Healthy Whip April 4, 2011 at 1:41 am](#)

You're so inspiring! Congrats- and have a well earned rest today!!

[Reply](#)



[Jen April 4, 2011 at 6:54 am](#)

3 half marathons in 3 weeks; you are a rockstar!!!! Hope you enjoy the rest of your time in NYC 😊

[Reply](#)



denise April 4, 2011 at 7:30 am

Congratulations! My legs just fell off while reading this! 😊

[Reply](#)



Di April 4, 2011 at 8:46 am

Congrats on your 3 halves in 3 weeks! That's pretty amazing! 😊 You're right that you can't PR 'em all, but you still did great.

[Reply](#)



becca @ bellebottoms April 4, 2011 at 10:18 am

Congrats on 3 halves in 3 weeks! Very impressive 😊

[Reply](#)



Daisy April 4, 2011 at 11:06 am

funny that you ran the race for bagel thins, but ate a HUGE ass bagel afterwards. haha! sounds like such a fun race.

[Reply](#)



Emily April 4, 2011 at 11:29 am

congrats! 3 half marathons in 3 weeks is BAD ASS.

And if this course was a lot hillier than national, I think you should be VERY proud of that time!

[Reply](#)



[heidi April 4, 2011 at 11:51 am](#)

i LOVED nyrr races back when we lived in CT for the very reason that they were always so well organized 😊 Congrats on the race!!!

[Reply](#)



[Elina \(Healthy and Sane\) April 4, 2011 at 12:26 pm](#)

Congrats! That's so amazing that you can now finish half marathons under 2 hours like it's nothing! (Ok, I'm sure it was tough but obviously even with hills you can kick ass!).
On a separate note: we need to get together soon!!! 😊

[Reply](#)



[Wendy Irene April 4, 2011 at 1:09 pm](#)

There is something so comforting about massive bagels once in a while when you need them! I always feel so content and full when I have one 😊 Congrats on a great race!

[Reply](#)



[Mari April 4, 2011 at 2:52 pm](#)

AWWW I just saw your pictures and remember you running past me right before the 4th and 10th mile markers! I was volunteering at the event =)

Great job honey!

[Reply](#)



[Ellie@fitforthesoul April 4, 2011 at 9:10 pm](#)

haha I'd like to reiterate on how GINORMOUS that bagel is, indeed. 😊

[Reply](#)Kathy [April 4, 2011 at 11:42 pm](#)

Congratulations on a great run!!! I was there too and it was my first Half-Marathon ever! I am a walker/jogger and wanted to turn a new leaf for my 50th Birthday in June! Turn a new leaf? How about the whole darn tree at 13.1 miles? But, I finished it and lived to do it again next year. Loved spending time in NYC, and now I have an official race time in the NYRR books, so cool! Bring on the 50th!

[Reply](#)healthy ashley [April 5, 2011 at 7:38 am](#)

Awesome race recap! Congrats!

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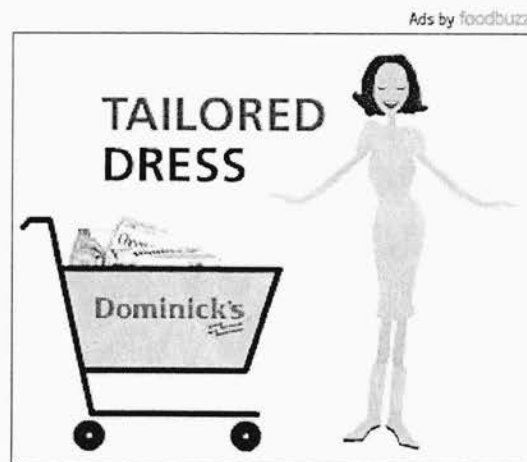
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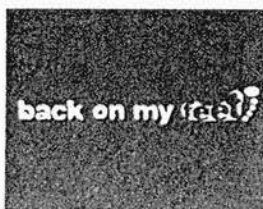
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April 4, 2011 by Jenn

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Walking rocks!

The following is a post sponsored by Thomas' Bagel Thins. For our sponsored post policy, click here.

For the past month, I've been training for the More Magazine and Fitness Magazine Half Marathon for Thomas' Bagel Thins. And while I haven't been overly rigid about my training, I did feel like I was ready to run most—if not all—of the 13.1 miles. But sometimes life throws some curve balls at you. Like big ones that make you want to crawl up into the fetal position and never see the light of day again.

Okay, so I'm being way melodramatic, but I was excited to run. And I was super excited to travel to

New York City, hang with some other cool bloggers (Tina of Carrots 'N' Cake, and Caitlin of Healthy Tipping Point, what what!), and see my fabulous friend and partner in FBG-crime Erin (aka Fit Bottomed Mama). But, alas, my body had other plans. Like getting a 101-degree fever the day before the race. "Hits head." So those fabulous plans to visit friends, snuggle with Erin's adorable daughter and generally not feel like a sick leper (I always feel so infectious and gross when I'm sick)? Out the window.

But, surprisingly, what came in the window was wicked awesome. Perhaps maybe even more awesome than running! (I won't go all *Adjustment Bureau* on ya, but I do feel like it was meant to be.) The first night in NYC I had a great meal and made new pals with the aforementioned bloggers and two of the PR peeps from Thomas' Bagel Thins (who gave us the sweet orange tanks you see us wearing above). Day two—because I felt like hell—I laid around watching not one but two guilty-pleasure chick flicks, *Bride Wars* and *Sex and the City 2*, only venturing out to pick up my race packet, eat, and meet Erin and her hubby and daughter who graciously changed their plans to meet me in the city for dinner.



From left: Caitlin, Elaine and FBG Jenn

Day three was race day. And although my fever was down, there was no way my body could handle running 13.1 miles. Turns out, Caitlin was injured and has another bloggy friend Gabriele of *Une Vie Saine* who was also injured. So what are three not-in-perfect-running-health girls to do? Walk like mo-fos. And that we did.

The weather was a brisk yet beautiful 50ish degrees, the sun was shining, and we spent three and a half hours just jabbering away as we walked our little hineys off. Although by no means did I feel my best, the conversation and the beautiful scenery kept me going, laughing and smiling. Plus, we got to meet one hell of a 70+ year old woman who has run more than 100 marathons and looks like she's not a day over 50 (Elaine's pictured above). It was great—low stress, no nerves, no pressure—just out there being active.

So, pretty much it's the best time I've ever had being sick. I listened to my body, took it easy, refueled with healthy foods and now I'm back to watching terrible/awesome films on HBO to rest. Although it's not what I envisioned, it's damn cool. Walk on! —Jenn

Tags: Bagel Thins, marathon, Pick, running, sponsored post, training

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I'm Caitlin! Welcome to my little corner of the blogworld. Nice to meet you! :)

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• A Little About Me...

My name is Caitlin, and I'm 26 years old. I love running, delicious food, writing, friends, traveling, cold beer, and the great outdoors.

This blog documents my food and fitness habits as I strive to find balance in my busy life. In September 2009, I resigned from my corporate job to freelance and write a book based on my other blog. I live in Charlotte, North Carolina with my wonderful Husband (who is a Doctor of Oriental Medicine) and two dogs, Maggie and James.

• My Book



Thank you for your continued support of the Operation Beautiful movement. For more tips on how to lead a happy and healthy life, check out the book on [Barnes and Noble](#), [Borders](#), [Indie Bound](#), and [Amazon](#).

• Contact Me

Feel free to reach out at caitlinjboyle@gmail.com

• Sprint Tri Training Plan

I'm currently training for a sprint triathlon. Check out [my training plan](#) for a summary of my workouts.

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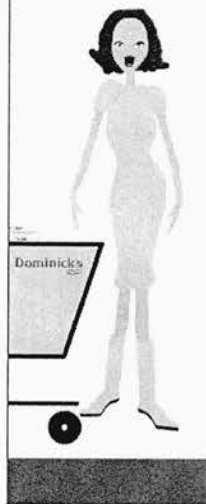


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• Disclaimer

I'm not a Registered Dietitian (RD). For specific medical counseling, please contact a Registered Dietitian or your doctor. My blog posts are based on my own personal knowledge, experience, and opinions.

Wednesday, April 13, 2011 at 02:08 PM

Words of Wisdom From a 73 Year Old Marathoner

During the [More/Fitness Half Marathon](#), I ran (walked?) into Elaine, who was also running the event with Thomas Bagel Thins.



I had heard about Elaine at dinner the previous night; Thomas' PR gal told me that Elaine was a 73 year-old rock star who had ran over 100+

marathons! When I spotted her during the race, I flagged her down so we could chat.

Elaine didn't start running until she was in her 40s. She's an inspiring woman who has raised 7 children, got married during the Disney Marathon, and won Mrs. South Dakota at the age of 61, beating a bunch of 30 year-olds. She is also a cancer survivor and has written four books. [You can read more about Elaine on her website.](#)

I put out a call for some Q&A for Elaine earlier in the week. It was VERY hard for me to whittle down the 50+ questions received! I hope you enjoy reading this little Q&A with Elaine, an inspiring role model for all ages.



(The word you're looking for is "hottie!")

Angela @ Eat Spin Run Repeat asked, "Elaine is so inspiring!! I'd love to know what she does to motivate herself. I love running, but there are always those days that I just don't feel like it. **What inspires her to keep going, and apart from racing goals, what other goals does she set for herself?**"

Elaine said: "Hmmm; I don't always love running, but I love having completed my run. I often don't feel like going out, but knowing what running has done for me in every avenue of my life keeps me at it. Getting out of the house is therapy in itself...time to say my rosary, get creative ideas, and enjoy the serenity of the canyon; it's so about me. **I guess just learn to be a little selfish!** I have goals in every arena of my life; educational, job related, speaking, writing and personal. Life is so much fun I want to make the most of it!"



(Elaine hiking Mt. Kilimanjaro)

Sarena (The Non Dairy Queen) asked, "She is amazing! It is so inspiring to see older people doing things and motivating younger people! I hope to have that more and more throughout the years. **I want to know what her diet is. How does she fuel herself to be so energetic?**"

Elaine said: "Being an old ranch girl, I'm all about protein. I eat a balanced diet, but small portions and eat at least six times a day. I avoid anything white (i.e. processed flours), drink lots of water, and remember that food is only fuel... **I eat to live, not live to eat.** Okay, so I do have this thing about dark chocolate, and the red wine is for the potassium... And motivating younger people is great! I loved when one of my middle aged-friends said, "I saw you our running in the snow!" I said, "And I bet you thought 'Wonder Woman'!" She said, "Well... I thought 911". Gotta love kids."



Sophia @ Raven Waves asked, "How do you find time to balance all the different aspects of your life? **Do you have tips for time management** that you can share with us?"

Elaine said: "Pure survival. Do what needs doing first and fit the rest in. I have always had several balls in the air at once...I think it helps to

be a little ADHD. I get so many projects started I have to finish or I can't find the bed. **Secret is that I'm most always doing something I love.** Please remember, I am a quantum leap from where you people are... my kids are grown. It was not always a walk in the park, but **I took care of me first** so I had a healthy, happy person to take care of the rest of them. Remember, energy begets energy...and it's contagious.



(Elaine ran from the Atlantic to the Pacific Ocean across Panama, 60 miles, to celebrate her 60th birthday!)

Parita @ myinnershakti asked, "I'd like to know what she thinks about and how she defines the terms health and beauty and what advice she has for young women on **not succumbing to societal pressures** on being thin and fitting into a predefined mold."

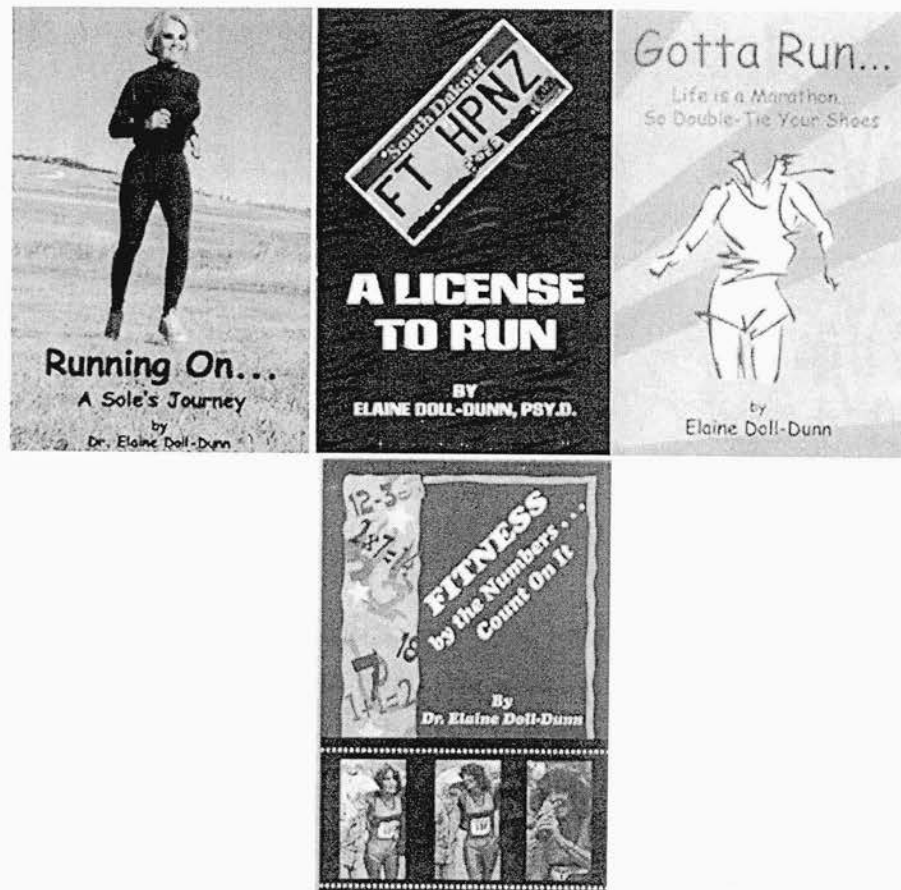
Elaine said: "I work daily with 7th and 8th grade girls who have poor body image! I encourage them to walk beautiful, feel beautiful and love themselves as they are. A sincere smile is more important than the right lipstick...I even have them walk down the hall saying, "I'm beautiful, I'm beautiful" under their breath. We are what we believe we are. **The sexiest woman in the world is she who is confident in who and what she is.** That's also why it behooves us to live outrageously and wonderfully; life really is one big canvas...throw lots of paint at it."

Angela (Oh She Glows) wrote, "I'd love to know if she ever dealt with any **running injuries** and how this impacted her training."

Elaine said, "Luckily for me, I've only had one torn meniscus in a fall from a bronc. I ran through it till I couldn't, had it scoped, and was back running in two weeks. Cancer was a bit of a speed bump, but only that...ran Los Angeles Marathon three months after major surgery. **Injury is just a word, folks!**

Baking 'n' Books wrote, "**What are her books about?** Running, cancer? And did she start writing later in life as well?"

Elaine said: "I have always written, it's my catharsis. I have some poetry from fifth grade (it's pretty bad!). My books are *Gotta Run...* (I ran 26.2 marathons in 2000 and it's that story), *Running On...* (adventures on the run after I began in 1978), the other two are a lighthearted look at fitness and training. They are called *FT HPNZ: A License to Run* and *Fitness by the Numbers*." **You can learn more about Elaine's books here.**



Nancy wrote, "I am a 55-year old former 2:08 half marathoner, and my life dream is a marathon. I'm facing the challenges of retiring from 33 years of teaching, and relocating with my retired husband to a new state (Arizona). I'll need a new job, but hope to use the nice weather (we currently live in the hideously fickle and cold Midwest) to get out and train for a marathon. You inspire me. **Any advice for all of my life changes?** I'd appreciate her wisdom."

Elaine said, "Wow. You need to come do the Leading Lady [the marathon Elaine helps organize]; you could be going to Boston Marathon one day, too! You have taken on a lot of stressors; **the marathon is going to be your salvation**. Picture yourself running in beautiful scenery whenever you get stressed. I'm impressed with your courage; I think you should view this as an opportunity to find a new you!"



(Getting married during the Disney Marathon!)

Kara wrote, "I'd love to ask her about **balancing being a good mom and running!** Did she have creative ways to get in miles (like running laps around her kid's soccer game)?"

Elaine said: "My kids were 7, 8, 9, 14, 15, 16, and 17 when I began running, so it wasn't too bad. Yes, **I ran everywhere, even in circles in my basement.** One day I said, "I'm going to run into town for some milk." And my youngest quite seriously said, "Are you taking the car?" I never missed any of their myriad activities...first things first!"

(All pictures courtesy of Elaine's website)

Posted by: [Caitlin](#) 76 comments

Posted in: [Other Healthy Tipping Points](#)

76 Comments on "Words of Wisdom From a 73 Year Old Marathoner"

1. [#1 Michele @ Healthy Cultivations](#)
on Apr 13th, 2011 at 2:14 pm

Thanks for coordinating this Caitlin, and many thanks to Elaine for answering so many reader's questions. I love, in particular, her advice to care for ourselves first and to do what needs doing first and then fit the rest in. Words to live by!

[Reply]

Charise Reply:
April 15th, 2011 at 9:13 am

Yes! This was my favorite piece of advice – it makes so much sense to make ourselves happy and healthy so we can keep others happy and healthy.

[Reply]

2. [#2 Hats @ See How She Runs](#)
on Apr 13th, 2011 at 2:14 pm

Wow! What an incredible woman! I hope that I'm still this rockin' when I'm 73.

[Reply]



Hats @ See How She Runs Reply:
April 13th, 2011 at 2:15 pm

And HOTTIE is most definitely the word!

[Reply]

3. #3 Katie @ Nourishing Flourishing
on Apr 13th, 2011 at 2:14 pm

GO ELAINE!!! Booyah! 😊

This lady rocks!

[Reply]

4. #4 April @ Grits and Granola Bars
on Apr 13th, 2011 at 2:15 pm

WOW that is a lot of kids! I am going to remember that next time I think I'm too swamped to go on a run, since I only have two!
Elaine is a rockstar, I'd like to see a guest post from her every now and then 😊

[Reply]

5. #5 Clarissa
on Apr 13th, 2011 at 2:15 pm

Wow so many children! And many of them successive years in a row! And marathons and books, wow this woman is awesome!

[Reply]

6. #6 Holly @ The Runny Egg
on Apr 13th, 2011 at 2:17 pm

I loved reading Elaine's answers! I'll have to look more into her books — she has had such an amazing life!

[Reply]

7. #7 Kara
on Apr 13th, 2011 at 2:22 pm

Wow, running circles in her basement? Now that's dedication! I usually stick to my treadmill in the basement 😊

I loved this Q&A! I hope to one day see her at a race!

[Reply]

8. #8 Carpensm @ A Life Without Ice Cream
on Apr 13th, 2011 at 2:29 pm

This was a fantastic read! Thanks so much for sharing and Thanks to Elaine for such inspiration!

[Reply]

9. #9 Ash @ Good Taste Healthy Me
on Apr 13th, 2011 at 2:30 pm

What an inspiration! I was feeling lame and didn't want to hit the gym, but I'm going to get my bootay there!

[Reply]

10. #10 Annette @ EnjoyYourHealthyLife

on Apr 13th, 2011 at 2:31 pm

She is def an inspiration! I'd be curious to know her beliefs about religion? Also, I am so determined to be just as active into that age-GO her!!! Awesome stuff- thanks for sharing ☺

[Reply]

11. [#11 Kelly](#)

on Apr 13th, 2011 at 2:31 pm

Pretty dang incredible!! Wowzers!

[Reply]

12. [#12 Chrissy \(The New Me\)](#)

on Apr 13th, 2011 at 2:32 pm

Thanks so much for profiling Elaine. I read so many blogs written by and geared towards the 20-35 age group and it's nice to see someone staying healthy, happy and passionate into their later years. Elaine, you are an inspiration!

[Reply]



Caitlin Reply:

April 13th, 2011 at 2:34 pm

I KNOW! Doesn't she need a blog? That would be awesomesauce.

[Reply]

13. [#13 Miranda @ working mom works out](#)

on Apr 13th, 2011 at 2:33 pm

Thanks for doing this Caitlin and thanks to Elaine. Such an inspiration.

[Reply]

14. [#14 Angela @ Eat Spin Run Repeat](#)

on Apr 13th, 2011 at 2:39 pm

Thank you so much for including my question Caitlin (and thanks to Elaine for such a great answer!) I agree with your comment above – I think Elaine needs a blog too!

[Reply]

15. [#15 Megan @ blackberries for jam](#)

on Apr 13th, 2011 at 2:41 pm

Holy crap! Elaine is AMAZING!

[Reply]

16. [#16 Julie \(A Case of the Runs\)](#)

on Apr 13th, 2011 at 2:42 pm

"My kids were 7, 8, 9, 14, 15, 16, and 17 when I began running."

Geez, enough said! Time to go chase my goals!

[Reply]

17. [#17 Lindsay](#)

on Apr 13th, 2011 at 2:44 pm

Thanks so much Elaine, and to Caitlin for sharing her with us! What an amazing woman! We can all learn from her and aspire to

accomplish that much! 😊

[Reply]

18. [#18 Laughter-Loving Stacy](#)
on Apr 13th, 2011 at 2:45 pm

So awesome!! I loved reading this 😊

[Reply]

19. [#19 Christine @ Burning It Off](#)
on Apr 13th, 2011 at 2:46 pm

Wow, she looks AMAZING and seems to have such a positive and fun outlook on life. Great interview!

[Reply]

20. [#20 Cait @ Beyond Bananas](#)
on Apr 13th, 2011 at 2:50 pm

What an inspiration!!!

[Reply]

21. [#21 Jamie@everydaydolce](#)
on Apr 13th, 2011 at 2:51 pm

Love that you posted this! What a rockstar! 😊

[Reply]

22. [#22 Ashley @ Feeding Ashley](#)
on Apr 13th, 2011 at 2:52 pm

I love this post. Elaine is amazing, and so inspiring.

[Reply]

23. [#23 chelsea](#)
on Apr 13th, 2011 at 2:52 pm

How awesome is Elaine! Um, super awesome!!! I can't see past all her hotness 😊

[Reply]

24. [#24 Sara @ OurDogBuffy](#)
on Apr 13th, 2011 at 3:01 pm

Elaine is def. an inspiration to me to throw on my shoes and keep moving! 😊

[Reply]

25. [#25 Whitney](#)
on Apr 13th, 2011 at 3:02 pm

Love her quote "I eat to live, not live to eat"!! This is the right mindset we should all go by! 😊

[Reply]

26. [#26 Camille](#)
on Apr 13th, 2011 at 3:04 pm

I starting tearing up when I read this.
What an absolutely incredible woman and human being. I hope that when I am 73 I have half the poise and drive that Elaine has.
Elaine, consider yourself my new role model.

[Reply]

27. [#27 Megan@Dirty Dishes Daily](#)
on Apr 13th, 2011 at 3:05 pm

Wow! That is amazing. She is so inspiring.

[Reply]

28. [#28 Rachel @ The Perseverance Diaries](#)
on Apr 13th, 2011 at 3:06 pm

Thanks for sharing Elaine's Q&A! I am 24 and currently battling cancer, she is quite the inspiration. It really goes to show that a healthy attitude when faced with adversity is the best course of action. Elaine is a badass.

[Reply]



[Caitlin](#) Reply:
April 13th, 2011 at 4:57 pm

<3 e-hug!!

[Reply]



[Rachel @ The Perseverance Diaries](#) Reply:
April 13th, 2011 at 5:19 pm

Thanks for the hug! ☺ xoxo

[Reply]

29. [#29 Ellie@fitforthesoul](#)
on Apr 13th, 2011 at 3:28 pm

WOW. Elaine just sounds amazing and so fun! I'm really inspired to become an older and older woman in the strongest healthiest possible way!

[Reply]

30. [#30 Alicia at Poise in Parma](#)
on Apr 13th, 2011 at 3:31 pm

I am so inspired. In so many ways. A great interview of a great woman. Thank you Caitlin for meeting her in NYC and bringing her into all our lives!

[Reply]

31. [#31 Parita @ myinnershakti](#)
on Apr 13th, 2011 at 3:33 pm

She really is an inspiration to all of us! She has been through all sorts of things in her life and yet she still maintains a positive, can do attitude! Love it!

[Reply]

32. [#32 Sarena \(The Non Dairy Queen\)](#)
on Apr 13th, 2011 at 3:34 pm

I pretty much have a huge girl crush on her now. Inspirational does not even begin to say how I feel about Elaine. Thank you so much for sharing this. I am totally blown away and hope that I can be half the person she is now or ever in my life.

[Reply]

33. [#33 Baking 'n' Books](#)
on Apr 13th, 2011 at 3:50 pm

EEK!! Thank you, thank you, thank you Caitlin & Elaine for both selecting and answering my question!!

I love reading all these answers and am going to check out her books and site. (and Hottie?! Holy smokes...she's like Helen Mirren!)


[Reply]

34. [#34 Sneakers and Snacks](#)
on Apr 13th, 2011 at 4:20 pm

Wow. She is my hero

[Reply]

35. [#35 kelly](#)
on Apr 13th, 2011 at 4:26 pm

Loved this post. So inspiring!

[Reply]

36. [#36 Abby](#)
on Apr 13th, 2011 at 4:27 pm

Thank you so much for making this post! Also, thanks to Elaine for being such a rock star and answering all of the questions!  What an inspiration!

[Reply]

37. [#37 Stacy](#)
on Apr 13th, 2011 at 4:49 pm

You & Elaine are inspiring!! And that doesn't even break the surface. I hope to do as much in my life!

[Reply]

38. [#38 Aimee](#)
on Apr 13th, 2011 at 5:00 pm

Elaine is an incredible woman. I really enjoyed reading this and hope to check out her books soon. I love being active. I work nights and although I do sleep at odd hours I truly make the most of my days. I wouldn't have it any other way.

[Reply]

39. [#39 Allison @ Happy Tales](#)
on Apr 13th, 2011 at 5:12 pm

I'm super impressed that you were able to find her in all of the sea of people doing the NYC race! Did you go into the race on a hunt for her? Or just simply stumble upon her?! She is such an inspiration!!

[Reply]



Caitlin Reply:
April 13th, 2011 at 5:13 pm

Just stumbled!

[Reply]

40. [#40 Liz @ Tip Top Shape](#)
on Apr 13th, 2011 at 5:15 pm

Wow, how inspiring!!! She looks absolutely fantastic!

[Reply]

41. [#41 alli](#)
on Apr 13th, 2011 at 5:27 pm

i think "daaaaaaaang!" was the first word in my head at that picture!
what an awesome lady! she totally seems like the future version of you! ☺ no kidding, that's what i've been thinking since you've introduced her to us ☺

[Reply]

42. [#42 betty@runbetty](#)
on Apr 13th, 2011 at 5:41 pm

Love this! I especially love the bit when she says she uses her run to say her rosary – I totally do that too! It is surprising how quick the time on the treadmill passes this way.

And all this time, I thought I was the only one whipping through the Hail Mary's on my jog...!

[Reply]



[Natalia - a side of simple](#) Reply:
April 13th, 2011 at 6:14 pm

I do it too!! When I get to the Glory Be I try to speed it up a bit ☺

[Reply]

43. [#43 Sarah @ The Strength of Faith](#)
on Apr 13th, 2011 at 5:56 pm

What an inspiration!

[Reply]

44. [#44 Natalia - a side of simple](#)
on Apr 13th, 2011 at 6:13 pm

Oh my gosh, I love that Elaine uses her workout time to say her rosary. I do the same exact thing ☺

[Reply]

45. [#45 Erin @ Big Girl Feats](#)
on Apr 13th, 2011 at 6:22 pm

"Energy begets energy." SO TRUE. I love her!

[Reply]

46. [#46 Gabriela @ Une Vie Saine](#)
on Apr 13th, 2011 at 6:23 pm

Reading this kind of makes me wish I'd gotten her autograph when I had the chance!! She's awesome!!

[Reply]

47. [#47 Kim @ Kim Lives Healthy](#)
on Apr 13th, 2011 at 6:35 pm

This is so cool ☺ I love the honesty about red wine & chocolate – first things first!!!

[Reply]

48. [#48 Molly](#)
on Apr 13th, 2011 at 6:45 pm

I can't believe this lady is actually real! What a testimony for women everywhere.

[Reply]

49. [#49 Ann @ ANN in real life.](#)
on Apr 13th, 2011 at 6:46 pm

WOW!! How inspiring! I definitely have NO excuse to not exercise at age 19 if she's doing it (and kicking ass at it) at 73!! Thanks for sharing 😊

[Reply]

50. [#50 Lisa \(bakebikeblog\)](#)
on Apr 13th, 2011 at 6:51 pm

My oh my – what a TRUE inspiration!!!

[Reply]

51. [#51 Jen](#)
on Apr 13th, 2011 at 6:56 pm

Wow, inspiring is an understatement! Thanks for sharing her story/insights with us!

[Reply]

52. [#52 Jacalyn](#)
on Apr 13th, 2011 at 7:36 pm

Thank you so much for sharing Elaine's story. Everytime I run a race, I find the oldest woman there, point to her and tell my husband, "that's going to be me". I truly admire her and look forward to the many MANY years ahead.

[Reply]

53. [#53 Michelle](#)
on Apr 13th, 2011 at 8:23 pm

Elaine is SUCH an inspiration! This is such a fabulous reminder to live life to the fullest!

[Reply]

54. [#54 Katy @ A Healthy Shot](#)
on Apr 13th, 2011 at 9:37 pm

This post is awesome! Elaine is such a great inspiration to women of any age. I'm looking forward to sharing her story with my mom and grandmother, as well as my friends!

I can only hope to be in such great shape physically AND mentally when I am her age. I recently took a yoga class and the instructor was well into her 60s- she could get into positions that most of the 20-30 year olds in the class couldn't dream of. Such inspiring women we have to look up to!

[Reply]

55. [#55 Heather](#)
on Apr 13th, 2011 at 9:47 pm

WOW what an inspiring lady! I loved hearing more about her amazing life. Very very cool.

[Reply]

56. [#56 Favorites. | healthycollegegirl](#)
on Apr 13th, 2011 at 9:58 pm

[...] Caitlin's words of wisdom from a 73 year old marathon runner: Elaine makes me look like the hugest wuss in the world!!!! Holy amazing woman! I had so much fun [...]

57. [#57 Khushboo](#)
on Apr 13th, 2011 at 10:05 pm

I'm just about to set off my run and I'm so glad I read this beforehand! Elaine is such an inspiring lady and sounds so down-to-earth!

[Reply]

58. [#58 Megan @ On the Road Again](#)
on Apr 13th, 2011 at 10:22 pm

Amazing interview, loved it! Thanks for posting it and thanks to Elaine for sharing her words of wisdom with us.

[Reply]

59. [#59 Sarah @ The Pajama Chef](#)
on Apr 13th, 2011 at 10:36 pm

so cool! i'd love to run her marathon 😊

[Reply]

60. [#60 Jolene \(www.everydayfoodie.ca\)](#)
on Apr 13th, 2011 at 11:13 pm

Wow. This woman is AMAZING.

[Reply]

61. [#61 Laura @ Sprint 2 the Table](#)
on Apr 13th, 2011 at 11:31 pm

I can't even begin to tell you how much I needed to read this. Great inspiration. BIG thank you to you and Elaine.

[Reply]

62. [#62 Elaine](#)
on Apr 14th, 2011 at 12:53 am

Lovely ladies all; I am humbled. I am you. Love yourself. What you say of me is what and who you are; be not afraid. We are meant to lead.

Running Amok,
Elaine

[Reply]

63. [#63 Little Miss Runshine](#)
on Apr 14th, 2011 at 8:03 am

SO inspirational! I want to be like these women!

[Reply]

64. [#64 Amber K](#)
on Apr 14th, 2011 at 10:46 am

She is amazing! I didn't think it was possible to like her any more than I already do, but she has such grace. 😊

[Reply]

65. [#65 Dee](#)
on Apr 14th, 2011 at 7:08 pm

She is so inspirational. I worry overmuch about growing older especially because I feel that I haven't done much at all. But then I look at her and read about all she's done and I think, "Wow. Age really isn't anything but a number." 😊

[Reply]

66. [#66 Katy](#)
on Apr 14th, 2011 at 11:50 pm

Elaine inspires me. Like what you are doing through Operation Beautiful and GOTR, in my opinion Elaine is doing the same thing but for an older generation (aka me=young women). It's so great to be able to look up to a woman who shows it is possible to be strong, smart, beautiful, and determined throughout your entire life.

[Reply]

67. [#67 Saturday Links I Love-4/16/11 | Handprint Soul](#)
on Apr 16th, 2011 at 10:06 am

[...] I grow up, I want to be like this woman. Check out this interview at Healthy Tipping [...]

68. [#68 Week in Blogs #2 | See How She Runs](#)
on Apr 20th, 2011 at 6:11 am

[...] from runners and spectators to read. If you need even more motivation and inspiration, check out Caitlin's interview with Elaine – a 73-year-old marathoner! I am awesome and I look like a [...]

69. [#69 DATCU Dash Recap – My first race EVER! « ANN in real life.](#)
on May 21st, 2011 at 9:34 pm

[...] received them. I want to be that 75-year-old that passes a 19-year-old in a race! You MUST read this post about Elaine, the 73-year-old marathon runner. She is such an inspiration! I want to be like George H.W. Bush and sky dive on my 85th birthday! [...]

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Start your Day off Right with Thomas' Bagel Thins

16 Apr 2011 | By misavingsmama

As many of you know, A good breakfast is the way to kick start a morning and give you the oomph you need to get your day started. Thomas' Bagels also believes in this. That is why Thomas' Bagel Thins were the Sponsor of the More/Fitness Women's Half Marathon that took place on April 3rd in New York City. You can visit the [More Blog](#) to read more one this marathon!

Thomas' Bagels come in some great flavors – such as Plain, Wheat, Raisin and Everything! Everyone in the house fights over the Everything Bagels, which left the Wheat Bagel Thins for myself! These bagels are just enough to feel nourished, but not too much to feel over stuffed. They make great breakfast and Lunch Sandwiches. If you want to find out some yummy recipes that you can make with Thomas' Products, just check out the website! They give suggestion for 5 minute meals, solutions for kids, healthy recipes and recipes to fit regional cuisine! When I was younger I loved eating the Thomas' English Muffins...and their Bagel Thins prove to be the just the same... DELICIOUS!

You can purchase Thomas' Bagel Thins at your local grocery market. Also, make sure to follow Thomas' Bagels on [Facebook](#)

*I received a care pack including Thomas' Bagle Thins and Bath Salts for my review. All opinions are 100% my own.

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6 Responses

- 1  **Darcy**
April 17, 2011 at 12:30 am I love bagels! They really can be versatile - breakfast, lunch, snacks! 😊
[Reply](#)
- 2  **Samantha**
April 17, 2011 at 9:09 pm MMM....bagels 😊
[Reply](#)
- 3  **Crystal C**
April 18, 2011 at 8:32 am Oh I love these aren't they GOOD! Between these and their English Muffins it's all you can get in me for breakfast sometimes even lunch!
[Reply](#)
- 4  **heather - acting balanced mom**
April 18, 2011 at 3:16 pm love these! they're so great for mini pizzas!
[Reply](#)
- 5  **Amy T**
April 18, 2011 at 3:36 pm Oh my gosh! These are soo good! Unfortunately, we're reducing gluten in our house (for the husband and kids' sake). 😊
[Reply](#)
- 6  **Katie**
April 19, 2011 at 6:42 am I LOVE Thomas Bagels...so I am going to have to try out these Bagel Thins!!
[Reply](#)

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Trivia Tuesday – Healthy Tipping Point



Healthy Tipping Point

When Everyday Decisions Add Up to Something Amazing

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I'm Caitlin! Welcome to my little corner of the blogworld. Nice to meet you! :)

If you're here because of Marie Claire, please read [my response](#).

Ads by Foodbuzz



• A Little About Me...

My name is Caitlin, and I'm 26 years old. I love running, delicious food, writing, friends, traveling, cold beer, and the great outdoors.

This blog documents my food and fitness habits as I strive to find balance in my busy life. In September 2009, I resigned from my corporate job to freelance and write [a book based on my other blog](#). I live in Charlotte, North Carolina with my wonderful Husband (who is a Doctor of Oriental Medicine) and two dogs, Maggie and James.

• My Book



Thank you for your continued support of the Operation Beautiful movement. For more tips on how to lead a happy and healthy life, check out the book on [Barnes and Noble](#), [Borders](#), [Indie Bound](#), and [Amazon](#).

• Contact Me

Feel free to reach out at caitlinjboyle@gmail.com

• Sprint Tri Training Plan

I'm currently training for a sprint triathlon. Check out [my training plan](#) for a summary of my workouts.

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• Disclaimer

I'm not a Registered Dietitian (RD). For specific medical counseling, please contact a Registered Dietitian or your doctor. My blog posts are based on my own personal knowledge, experience, and opinions.

Tuesday, April 19, 2011 at 10:11 PM

Trivia Tuesday

I ended up having a perfect afternoon – the morning's disaster at the DMV is long forgotten. ☺ I think it's the sunny weather. It's hard to be annoyed in the spring, isn't it?

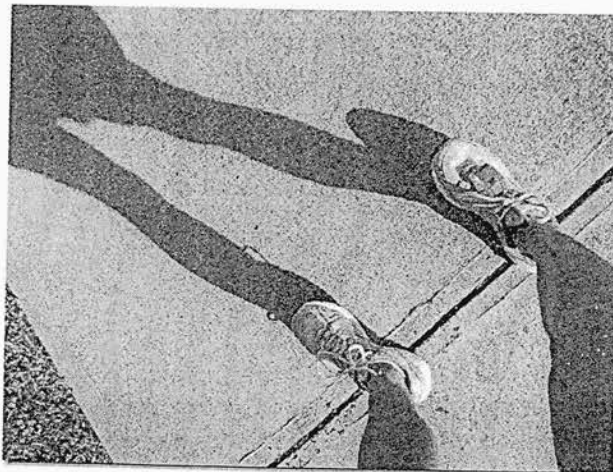
I worked hard all afternoon, plowing through work on the book. At some point, I made this **lovely smoothie**:



In the blender:

- 1 cup almond milk
 - 1 banana
- Frozen blueberries
- Chocolate peanut butter
 - Chia seeds

My 'reward' for finishing my work was exercise. 😊 Honestly, I looked forward to putting away the laptop and getting my sweat on all day. I started things off with a 2.0-mile walk. I left James at home so I could blast my iPod and walk briskly instead of a slow stroll. No knee pain – three cheers!



Yes, I still have my timing chip from the NYC Half Marathon. No, I don't plan on removing it anytime soon! It's a nice reminder of what I've accomplished... good to look down at as I walk my way to injury recovery. 😊

Time to swim, too! A couple of people have asked me how I get over the mental fence with swimming – namely, the whole changing/wet bathing suit/cold water thing. I found going on a walk in the sun before swimming was REALLY great because it warmed my body up. The water didn't feel quite so chilly.



I did 1,100 yards. Slow and steady.

Post-swim Dinner Part I: a **Bagel Thin**, veggie burger, and spinach salad.



We ended up going back to Kennedy's bar for TRIVIA NIGHT. I was pumped – I love trivia. At the bar, I had Part II of dinner – we split **black bean hummus**.

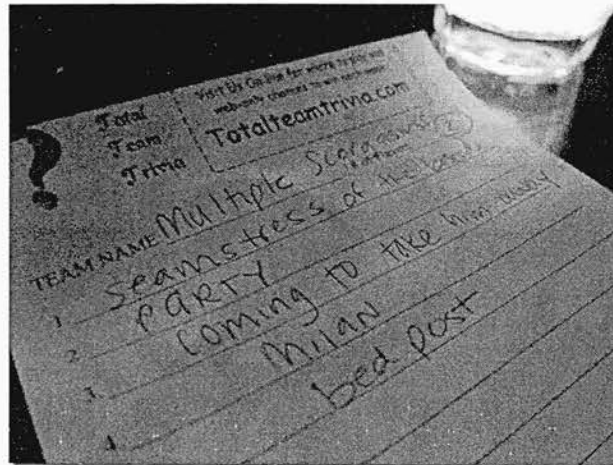


And I got the **spinach salad**, which had a ball of **fried goat cheese** in the center. Dare I say it was awesomesauce?



I didn't order a drink, but I did snag a few sips of the Husband's beer. And his French fries, too.

Unfortunately, we weren't very good! I think the best thing about our team was our name.



Who knows what the question for #1 was (it was a fill-in-the-blank)?

Posted by: Caitlin 72 comments

Posted in: All Posts

72 Comments on “Trivia Tuesday”

1. #1 Nicole of Raspberry Stethoscope
on Apr 19th, 2011 at 10:15 pm

Tiny Dancer???

[Reply]



Christine Reply:
April 20th, 2011 at 12:09 am

That's my guess too.

[Reply]



Caitlin Reply:
April 20th, 2011 at 10:42 am

The question was “What is Tiny Dancer’s occupation?”

[Reply]



Tamara Reply:
April 20th, 2011 at 2:23 pm

Awesome! And now I want to watch Almost Famous again...

[Reply]

2. #2 Rachel @ Healthy Teacher
on Apr 19th, 2011 at 10:16 pm

I suck at swimming. I usually do a few laps, second guess whether or not I have correct form, try a little more, and then give up. Because I don't feel super knowledgeable about yards or how many to do or what stroke, ect, I have almost written it off. I tried last year, but when people were explaining it to me, they sounded like they were speaking another language for some reason. Even admitting that makes me feel a little stupid. I'm okay with that, though.

[Reply]



Caitlin Reply:

April 19th, 2011 at 10:17 pm

I'm going to try to figure it out and explain all the stuff about drills on the blog!

[Reply]



DadHTP Reply:

April 19th, 2011 at 10:36 pm

swimming is the only tri skill that almost demands coaching for form – try youtube, or see if you can get some cheap coaching from a pool – most student lifeguards would be glad to earn a few extra bucks.

[Reply]

3. #3 Victoria (District Chocoholic)
on Apr 19th, 2011 at 10:17 pm

Ohhhhhhhhh #1 had something to do with Tiny Dancer. Obviously. Keep up the swimming!

[Reply]

4. #4 Beth @ Beth's Journey to Thin
on Apr 19th, 2011 at 10:17 pm

Hahah I love your team name!!!

[Reply]

5. #5 Jasmine @ Eat Move Write
on Apr 19th, 2011 at 10:17 pm

That whole sheet is like a giant TWSS. ☺

[Reply]

6. #6 kyla
on Apr 19th, 2011 at 10:18 pm

Blue jean baby, LA lady...

[Reply]

7. #7 Kelly
on Apr 19th, 2011 at 10:20 pm

Hold me closer Tiny Dancer....:) Brad and I are big Elton John fans. And I hope Kennedy's makes it. There's a lot of places that have failed in that location. Even Ed's Tavern! ☺

[Reply]



Allison @ Happy Tales Reply:

April 19th, 2011 at 10:52 pm

I know! I was so sad when Eds2 closed (that's what we called it, ha!). Kennedy's is by far one of my new fav's, but I sure do love me some Ed's on Park! We should have a Trivia-Crawl some week...

[Reply]



Kelly Reply:

April 19th, 2011 at 10:55 pm

Aw, let's do it! I'm pretty bad at Trivia though. I have a lot of useless info in this brain, but none that ever comes up at trivia. Although my little bro did text me about a sex and the city Q one night when he was playing. Obviously, I knew the answer.

[Reply]



Allison @ Happy Tales Reply:

April 20th, 2011 at 7:46 pm

Haaa that sounds just like me! I was at Big Daddy's Trivia night a year ago and led our team to victory because I knew *every* single answer to all of the pop culture questions.

8. #8 julie (etsy stalkers)

on Apr 19th, 2011 at 10:23 pm

your team name was pure awesomeness. you should of won on that alone 😊

[Reply]

9. #9 Stacy @ Every Little Thing

on Apr 19th, 2011 at 10:26 pm

Definitely something about Tiny Dancer!

Glad your day turned around 😊

[Reply]

10. #10 Ashley @ Feeding Ashley

on Apr 19th, 2011 at 10:28 pm

Bahahaha I love the team name. I'm glad you had such a great day!

[Reply]

11. #11 Erin D.

on Apr 19th, 2011 at 10:28 pm

Is it a problem that Tiny Dancer didn't even enter into my mind? I thought it was going to be something about Liv Tyler's character, Faye, from That Thing You Do! She's the band's costumer or something.

[Reply]



Liz Reply:

April 19th, 2011 at 10:54 pm

I thought the same thing!! Thinking more though, wasn't she the costume mistress? I know what movie I am watching this weekend!

[Reply]



Erin D. Reply:
April 20th, 2011 at 12:57 pm

Oh, that's right!

[Reply]

12. [#12 Lisa Fine](#)
on Apr 19th, 2011 at 10:31 pm

Glad the walking and running is going so well. Love hearing about your progress, and it must feel so good to be moving more and more.

[Reply]

13. [#13 Holly @ The Runny Egg](#)
on Apr 19th, 2011 at 10:33 pm

Love the team name! That is hilarious!

I'm glad you didn't have any knee pain — hopefully you'll be back to running in no time!

[Reply]

14. [#14 Sarena \(The Non Dairy Queen\)](#)
on Apr 19th, 2011 at 10:33 pm

I am so glad you are finding a happy place with your workouts! Sometimes, ya just gotta find something to get you moving. Sounds like a great afternoon and evening!

[Reply]

15. [#15 Mary \(What's Cookin' with Mary\)](#)
on Apr 19th, 2011 at 10:36 pm

☺ YAY for no knee pain !!

[Reply]

16. [#16 Annette @ EnjoyYourHealthyLife](#)
on Apr 19th, 2011 at 10:38 pm

YAh for swimming!! p.s your dinner part 1 was the EXACT same as mine—veggie patty on a bagel thin (lots of ketchup) with a spinach side salaD!! haha ☺ great minds think alike, no??

[Reply]



Caitlin Reply:
April 20th, 2011 at 10:43 am

Yay! Love twinsie dinners.

[Reply]

17. [#17 Lec](#)
on Apr 19th, 2011 at 10:40 pm

I think coming up with a good team name is the hardest part of trivia! Yours was good. Last time I did trivia our name was "Honey Badger Don't Care." Have you seen the honey badger video? <http://www.youtube.com/watch?v=4r7wHMg5Yjg&feature=fvsrc>

[Reply]



Kate Reply:
April 19th, 2011 at 11:10 pm

Bahahahahaha — I freaking LOVED that video too! FanTASTIC name! Now I have to go watch it again!

[Reply]



Caitlin Reply:
April 20th, 2011 at 10:44 am

Honey Badger Ain't Scared of Shit.

Other great team names from last night included: I'm not Irish, but my Penis is Dublin and Hate Crimes are Gay.

[Reply]

18. #18 Taylor
on Apr 19th, 2011 at 10:41 pm

What is the third line to Elton John's Tiny Dancer?

[Reply]

19. #19 Jen G.
on Apr 19th, 2011 at 10:49 pm

Love the name. In library school, our team name was "the Do-me Decimals."

[Reply]



Caitlin Reply:
April 20th, 2011 at 10:44 am

NICE.

[Reply]

20. #20 Ali
on Apr 19th, 2011 at 10:52 pm

What comes after "LA Lady" in Tiny Dancer?

[Reply]

21. #21 sarah (sarah learns)
on Apr 19th, 2011 at 11:03 pm

my friends and i used to do trivia on wednesday nights in college! so much fun! 😊 your night makes me jealous.

[Reply]

22. #22 Laura @ Backstage Pass
on Apr 19th, 2011 at 11:06 pm

Bahaha – Tiny Dancer – I just laughed out loud. Too funny!

[Reply]

23. #23 Kate

on Apr 19th, 2011 at 11:06 pm

Blue Jean baby....LA lady....seamstress for the ba-aaaand...TINY DANCER!!!! Or as we all love to say...HOLD ME CLOSE NOW,
TONY DAAAANZAAAAA....

[Reply]



Caitlin Reply:
April 20th, 2011 at 10:45 am

nice one!

[Reply]

24. [#24 JenATX](#)
on Apr 19th, 2011 at 11:17 pm

HA! so funny because my dodge ball team was called Scoregasims... I'm sure you can imagine the wide variety of ball jokes that ensued.

[Reply]

25. [#25 Kristen](#)
on Apr 19th, 2011 at 11:37 pm

yea!!! for no knee pain!!!

[Reply]

26. [#26 Camille](#)
on Apr 19th, 2011 at 11:48 pm

"Blue jean baby. LA lady. She was a _____"
Winning!

[Reply]

27. [#27 Samantha @ Bikini Birthday](#)
on Apr 19th, 2011 at 11:59 pm

Your team name is amazing. I may steal that in the future.

[Reply]

28. [#28 Christy](#)
on Apr 20th, 2011 at 12:01 am

I always find that a quick cold shower before getting into the pool makes the water seem warmer. Of course it's a chilly walk from the locker room to the pool.

[Reply]

29. [#29 Laura @ Sprint 2 the Table](#)
on Apr 20th, 2011 at 12:30 am

Awesome team name! My favorite part about trivia is hearing all the names. 😊

[Reply]

30. [#30 Khushboo](#)
on Apr 20th, 2011 at 12:32 am

I swim outdoors and getting in the water was always the hardest bit because it was oh so cold! Now that the weather has become SO hot, it's such a pleasure diving in.

Glad i'm not the only one who makes smiley faces out of ketchup 😊

[Reply]

31. #31 Kiran @ KiranTarun.com
on Apr 20th, 2011 at 2:35 am

After reading your recent swimming activities, I realized how much I've missed swimming back home with my family in Malaysia 😊

[Reply]

32. #32 Ashley @ the fit academic
on Apr 20th, 2011 at 3:13 am

haha, love that name! I will definitely have to steal that sometime next time I do a trivia night! Sounds so fun!

[Reply]

33. #33 haya
on Apr 20th, 2011 at 5:17 am

i still haven't taken off my timing chip (though it is small and plastic and kind of a pain to remove – would have to de-lace) from my 30k race that was over 3 weeks ago. my next race isn't till the end of may and it is kind of awesome to look at my shoes, every time i put them on and remember how hard i worked on that race and how satisfying it was to finish! it is for sure a great motivator.

i really need to get back into swimming. the pool at my gym is like 3/4 size (or less!) and this annoys me. must suck it up.

[Reply]



Caillin Reply:
April 20th, 2011 at 10:46 am

Ugh – so annoying when the pool is short.

[Reply]

34. #34 KM
on Apr 20th, 2011 at 5:32 am

That is definitely my new favorite trivia name!

[Reply]

35. #35 Lauren
on Apr 20th, 2011 at 7:01 am

What a fun night! We don't have any places around here that has trivia while you eat. What a great concept!

[Reply]

36. #36 Parita @ myinnershakti
on Apr 20th, 2011 at 7:02 am

I really love that you don't let your injuries keep you back from regular workouts...and swimming is one of the best! You don't give up...love it! And fried goat cheese?! YUM-O!

[Reply]

37. #37 Jill
on Apr 20th, 2011 at 8:10 am

Fried goat cheese? It is NOT a good thing that I know that exists ... 😊

[Reply]

38. [#38 Chelsea @ One Healthy Munchkin](#)
on Apr 20th, 2011 at 8:13 am

Hahahaha awesome team name! ☺

Also yay for no knee pain. That's a good sign!

[Reply]

39. [#39 Molly @ RDExposed](#)
on Apr 20th, 2011 at 8:14 am

Glad to hear about your knee! I don't think people understand how devastating a knee injury is until you experience it for yourself.

[Reply]

40. [#40 Sam](#)
on Apr 20th, 2011 at 8:45 am

haha i love your team name!
ooh ooh pick me! What was the tiny dancers profession? ☺ That sounds so fun...I need to find a trivia bar! specifically one that serves amazing looking black bean hummus!
ps. i need to listen to that song now.

[Reply]

41. [#41 Brynne](#)
on Apr 20th, 2011 at 9:39 am

I still have my dtag on too! It makes me feel badass and I hope people will ask me about it. Still waiting ...

[Reply]

42. [#42 Stephanie](#)
on Apr 20th, 2011 at 9:46 am

So random but that TJs corn and chile salsa is the BOMB. I went through my jar so fast it was scary.

[Reply]

43. [#43 Jackie](#)
on Apr 20th, 2011 at 10:10 am

I love your team name! That's the name of my touch football team, too.

[Reply]



Caitlin Reply:
April 20th, 2011 at 10:46 am

hahah twins!

[Reply]

44. [#44 Book Club : Enjoy Your Healthy Life](#)
on Apr 20th, 2011 at 10:22 am

[...] around. Bagel thin + veggie patty + tons of ketchup, side spinach salad. <—seems like Caitlin thought so [...]

45. [#45 sarah k. @ the pajama chef](#)
on Apr 20th, 2011 at 11:13 am

i love that tj's salsa!! having some in my lunch salad today, actually.

[Reply]

46. #46 Kacy
on Apr 20th, 2011 at 11:13 am

I always leave my timing chips on, they make me happy!

[Reply]

47. #47 Miranda @ working mom works out
on Apr 20th, 2011 at 11:20 am

I think the team name is awesomesauce too!

[Reply]



Caitlin Reply:
April 20th, 2011 at 11:21 am

zing!

[Reply]



Miranda @ working mom works out Reply:
April 20th, 2011 at 11:23 am

Haha! You crack me up!!

[Reply]

48. #48 chelsey @ clean eating chelsey
on Apr 20th, 2011 at 11:38 am

All I have to say is I love your team name.

[Reply]

49. #49 Clare @ Fitting It All In
on Apr 20th, 2011 at 12:12 pm

Tiny Dancer!!!

[Reply]

50. #50 Clare @ Fitting It All In
on Apr 20th, 2011 at 12:12 pm

Tiny Dancer!!!

[Reply]

51. #51 McKella
on Apr 20th, 2011 at 12:15 pm

I love your ketchup smiley face 😊

[Reply]

52. #52 Kelly
on Apr 20th, 2011 at 1:02 pm

Their is a team in our kickball league called Multiple Scorgasms!

[Reply]

53. #53 kate
on Apr 20th, 2011 at 7:30 pm

we were at trivia last night too (here in Kansas City). i was the only girl on a team with my husband and three of his coworkers. our team name was: "Girls fake orgasms, guys fake love."
i wanted to be "i hate whenever i make a milkshake and all these boys show up in my yard"

we almost won. oh well.

[Reply]

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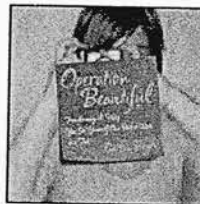


• A Little About Me...

My name is Caitlin, and I'm 26 years old. I love running, delicious food, writing, friends, traveling, cold beer, and the great outdoors.

This blog documents my food and fitness habits as I strive to find balance in my busy life. In September 2009, I resigned from my corporate job to freelance and write a book based on my other blog. I live in Charlotte, North Carolina with my wonderful Husband (who is a Doctor of Oriental Medicine) and two dogs, Maggie and James.

• My Book



Thank you for your continued support of the Operation Beautiful movement. For more tips on how to lead a happy and healthy life, check out the book on [Barnes and Noble](#), [Borders](#), [Indie Bound](#), and [Amazon](#).

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• Disclaimer

I'm not a Registered Dietitian (RD). For specific medical counseling, please contact a Registered Dietitian or your doctor. My blog posts are based on my own personal knowledge, experience, and opinions.

Tuesday, April 19, 2011 at 07:36 AM

ANDI Scores

Morning! Hope all is well with you. Let's dive right in, shall we?



Last night, a reader named Lili sent me a link to the [ANDI score system](#). This concept, which is a lot like [NuVal](#), is a pretty cool way to look at food.

ANDI stands for "Aggregate Nutrient Density Index," which ranks the nutrient density of a food on a scale from 1 to 1000 based on **nutrient content**. ANDI scores are calculated by evaluating an extensive range of micronutrients, including vitamins, minerals, phytochemicals, and antioxidant capacities. ([Source](#))

The Whole Foods site lists the top ten Green Vegetables, Vegetables, Fruit, Beans, Nuts + Seeds, Whole Grains, Meat, Fish, Cheese, and Dairy, according to the ANDI system.

First up: Non-green vegetables. I was disappointed to read this list because I prefer tomatoes and carrots over radish and red pepper! But I guess they're all in the Top 10 so it's okay. ☺

NONGREEN VEGETABLES

Vegetable	ANDI Score
1. Radish	554
2. Bean Sprouts	444
3. Red Pepper	366
4. Radicchio	359
5. Turnip	337
6. Carrot	336
7. Cauliflower	295
8. Artichoke	244
9. Tomato	190
10. Butternut Squash	156

Next: Green Vegetables! This is why I am so obsessed with eating greens. Collard greens, my new favorite, scores a perfect 1000!

GREEN VEGETABLES

Vegetable	ANDI Score
1. Mustard/Turnip/Collard Greens	1000
2. Kale	1000
3. Watercress	1000
4. Bok Choy/Baby Bok Choy	824
5. Spinach	739
6. Broccoli Rabe	715
7. Chinese/Napa Cabbage	704
8. Brussels Sprouts	672
9. Swiss Chard	670
10. Arugula	559

I also pulled the Fruit list. I was kind of surprised how highly strawberries ranked according to blueberries since you always hear about blueberries' health benefits (oh, marketing...).

FRUIT

Fruit	ANDI Score
1. Strawberries	212
2. Blackberries	178
3. Plum	157
4. Raspberries	145
5. Blueberries	130
6. Papaya	118
7. Orange	109
8. Cantalope	100
9. Kiwi	97
10. Watermelon	91
11. Peach	73
12. Apple	72
13. Cherries	68
14. Pineapple	64
15. Apricot	60

back to top

And last, but not least, the Beans list. Interesting, indeed! Fun little pro-vegetarian factoid: The Top 10 Beans are all at least double the rankings of Top 10 Meat, and tofu is also ranked higher than almost all of the meats (the fish fare better).

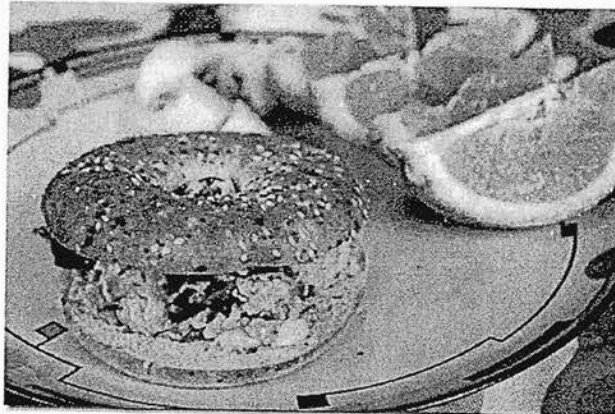
BEANS

Vegetable	ANDI Score
1. Lentils	104
2. Red Kidney Beans	100
3. Great Northern Beans	94
4. Adzuki Beans	84
5. Black Beans	83
6. Black-Eyed Peas	82
7. Pinto Beans	61
8. Edamame	58
9. Split Peas	58
10. Chickpeas (Garbanzos)	57

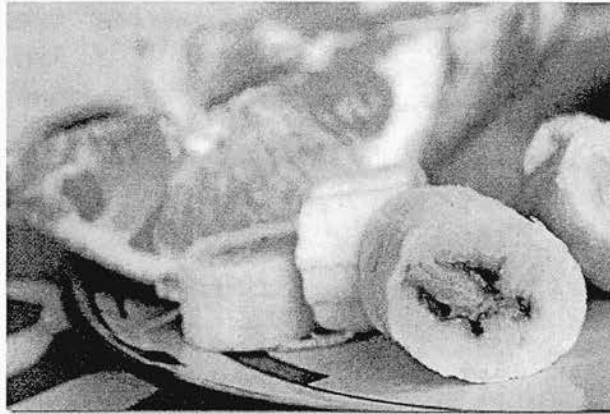
(Source for all tables here)

Pretty cool, huh? I like any system that encourages people to look beyond the caloric information and into the nutrient density of a food. Food is fuel! Might as well make it powerful fuel, right?

Breakfast featured some ANDI Top 10's! Eggs got a 27, spinach got a 739, and oranges received a 109. Bananas and Bagel Thins were unranked. 😊



Yum.



We are off to the worst place on the planet. The DMV. Wish us luck.

What do you think of the ANDI scores? Are you surprised at any of the rankings? [You can see them all here.](#)

Posted by: [Caitlin](#) 78 comments

Posted in: [All Posts](#)

78 Comments on “ANDI Scores”

1. [#1 Faith @ lovelyascharged](#)
on Apr 19th, 2011 at 7:40 am

I really like the ANDI scores idea! It definitely helps you gauge your choices. I remember back when I first really started paying attention to what I was eating, I used a meal tracker/calorie counter that graded your choices for you – the A+/B-/etc ranking wasn't as in-depth as the ANDI scores, but it definitely helped me get a “whole picture” idea of what I was eating – not just “oh hey, look, a granola bar – HEALTHY!”

[Reply]

2. [#2 Baking 'n' Books](#)
on Apr 19th, 2011 at 7:40 am

Meh, as long as it's a fruit or vegetable I'll eat it.

But I'll eat the bagel too please ☺

[Reply]

3. [#3 Heather @ Health, Happiness, and Hope](#)
on Apr 19th, 2011 at 7:43 am

What a really neat concept! Thanks for sharing this!

Good luck on the DMV. I had to go last month to renew my license and it was quite an experience. ☺

[Reply]

4. [#4 Holly @ The Runny Egg](#)
on Apr 19th, 2011 at 7:47 am

I think the ANDI scores (and other systems like that) are a nice concept, but I wouldn't really choose one veggie over another (except I will always choose romaine over iceberg, but that has more to do with taste and a little bit about nutrition).

[Reply]



Samantha Angela @ Bikini Birthday Reply:
April 19th, 2011 at 8:29 am

I agree. I don't think this will make me choose to eat strawberries instead of apples or something like that.

There's no such thing as unhealthy produce.

[Reply]

5. #5 Amanda- The Nutritionist Reviews
on Apr 19th, 2011 at 7:49 am

Beautiful flowers :)

[Reply]

6. #6 Khushboo
on Apr 19th, 2011 at 7:55 am

I wrote a similar post about ANDI scores a while back

<http://kthadani.wordpress.com/2010/09/12/the-x-factor/>

While i do find such lists informative, I don't think its a be-all-end-all case. Take peanut butter, I'm still going to be eating it regularly even though it didn't make the cut.

[Reply]

7. #7 Angela @ Eat Spin Run Repeat
on Apr 19th, 2011 at 8:00 am

That's a pretty cool system – and I'm glad to see some of my favourites like adzuki beans and kale ranking so highly! I'm surprised by a few as well though – like you mentioned, the blueberries being lower ranking than strawberries, the bok choy ranking higher than spinach, and the watermelon ranking higher than cherries. The watermelon is a surprise to me because I would assume cherries are more nutritionally dense. Thanks for the info – you learn something new every day! ☺

[Reply]

8. #8 Paige @Running Around Normal
on Apr 19th, 2011 at 8:09 am

Huh! That is pretty interesting!
Good luck at the Dmv – yikkess!

[Reply]

9. #9 Hats @ See How She Runs
on Apr 19th, 2011 at 8:14 am

If you use these sorts of systems to actually make choices with your food, you just need to be aware of what the ranks are based on. Personally, I wouldn't use them – as long as I eat a balanced diet, I'm happy. I love all fruits and vegetables and wouldn't choose one over another using a table, I'd do it based on my preference.

I can see how other people might find them useful though.

[Reply]

10. #10 Elizabeth@The Sweet Life
on Apr 19th, 2011 at 8:16 am

I think this and other tools like it are great resources to educate people like you and most of your readers who are pretty healthy but could use a gentle reminder or a bit more info every now and then!

[Reply]

11. [#11 Nikki @ BareFootPrint](#)
on Apr 19th, 2011 at 8:19 am

ANDI is a very interesting concept! And can you share what is between the slices of that bagel thin???

[Reply]



Caitlin Reply:
April 19th, 2011 at 10:25 am

Eggs and spinach!

[Reply]

12. [#12 Jessica @ Dishin' About Nutrition](#)
on Apr 19th, 2011 at 8:21 am

Thanks for sharing! I love the ANDI system, especially because I have never really believed in just looking at the calorie content of food.

[Reply]

13. [#13 DadHTTP](#)
on Apr 19th, 2011 at 8:25 am

OK, I admit there's bias in this remark – I'm a meat and potatoes guy, and I know I should eat more greens – but I would feel better about this system if it wasn't an offshoot of Whole Foods (Whole Paycheck) that sells really expensive produce.

[Reply]



Hilary Reply:
April 19th, 2011 at 9:01 am

I agree w/ Caitlin's Dad. I was shocked to see egg substitute ahead of egg white and egg on the list (granted, it's by 2 points I think). But I googled the ingredients of the egg substitute and it definitely leaves me scratching my head as to how on earth it could possibly be better than an egg. Sure, if you're vegetarian/vegan- I get it but from a nutritional standpoint, that one is nonsense. While I appreciate the effort, this is clearly a Whole Foods ploy to sell their agenda.

[Reply]



Rachel Reply:
April 19th, 2011 at 9:39 am

I agree both with Caitlin's dad and Hilary. I think ANDI scores are great for people who are new to a healthful lifestyle. However, in addition to being another means of marketing for Whole Foods, the system reduces food to its parts, rather than considers it a "whole." The concept of ANDI goes against the idea of a food as a gestalt, and promotes it as a sum of its parts. I know Pollan's *In Defense of Food* discussed this concept: that the value of food can't be broken down into its nutrients.

Also, it doesn't consider individual dietary needs. For example, I eat carrots nearly every day because I have horrendous eyesight. While I know my eye problems are mostly genetic, I'll do anything in my power to protect my eyes! So I try to incorporate tons of orange foods.

[Reply]

14. [#14 Katherine](#)
on Apr 19th, 2011 at 8:26 am

Oh, I love things like this! I am very surprised that bananas are unranked! Do you mean not ranked at all, or just not in the top 10?

[Reply]



Caitlin Reply:
April 19th, 2011 at 10:25 am

Just not in the top 10 ☹️ I bet they are like, 11 ☹️ Bananas rule.

[Reply]

15. [#15 Ashley \(The Vegetable Life\)](#)
on Apr 19th, 2011 at 8:29 am

I LOVE LOVE LOVE how beans and tofu placed higher than meat! My meat-eating friends never believe me that I get enough nutrients as a vegetarian, but this is proof I can show them just to shut them up! ☺️

[Reply]

16. [#16 Amanda](#)
on Apr 19th, 2011 at 8:29 am

Very neat! We have NuVal in our local grocery store but I've never seen ANDI.

[Reply]

17. [#17 The Teenage Taste](#)
on Apr 19th, 2011 at 8:35 am

I was surprised that the score for eggs was really low. I know eggs are high in cholesterol, but they are still packed with vitamins and protein.

I'm still liking the ANDI scoring though.

[Reply]

18. [#18 mel](#)
on Apr 19th, 2011 at 8:48 am

So sorry to post this but please vote for me!!

<http://photos.fitnessmagazine.com/category/vote/photo/798762>

Please go to this link on Fitness Magazine's website and vote for me to be the face of fitness. I'm a newlywed and law student in the middle of final exams and could really use the winning prize-a vacation!! Please vote if you can. Thank you!!

Melissa

[Reply]



Caitlin Reply:
April 19th, 2011 at 10:24 am

Voted!!! Good luck!

[Reply]



mel Reply:
April 19th, 2011 at 10:38 am

thank you so much Caitlin! You are too sweet

[Reply]

19. [#19 weeee](#)

on Apr 19th, 2011 at 8:49 am

I thought tomatoes were fruit!

And i took the job to look for the source and it says Bison is rated higher than tofu! (39 vs 37)

[Reply]



Caillin Reply:

April 19th, 2011 at 10:23 am

Whoops my fault. I hadn't had coffee yet. Corrected! Thanks.

[Reply]

20. #20 weeee

on Apr 19th, 2011 at 8:53 am

I also think it's all relative; you couldnt survive on just collard greens, strawberries and radishes. It's all about balance and the more variety you add into your diet (even if variety means eating food not ranked in the top 10 by ANDI) the better

[Reply]

21. #21 [kalli@fitandfortysomething](#)

on Apr 19th, 2011 at 8:53 am

good luck at the DMV! this scale kinda reminds me of NuVa scale.....

[Reply]

22. #22 [Anna @ Doing Good & Living Well](#)

on Apr 19th, 2011 at 8:53 am

That bagel looks DELISH!

I love how Whole Foods lists the ANDI scores on the salad bar too. It's nice to know at a glance where things stand.

[Reply]

23. #23 [Ali @ Ali Runs](#)

on Apr 19th, 2011 at 8:55 am

I love your new picture on the side! 😊 Good luck at the DMV—it really is the worst place ever.

[Reply]

24. #24 [Evan Thomas](#)

on Apr 19th, 2011 at 9:01 am

I'm a little surprised and sad chickpeas are the lowest beans, since they're pretty much all I eat. But I guess the fact that they're scored and most foods aren't means they're a good choice to begin with.

[Reply]

25. #25 [Miranda @ working mom works out](#)

on Apr 19th, 2011 at 9:11 am

Yay for Lentils!!! My fave! Luck!

[Reply]

26. #26 [Carlee](#)

on Apr 19th, 2011 at 9:12 am

THAT banana's color and everything looks perfect! Especially in the close up! My two favorites, bananas and garbanzo beans are on the bottom! wahhh! oh well, no matter what it is if its whole foods its good for you! and apples and garbanzo beans are still incredibly healthy and nutritious!

[Reply]

27. [#27 Parita @ myinnershakti](#)
on Apr 19th, 2011 at 9:15 am

This is great information! I am a little surprised that things like apples, kiwis, and black beans didn't rank higher. I always see them on superfood lists. Thanks for sharing!

[Reply]



Caitlin Reply:
April 19th, 2011 at 10:21 am

I guess it depends on what factors you're favoring, ya know?

[Reply]

28. [#28 Sarena \(The Non Dairy Queen\)](#)
on Apr 19th, 2011 at 9:18 am

I always find ratings for food interesting. I always wonder how you decide which is better? I guess it's just another way to look at your food and the nutrients. Have fun at the DMV...I hate that place!

[Reply]

29. [#29 chloe@ 321delish](#)
on Apr 19th, 2011 at 9:19 am

that bagelwich looks awesome! I always forget how great beans are for you....and cheap!

I have been wanting to try to make a bean burger...

[Reply]

30. [#30 Chase @ The Chase Project](#)
on Apr 19th, 2011 at 9:24 am

I thought butternut squash packed a better punch than it gets credit for! But this is definitely an interesting way of looking at foods!

[Reply]

31. [#31 Tara @ trulysimplebits](#)
on Apr 19th, 2011 at 9:49 am

Thanks for sharing that info!

AH DMV I am on my way there too... yuck. I have been living in California for 1 year and still don't have a driver's license here. Worst part – I moved here from Canada so I have to do the whole written and practical test all over again. I've been driving for 13 years. That's why I've put it off for a whole year. Gotta bite the bullet sometime though. Good luck to you ☺

[Reply]



Caitlin Reply:
April 19th, 2011 at 10:19 am

Ugh girl I hope your appointment went better than mine!

[Reply]

32. [#32 Lucy @ The Sweet Touch](#)
on Apr 19th, 2011 at 9:57 am

Ewwww, just the thought of the DMV makes me cringe, good luck!!

I love bagel sandwiches – ‘specially eggy ones! YUM!

[Reply]

33. [#33 Freya](#)
on Apr 19th, 2011 at 9:58 am

Bananas and parsnips – my staple fruit/veg – are not there!! That surprises me ☹️
And annoyingly – chickpeas are right down, but are my favourite bean...and I’m sad apples are low down too. I love them! The first veg I like on the list is carrot...oh dear.

[Reply]

34. [#34 Ash @ Good Taste Healthy Me](#)
on Apr 19th, 2011 at 9:58 am

hmmm this was pretty interesting.

I wish my fiance liked beans!!! He hates them so.

[Reply]

35. [#35 Melissa @ Be Not Simply Good](#)
on Apr 19th, 2011 at 9:59 am

Interesting. I don’t think this will discourage me from eating asparagus and broccoli, my all time fave veggies, which aren’t in the top 10. It’s another interesting piece of info, though.

[Reply]

36. [#36 Stephanie](#)
on Apr 19th, 2011 at 10:16 am

This is very interesting. I am a little sad that Garbanzos are so low compared to other beans. They are my favorite! ☺️

[Reply]



Caitlin Reply:
April 19th, 2011 at 10:18 am

Well they are still in the top 10!

[Reply]



Stephanie Reply:
April 19th, 2011 at 10:28 am

Positivity! ☺️

[Reply]

37. [#37 Natalia - a side of simple](#)
on Apr 19th, 2011 at 10:17 am

Good luck at the DMV! I hope you bring snacks ☺️ I’ve never gone there without some snacks and magazines to pass through the boredom, but I’ve luckily only ever been there for max a half hour. Sending those vibes your way!!

[Reply]

38. [#38 Maren](#)
on Apr 19th, 2011 at 10:17 am

Very interesting!! You're right, it's nice to see something scored differently!! Good luck at the DMV! I had to go last week and it was pretty painless!

[Reply]

39. [#39 Shelly @ EpicOrganic.net](#)
on Apr 19th, 2011 at 10:22 am

Like a few others, I was bummed to see chickpeas so low – but Top 10 is still worth eating! Gotta remember that ☺ Nutrient density FTW!

[Reply]

40. [#40 Laura @ Sprint 2 the Table](#)
on Apr 19th, 2011 at 10:23 am

Very neat – I always see the signs in WF, but never slowdown enough to read. I'd heard about strawberries before, but I'm surprised about the plum!

[Reply]

41. [#41 Sarah for Real](#)
on Apr 19th, 2011 at 10:28 am

I think the ANDI might be made with good intentions, but it claims to rank things on “nutrient” density and fails to do that.

All of the dairy products are non-fat or low-fat. Fat is a nutrient!!!! DUH!

Sorry, I'm really passionate about whole milk dairy. Well, that doesn't sound weird, haha.

[Reply]

42. [#42 poptartyogini](#)
on Apr 19th, 2011 at 10:30 am

i think lists like ANDI scores can be dangerous. it may cause people to avoid foods that aren't that list, getting away from the 'all food is good food' frame of mind. i feel intuitive eating is a safer way to go.

[Reply]

43. [#43 Amber K](#)
on Apr 19th, 2011 at 10:31 am

Interesting info, but I'm not really going to plan my meals around it.

[Reply]

44. [#44 FoodCents](#)
on Apr 19th, 2011 at 10:37 am

Hmmmmmm, always interesting to see these sort of lists. I do like the point that DadHTP made, regarding this system & Whole Foods.

I have not checked out the site, so perhaps this is answered there, but I am always curious as to why. I feel that it's great to show people “lists” but the real importance is why does one thing rank higher. What kind of formula is used? What are possible special interests that could skew the “results” and such?

Enjoy th DMV ☺ Sometimes I like to play “DMV Bingo”, much like “Walmart Bingo” to pass time ☺

[Reply]

45. [#45 Ashley @ the fit academic](#)

on Apr 19th, 2011 at 10:41 am

Wow, how cool – I've never heard of this before!

[Reply]

46. [#46 Clare @ Fitting It All In](#)
on Apr 19th, 2011 at 10:49 am

The ANDI scores have always thrown me off because of how broad the scale is. Where as NUVAL is 1 to 100, Andi can give some very healthy foods a score in the 300 or 400s, making it seem bad on an 1000 point scale!

[Reply]

47. [#47 Stacy](#)
on Apr 19th, 2011 at 11:07 am

Very interesting! I like seeing those scores and knowing that the top ten beans are at least double the top 10 meats.

[Reply]

48. [#48 Jessica @ Dairy Free Betty](#)
on Apr 19th, 2011 at 11:14 am

I found a website similar to this <http://www.foodfacts.com>
I found it very interesting and I was surprised by some things too!

[Reply]

49. [#49 Jen](#)
on Apr 19th, 2011 at 11:18 am

Radishes really surprised me. I had no idea they were so nutrient-dense. I was also surprised that plums were higher than blueberries, and that cherries were not higher on the list! I guess that deep, red juice doesn't necessarily mean they pack as big of a punch as a cantaloupe. Who knew?! The greens list didn't surprise me much, although I would have thought that swiss chard might be a little bit higher. These lists are great. I'll take nutrient facts over calorie facts any day!

[Reply]

50. [#50 Jamie@everydaydolce](#)
on Apr 19th, 2011 at 11:55 am

I like the concept of this, just not sure if I agree that this should be something to use as a dietary guide. I think I agree with some of the other commenters in that way. However, it is a great resource for a country that, at least at large, does not consume enough whole foods and veggies! Thanks for sharing.

[Reply]

51. [#51 Chelsea @ One Healthy Munchkin](#)
on Apr 19th, 2011 at 12:07 pm

This is kind of neat! It's so much better to rank foods according to their nutrient densities than their calories. Of course, I don't think I'd ever let this influence my food choices. I prefer blueberries over strawberries, even if they are ranked lower! 😊

[Reply]

52. [#52 Kacy](#)
on Apr 19th, 2011 at 12:10 pm

Very cool! I was surprised garbz were so low. But I guess they're still high if they're on the list at all.

[Reply]

53. [#53 McKella](#)
on Apr 19th, 2011 at 12:27 pm

It's weird that nutritious foods are so widely scattered across the spectrum, from low hundreds to one thousand!

[Reply]

54. [#54 Katherine: Unemployed](#)
on Apr 19th, 2011 at 2:10 pm

omg it's going to make me more paranoid

[Reply]

55. [#55 kyndra](#)
on Apr 19th, 2011 at 2:15 pm

radish, the highest non-green veg? who knew?? makes me doubly happy that i just planted a couple rows of them in my garden this weekend.

[Reply]

56. [#56 Annette @ EnjoyYourHealthyLife](#)
on Apr 19th, 2011 at 2:30 pm

It is ALL about the nutrients and powh-a in food, I totally agree ☺ Love that my beloved strabs and blackberries are on the top!!!

[Reply]

57. [#57 erica](#)
on Apr 19th, 2011 at 4:42 pm

i'm actually a little shocked about bean sprouts! i would never have thought they packed such a nutritional punch!

gosh, i need to go to the DMV to renew my license soon...i'm dreading it.

[Reply]

58. [#58 Abby](#)
on Apr 19th, 2011 at 4:56 pm

This is really interesting! I don't know if it will change my choices at all though. I love my produce! ☺

[Reply]

59. [#59 D](#)
on Apr 19th, 2011 at 4:57 pm

I think this is super interesting, but I think it misses one of the key facts about 'nutrition'...one single food is only as nutritious as all the others you combine it with! Sure, one particular veggie might have more phytochemicals and vitamins and whatever, but nature is designed to provide us with everything we need as long as we eat as wide a variety of food as possible. Say you picked one fruit to eat for the rest of your life....you wouldn't be healthier choosing strawberries over apples, because you need both to be optimally healthy. A certain fruit or veggie can have more of something, but it can't have everything. Plus, fruits and vegetables (and seeds, grains, etc) are designed to interact with each other so you get the benefits you can't get piece by piece. Did you ever finish reading The China Study? That was definitely one of the main points I learned from it – that it's not just about 'getting a variety' for the sake of variety, its about how nature is designed that way!

[Reply]



[Caitlin](#) Reply:
April 19th, 2011 at 6:48 pm

I could NOT get through TCS, D! It was torturous and boring. However, I am posting reviews from other readers tomorrow!

[Reply]

60. [#60 Jenn](#)
on Apr 19th, 2011 at 7:11 pm

I think it's just another way to distract us from being in-tuned to what we like and what are body craves and needs more of. I think lists can create a sense of security and guidance, but takes focus off us learning to trust and know our bodies.

[Reply]

61. [#61 Krista @ Journey to a Healthy Berg](#)
on Apr 19th, 2011 at 7:15 pm

This is really interesting! I'm sad (and surprised) that bananas didn't make the top rankings 😊

[Reply]

62. [#62 Katie @ peacebeme](#)
on Apr 19th, 2011 at 9:21 pm

This was a really cool post. I had to wonder, though, why so many rankings are different than other ones I have seen. I am thinking that maybe the different entities use different ranking systems. Who really cares I guess, all of these things are good for you! 😊

[Reply]

63. [#63 kate](#)
on Apr 19th, 2011 at 9:43 pm

is that an everything bagel thin? mmm mmm good. haven't seen those, but must look harder.

[Reply]



Caitlin Reply:
April 19th, 2011 at 10:15 pm

YES! so good! i highly recommend.

[Reply]

64. [#64 Lauren @ Team Giles](#)
on Apr 19th, 2011 at 11:27 pm

First time hearing about ANDI scores. I'm off to check them out! Thanks for posting about it.

[Reply]

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A Blog Devoted to a Healthy Balance

Lazy Saturday

April 23, 2011

[Lazy Saturday](#)? Yep, I have that down to a science.

1
tweet

The rainy, blah weather motivated me to accomplish absolutely nothing today. Ok, I did a little work, but, really, I was such a waste of space. I even blew off my 10-mile run with my team this morning. Wicked lame, right? Yea, I feel bad about that. Sorry, Nick and [Elizabeth](#). Please don't kick me off of the team!

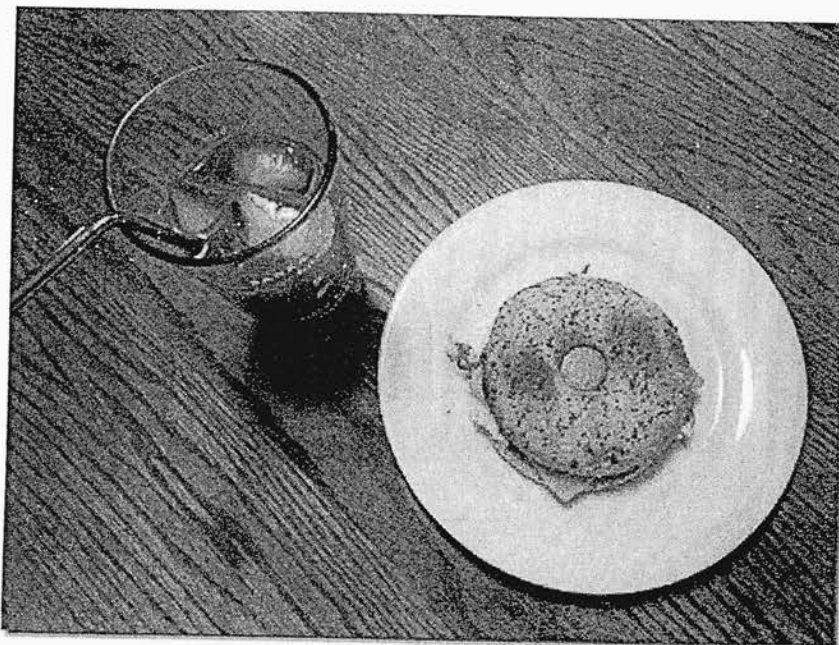
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Breakfast

I slept until 9:30 this morning, which is some sort of record for me, so when I finally got out of bed, my stomach was growling like crazy. It's used to eating at 7:00 AM!

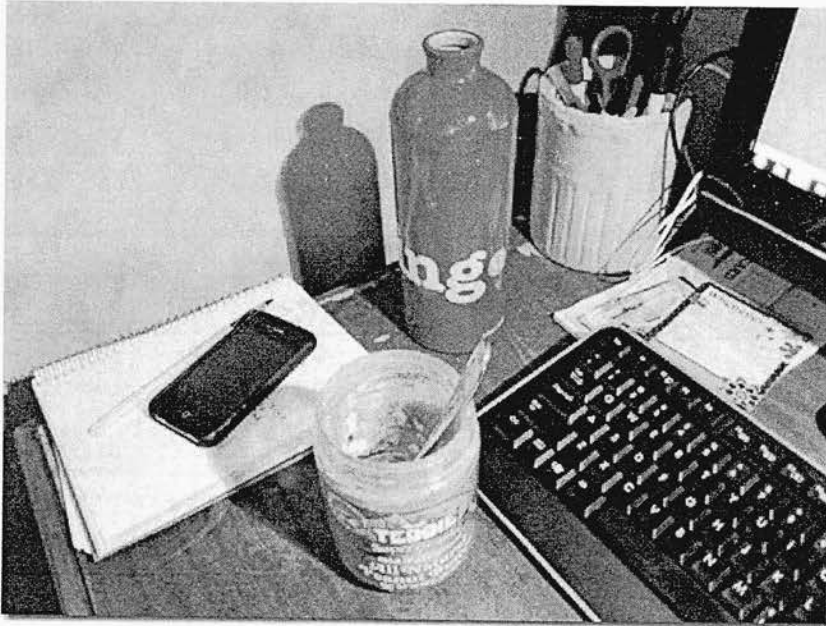
For breakfast, Mal whipped up a couple of egg and cheese sandwiches for us. I had mine on a toasted poppy seed Bagel Thin with an iced coffee on the side.



After breakfast, I spent the rest of the morning catching up with emails and other work since I'm still a little behind after my trip to Las Vegas last week.

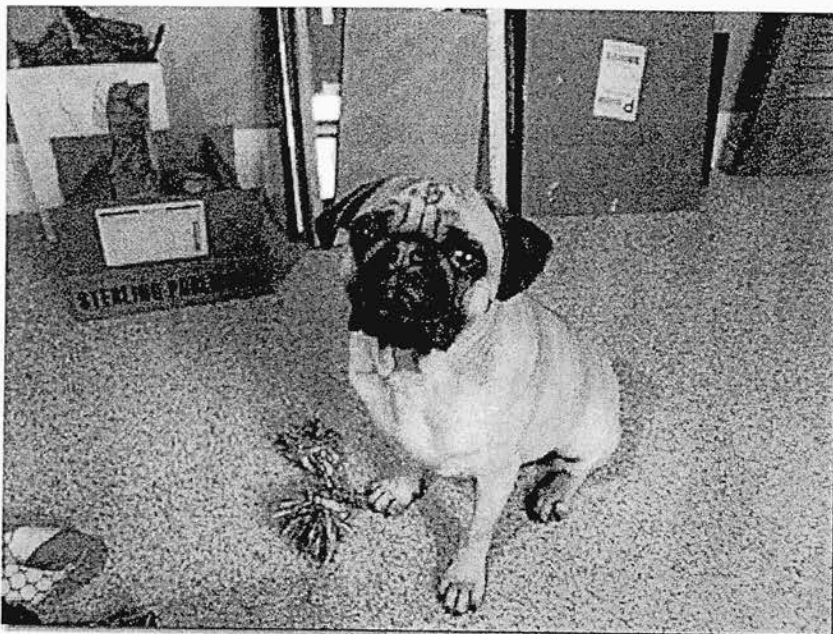
Lunch

For lunch, I enjoyed Oats In A Jar. In the mix: oats, soy milk, banana slices, walnuts, chia seeds, and a little extra peanut butter.



While I ate, Murphy watched closely. He knows that I'll give him the rest of the peanut butter jar once I am finished eating. A pug never forgets things like this.

I guess I took my sweet time eating because Murphy started to give me a few dirty looks. He's so impatient sometimes. He must get that from me.

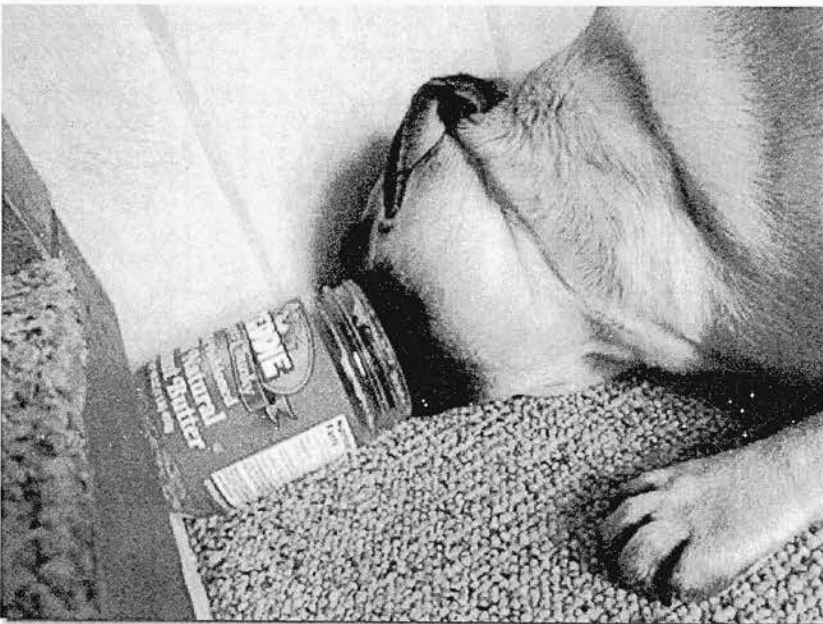


Eventually, Murphy's persistence paid off.

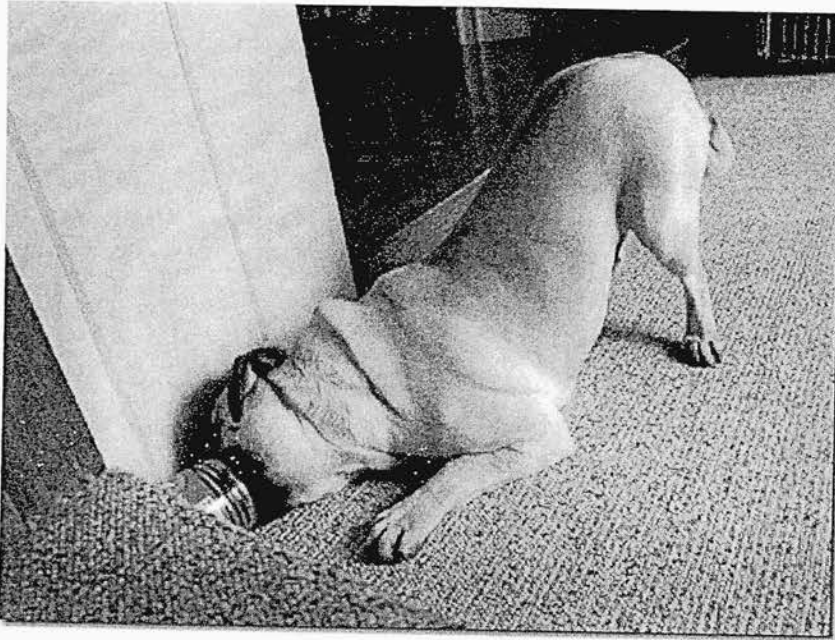




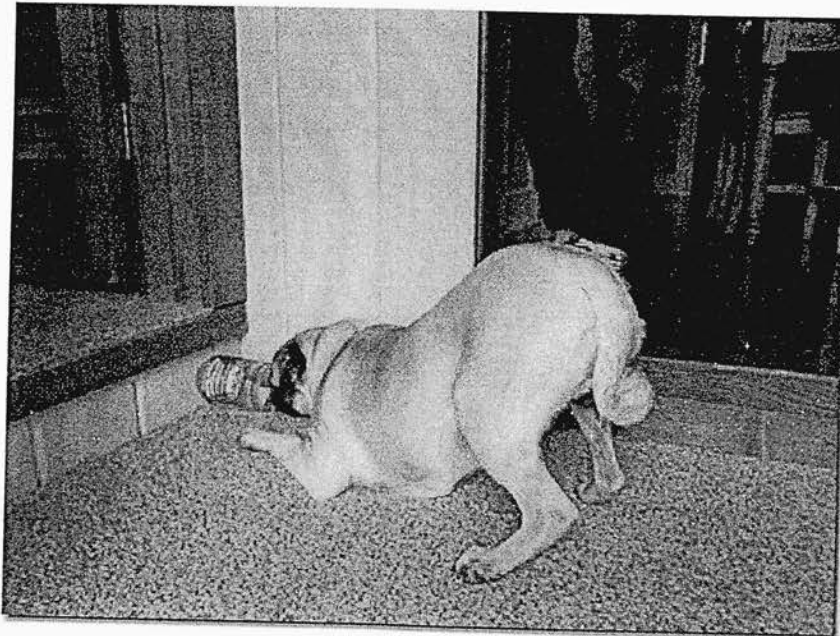
At one point, Murphy backed the jar into a corner for better peanut butter licking.



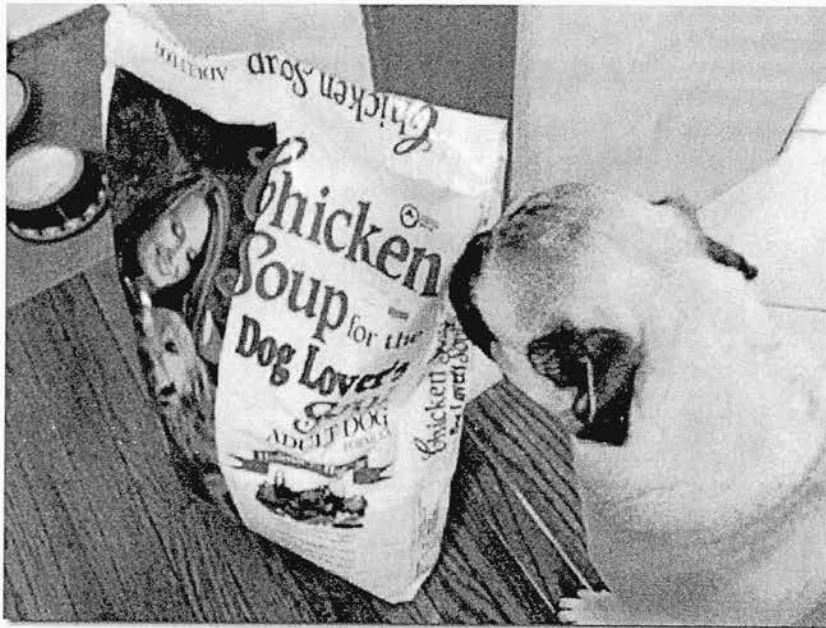
He's so smart. He must get that from ~~me~~ his dad.



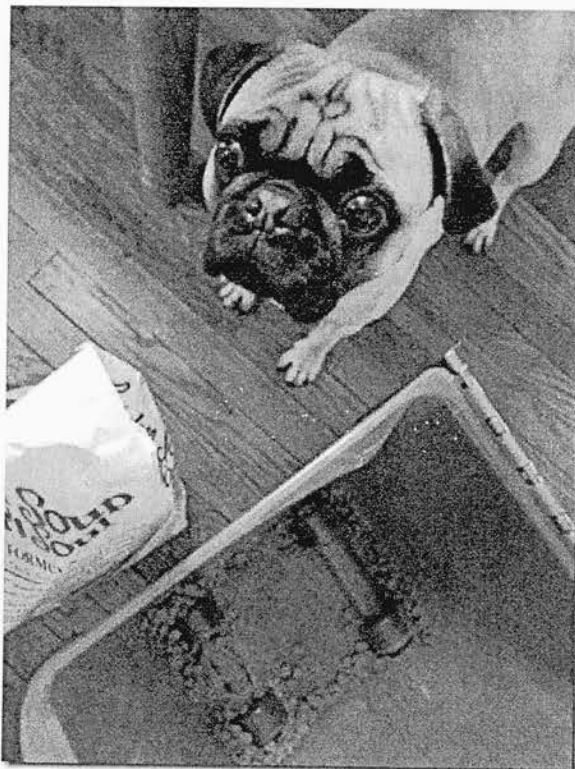
Murphy went to town on the peanut butter jar, so Mal and I stood by and laughed (at him).



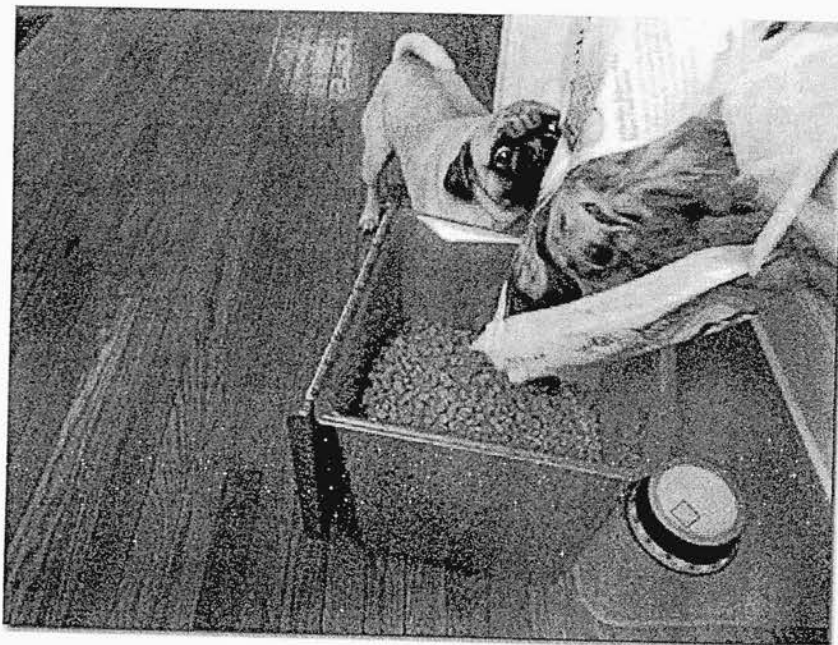
A few hours later, Mal brought home a new bag of dog food.



Murphy was PSYCHED!!! Look at those crazy pug eyes!



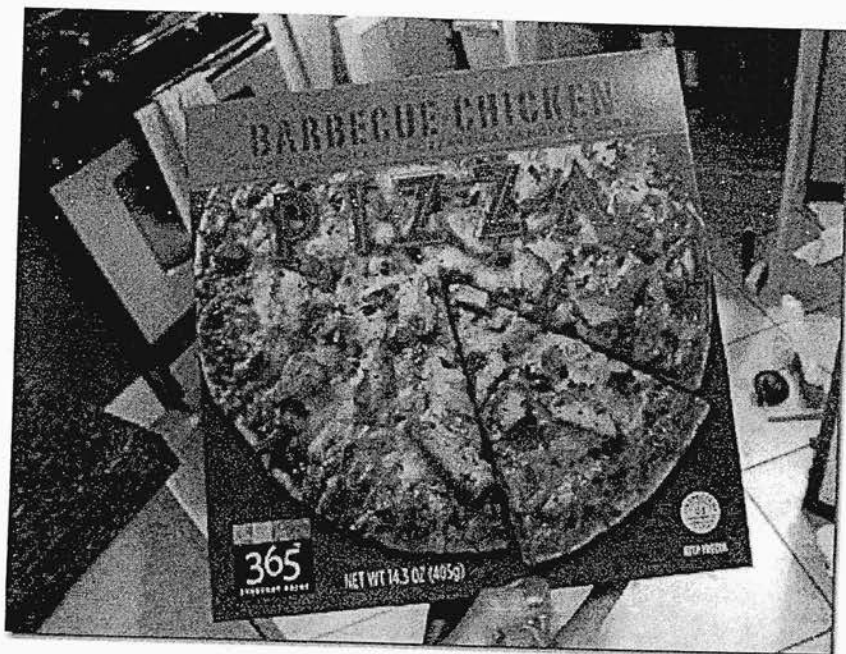
He's so food obsessed! He definitely gets that from me!



Dinner

I wasn't in the mood to make anything elaborate for dinner tonight (and our kitchen was in shambles because Mal was fixing our sink), so I threw a frozen Barbeque Chicken pizza from Whole Foods in the oven. Quick and simple.

The pizza tasted pretty good, but, for the price (\$5), I'm not sure I'd buy it again. (There was a coupon in The Whole Deal for \$1 off, so I gave it a try this time.)



With the pizza, I added a big arugula salad topped with flax oil and balsamic vinegar.



I also ate a bunch of Chocolate Sunflower Butter Cookies over the course of the day. There's actually only ONE left now! I should probably just finish it off, right?

I hope you're having a wonderful Saturday night. I'm off to continue my laziness. I haven't even showered yet today.

{ 52 comments... read them below or [add one](#) }



chelsey @ clean eating chelsey April 23, 2011 at 9:07 pm

I love Lazy Saturdays! I'm envious of your day because mine was anything BUT lazy!! My dog gets peanut butter jars too, and he backs it into the wall too! Dogs are definitely smart things!

[Reply](#)



Silvia @ skinny jeans food April 23, 2011 at 9:13 pm

Sounds like a perfect Saturday for shitty weather! Sleeping in, frozen pizza and overall irresponsibility 😊 Love those days.

[Reply](#)



Vanessa @ Gourmet Runner April 23, 2011 at 9:15 pm

I joined you with the lazy Saturday! Had a hike planned but once we got there the park was closed...plan B was relaxing at home and catching up on shows!



Reply



Danielle @ weightsandmeasures April 23, 2011 at 9:15 pm

Sometimes you just have to be lazy on Saturdays. Murphy is quite gifted with that pb lickin'! Oats for lunch... good call. Oats anytime really!

Reply



Jenny @ Fitness Health and Food April 23, 2011 at 9:27 pm

you know a foodie blogger loves her pup when she shares her PB jar! 😊

our weather has finally cleared up here but it was rainy all week so I now how you feel!

Reply



The Teenage Taste April 23, 2011 at 9:28 pm

Lazy Saturdays are the best! 😊

Reply



Ellen @ Cinnamonalicious April 23, 2011 at 9:31 pm

Murphy's cutest just never gets old! 😊

Oh lazy days are the best! I hope you stayed in your pj's all day too 😊

Reply



[Ellen @ Cinnamonalicious](#) April 23, 2011 at 9:32 pm

[@Ellen @ Cinnamonalicious](#): cutest?! haha *cuteness!

[Reply](#)



[Tina](#) April 23, 2011 at 9:38 pm

[@Ellen @ Cinnamonalicious](#): Yes, of course! 😊

[Reply](#)



[Michelle \(The Runner's Plate\)](#) April 23, 2011 at 9:37 pm

What an interesting name for dog food! Ha!

My in-laws pugs are right at your feet if you are in the kitchen; they will eat anything and everything!

[Reply](#)



[Stacy @ Every Little Thing](#) April 23, 2011 at 9:56 pm

Lazy Saturdays are great! I kind of wish today was lazy haha.

And we feed my dog the canned version of that food! We put it on top Blue Buffalo dry food. It's such good food!

[Reply](#)



[kate@ahealthypassion](#) April 23, 2011 at 9:57 pm

Its something about the rain that makes me lazy too, I wouldnt have even left the bed if I didnt have to work! Your dog is adorable.

[Reply](#)



Liv @ The Salty n' Sweet April 23, 2011 at 10:05 pm

My rainy Saturday was equally lazy. The only thing that got me to the gym was realizing that I hadn't moved in 6 hours!!

Omg Murphy is just too funny. It's like my cat around raw fish/meat.

[Reply](#)



Nancy~The Wife of a Dairyman April 23, 2011 at 10:10 pm

Sometimes the body just needs a break and a lazy, rainy Saturday is the perfect day for it:)

[Reply](#)



Melissa April 23, 2011 at 10:13 pm

Of course you should finish it off! I trust that it's already done! ☺

[Reply](#)



Mary @ Bites and Bliss April 23, 2011 at 10:30 pm

Murphy's so cute waiting patiently (or..not so patiently? ☺) for his peanut butter!

[Reply](#)



Holly @ The Runny Egg April 23, 2011 at 10:39 pm

Other than running 17 miles we've had a really lazy day today too. It felt good to lay around and eat food ☺

[Reply](#)



Khushboo April 24, 2011 at 2:18 am

Getting a run in, especially 17 miles, totally justifies doing zilch the rest of the day! 😊

[Reply](#)



[Serena April 23, 2011 at 10:45 pm](#)

It looks like you switched breakfast and lunch today! Sandwich for breakfast and oats for lunch 😊
Aah, lazy Saturdays. I miss those!

[Reply](#)



[Liz @ Tip Top Shape April 23, 2011 at 10:49 pm](#)

hahaha, Murphy is just adorable!!! Love those crazy pug eyes!! lol

[Reply](#)



[Roz April 23, 2011 at 10:59 pm](#)

There is something in the air, because it was a lazy Saturday up here in Vancouver too!!! Love the Murphy pics!!!

[Reply](#)



[Hilary April 23, 2011 at 11:00 pm](#)

My Saturday was anything but lazy! I went to the gym, helped my sister move, then came home and made desserts for Easter tomorrow!

[Reply](#)



[Sylvia @ Frolic Through Life April 23, 2011 at 11:09 pm](#)

I think the weather has a lot to do with the laziness. It's been raining and dreary all day here and I've been quite unproductive all day.

[Reply](#)



Jess @ Blonde Ponytail April 23, 2011 at 11:29 pm

I took pics of my dog Cooper doing the exact same thing. PB jars are the ultimate motivator!!

Reply



staceyhealthylife April 23, 2011 at 11:31 pm

Sometimes a little laziness is good. Take the whole weekend if you need it. 😊

Reply



Amanda (tomboy that wears makeup) April 23, 2011 at 11:35 pm

I love your dog!

K let's talk lazy- I DROVE to a yoga class tonight and didn't feel like going in, so I DROVE home. How lazy is that? I felt bad too- but there I will make up for it tomorrow. It was hatha yoga too... not even power yoga! Yikes.

Have a great evening...

xoxo

Reply



Justeen @ Blissful Baking April 23, 2011 at 11:57 pm

My Saturdays are always pretty lazy too 😊

Reply



Amy April 24, 2011 at 12:16 am

How can we not be lazy? IT IS SO COLD AND RAINY HERE! Wah, where is Spring?

Reply



[Kate \(What Kate is Cooking\)](#) April 24, 2011 at 12:22 am

Haha, before I discovered OIAJ my sister used to hand me an almost empty PB jar and laugh while she watched me scrape it clean. She even bought me a spoon that is designed to scrape jars!

[Reply](#)



[Kaitlyn @ 7 Plates](#) April 24, 2011 at 1:11 am

Man, I've had so many Saturdays just like that where I don't even shower.. Pretty gross.. haha. But hey, sometimes you just gotta be lazy!

[Reply](#)



[Annette @ EnjoyYourHealthyLife](#) April 24, 2011 at 1:15 am

sometimes you just gotta have a lazy Saturday once in awhile!!! Glad you enjoyed it 😊

[Reply](#)



[Khushboo](#) April 24, 2011 at 2:15 am

Lazy Saturdays are the best. After a late night on fri, all I did was lie on my bed yday! The best part is that there's still Sunday left to get things done!

[Reply](#)



[Hannah](#) April 24, 2011 at 2:58 am

My dog has looked exactly like that before with a peanut butter jar! I'm sure I have too, actually...

[Reply](#)



[Megan@Dirty Dishes Daily](#) April 24, 2011 at 3:13 am

You know it's a lazy shower when you realize that you still haven't showered.

[Reply](#)



[Christine @ Burning It Off April 24, 2011 at 6:38 am](#)

Don't feel too bad. Rain makes me want to stay inside and do absolutely nothing but eat cookies. And on that note, I think you should finish the last cookie 😊

[Reply](#)



[Heather @ Health, Happiness, and Hope April 24, 2011 at 6:53 am](#)

I think we all need and deserve a lazy Saturday now and then! That's hilarious about Murphy, and the pizza you had does look really good!

[Reply](#)



[Sarah \(Running To Slow Things Down\) April 24, 2011 at 7:05 am](#)

Murphy is such a cutie pie! My black lab was obsessed with food as well. It's hilarious to watch them go to town with peanut butter stuffed in jars or kong toys. 🐾

[Reply](#)



[Chelsea @ One Healthy Munchkin April 24, 2011 at 8:26 am](#)

You're such a good mommy to give Murph the rest of the PB jar. I always scrape mine clean when I have OIAJ. 😊

[Reply](#)



[Presley April 24, 2011 at 8:38 am](#)

I miss my dogs! They're living with my mother until I'm through with apartment living... First order of business when I get them back? OIAJ! haha Murphy looks so cute attacking that jar!

[Reply](#)



Parita @ myinnershakti April 24, 2011 at 8:45 am

I totally had a lazy Saturday in as well! The rain wasn't very motivating at all...I totally understand. And Murphy is so cute. I finished reading your book yesterday (yes, I'm fast), and I loved reading more about him. 😊

[Reply](#)



Molly @ RDExposed April 24, 2011 at 10:23 am

Bahahaha, dogs licking peanut butter can entertain me for hours! Ever put a dab of it on their nose? It's a win-win situation.

[Reply](#)



Kristy@RunTheLongRoad April 24, 2011 at 11:04 am

I had the ultimate lazy Saturday as well. I showered around 7:00 and then my exercise for the day was walking the dog to go get ice cream 😊 We all need days like that once in awhile.

[Reply](#)



Katherine: Unemployed April 24, 2011 at 11:08 am

murphy and I have the same jar-licking habits

[Reply](#)



Salah@myhealthiestlifestyle April 24, 2011 at 11:08 am

Lazy Saturdays are the best!!! I wish mine had been a little more relaxing but I'm having a lazy Sunday instead!

[Reply](#)



[lynn @ the actor's diet](#) April 24, 2011 at 11:12 am

murphy's eyes are intense. love it.

[Reply](#)



[jaclyn@lifeoftodayslady](#) April 24, 2011 at 1:14 pm

Oh my goodness those pics of Murphy are priceless!!! Who needs things like tv and you tube, a jar of pb and a Murphy are all you need for entertainment!!!

[Reply](#)



[Jessica](#) April 24, 2011 at 1:49 pm

You seem so blue , Tina ☹ Seems to me it must not be fun to have a lazy Saturday, but not really allow yourself to enjoy it. Hope you feel better tomorrow!! <3

[Reply](#)



[Heather](#) April 24, 2011 at 1:50 pm

A lazy day once in a while never hurts, sometimes they're necessary!

[Reply](#)



[Jamie aka "Sometimes Healthy Girl"](#) April 24, 2011 at 2:37 pm

Yay for being lazy! Sometimes it just what ya need ☺

[Reply](#)



[Stephanie](#) April 24, 2011 at 6:29 pm

When we buy a new bag of dog food, we let Chase have a (very short) self-serve buffet, just

because it's so funny to watch him go to town on a massive pile of food. Dogs are so funny!

[Reply](#)



[Elizabeth April 24, 2011 at 7:00 pm](#)

Hahaha! We'd NEVER kick you off the team. I completely wiped out on D Street (on a slippery grate thing) and ran the next 7 miles covered in dirt. Very attractive. Hope you enjoyed your lazy Saturday– you've got to take those when you can get 'em! 😊

[Reply](#)



[Charlotte April 25, 2011 at 12:25 pm](#)

I love a good lazy Saturday with my husband. However he does not sit around to well so these do not happen very often, but are always better when they do!

[Reply](#)

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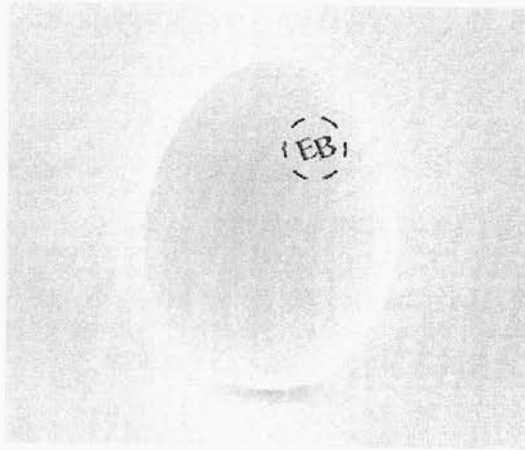
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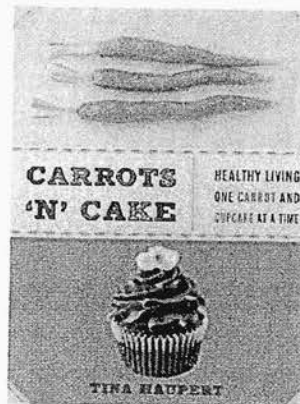
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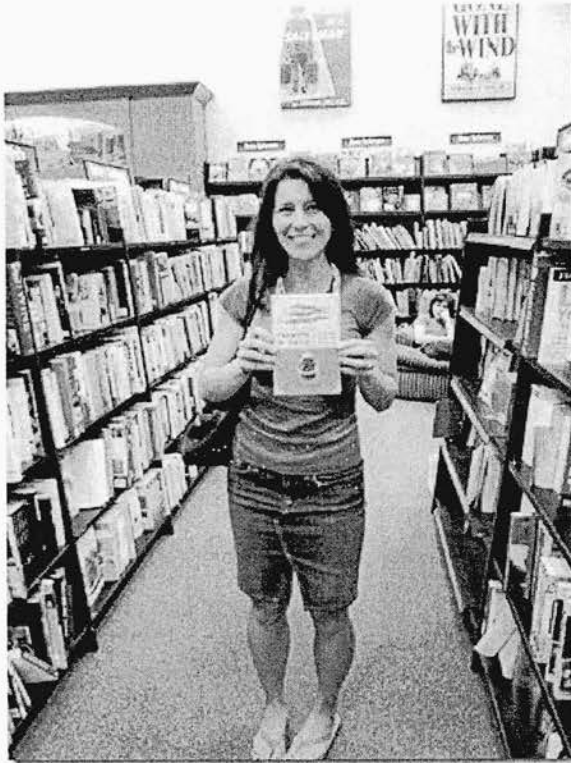
[Carrots 'N' Cake](#)

A Blog Devoted to a Healthy Balance

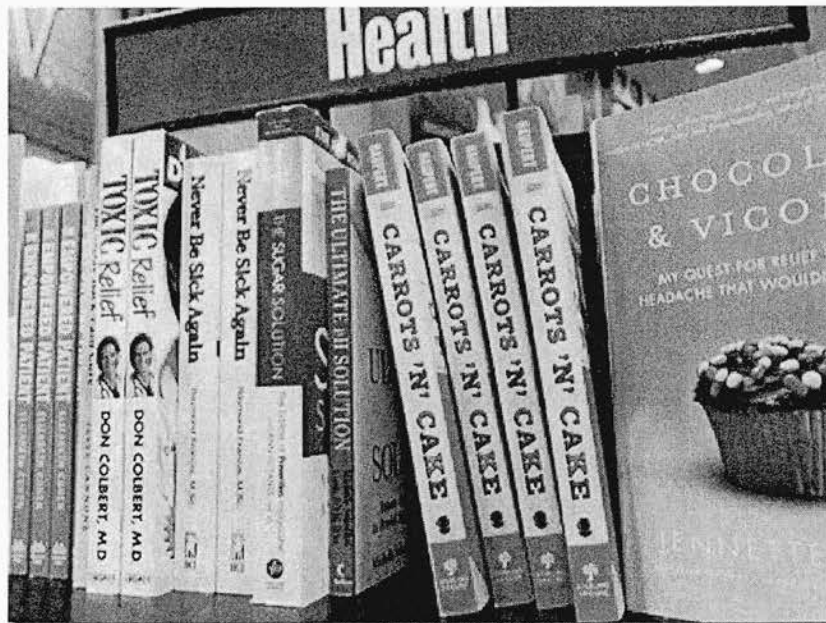
At A Store Near You

April 25, 2011

LOOK what I found at [Barnes & Noble](#) last night!!!



Holy crap! My book is on shelves! Apparently, it was released early!?!



I thought maybe the folks that preordered my book received them before the May 3rd release date, but my book is popping up at stores all over the place, including Anchorage, AK, Concord, MA, and

Arlington, VA. So cool!



My publisher has a relationship with Barnes & Noble, so you can find my book on shelves in the Health section, but you can also order it online.

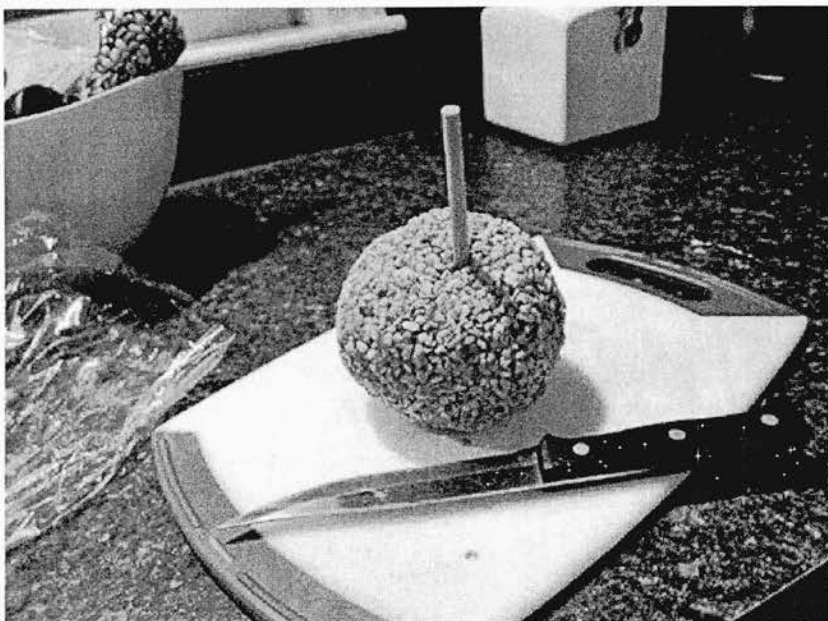
Last Night's Dinner

Last night, Mal and I planned to break out the grill to cook hamburgers on our back deck, but, by the time he brought the grill up from the basement and cleaned it, it was raining pretty hard. Boo. So, we cooked them inside on the stove top.

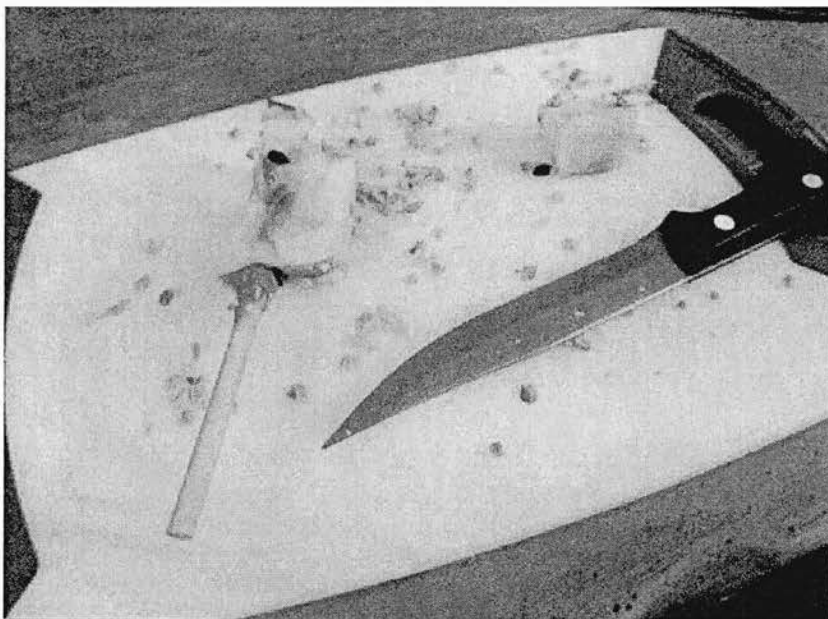
I had my burger on a toasted Everything Bagel Thin with cheddar cheese, relish, and a pickle. On the side: kale chips!



For dessert, Mal and I shared a caramel apple that the Easter Bunny gave me.

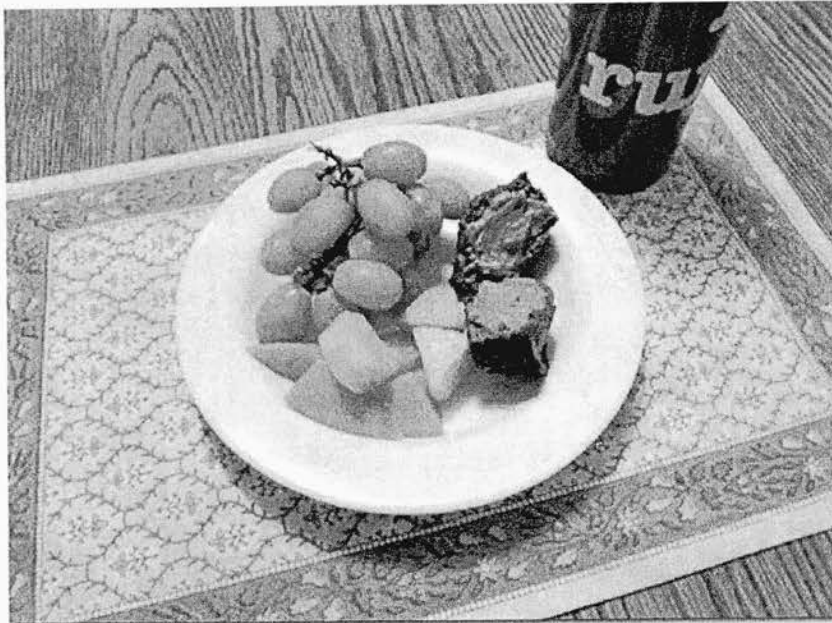


We murdered it.



Breakfast

This morning's breakfast was fresh fruit with a leftover blueberry muffin from Easter brunch with peanut butter spread on top. A little while later, I enjoyed an iced coffee with soy milk.



RunChat

Last night, I participated in my first ever [Twitter](#) chat– about running!

On the second and fourth Sunday of each month, [#runchat](#) is co-moderated by Scott from [iRunnerBlog](#) and David from [RunningBecauseICan](#). Anyone (with a Twitter account) can participate and all things running-related are discussed. If you want to learn more, check out the [FAQs about #runchat](#).

So, I absolutely loved [#runchat](#)!! As you know, I love talking about running and learning from other [runners](#), so [#runchat](#) was a great way to do it. The hour totally flew by for me! I could have chatted all night!

Question of the Day

What subject could you talk for hours and hours and never get bored?

{ 128 comments... read them below or [add one](#) }

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Holley April 25, 2011 at 5:45 pm

I got your book in the mail on Friday! I devoured it by Saturday afternoon – I couldn't put it down – loved it!!

[Reply](#)



[Katrina April 25, 2011 at 8:54 pm](#)

I got your book in the mail last week, too, preordered from Amazon. Enjoying reading it while on the treadmill. Congrats. It's great.

[Reply](#)



[Lindsay April 25, 2011 at 9:34 pm](#)

Can't wait to get to my local B&N and purchase it for my plane ride to the west coast on Thursday!!

[Reply](#)



[E April 25, 2011 at 10:57 pm](#)

Congratulations, Tina! I can't wait to get to my BN this weekend to pick up a copy!

[Reply](#)



[Natalie April 25, 2011 at 11:06 pm](#)

So exciting!! Congrats! I hope to pick up a copy as well.

[Reply](#)



[Hannah April 26, 2011 at 1:07 am](#)

HURRAH FOR YOU!!!! This is so exciting 😊

[Reply](#)



[Lisa Le Brun April 26, 2011 at 5:37 am](#)

I love the blog and thought you would like to know that your book is also available in England and i am waiting for my copy. i can't wait.

[Reply](#)



[Katie April 26, 2011 at 7:12 am](#)

I can not even imagine how amazing it must feel to see your book at barnes and nobles! I bet its crazy , amazing, and you must feel so proud!

Congrats again!

[Reply](#)



[David H. April 26, 2011 at 8:44 am](#)

Thanks so much for the kind words about #runchat. I hope you can join in the next one, which is May 8.

[Reply](#)



[Lindsay April 26, 2011 at 9:00 am](#)

yea i went to pre order it over a week ago and they handed it to me at BN! i have already finished it before it was even supposed to be released
they told me that publishers sometimes send them out early if they arent a highly awaited international release ie..... HARRY POTTER
maybe your second one will sell as many as JK Rowling?! 😊
WAY to go i LOVE the book!

[Reply](#)



[Andrea \(From Seed to Stomach\) April 26, 2011 at 9:34 am](#)

Congratulations on the book! It's hard for us publishers to know exactly when they're going to hit store shelves (so many variables)! Always a pleasant surprise when they show up a few days early!!

[Reply](#)



Laura Jane April 26, 2011 at 9:52 am

I could talk about food and baking for hours and never get bored! 😊

Reply



Holley @ Lunges and Lashes April 26, 2011 at 10:33 am

Um... no question, RUNNING, fitness and healthy eating! I LOVE fancy caramel apples, nice work leaving nothing behind!

Reply



Traci April 26, 2011 at 11:06 am

I could talk all day about: travel, food, clothes, writing/editing, plans for the future, decorating.

Congratulations on your book! That's seriously so exciting! I will definitely try to swing by B&N to grab a copy 😊

Reply



Page April 26, 2011 at 11:34 am

That is so exciting! Congratulations on such a fantastic accomplishment!

Reply



gabriella @ embracement April 26, 2011 at 11:35 am

I need to go look in my Barnes and Noble to pick it up, congrats, Tina, you are so deserving of all your success!

Reply



Emily [April 26, 2011 at 12:37 pm](#)

I just bought your book last night!! (It's arrived early in SF as well!) Congrats!

[Reply](#)



Christie [April 26, 2011 at 12:59 pm](#)

This is awesome!! Congrats!!!!

[Reply](#)



Wendy [April 26, 2011 at 3:45 pm](#)

Congrats on your book! Publishers have books printed about a month before the release date so that they can get books distributed across the country in time for the release date. For books without spoilers (aka, not Harry Potter), they'll start stocking the shelves as soon as they get them 😊 So cool to see it in stores!

[Reply](#)



Teresa [April 26, 2011 at 4:43 pm](#)

I'm getting mine today, can't wait to read it!!!

[Reply](#)



Kristen [April 26, 2011 at 10:28 pm](#)

I could defiantly talk about my son forever haha

[Reply](#)



Kelsey [April 27, 2011 at 1:59 pm](#)

I can't even imagine the feeling of seeing your book at the bookstore for the first time! You famous, girl.
What subject could you talk for hours and hours and never get bored? Right now I'm doing "biggest loser" at work and I could talk about it all day.

[Reply](#)

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[Carrots 'N' Cake](#)

A Blog Devoted to a Healthy Balance

Highs & Lows

May 1, 2011

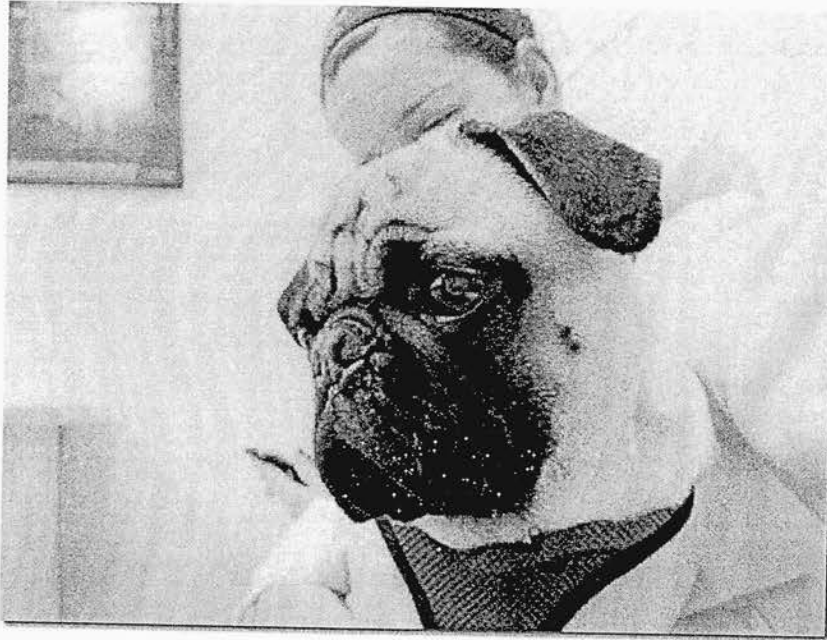
Well, today was quite a roller coaster of highs and lows with regard to my emotions.

1
tweet

My day started at 3 o'clock this morning to the sound of Murphy choking. At first, I wasn't too concerned because he frequently makes weird noises, including choking, coughing, yacking, and hacking, but, after a couple of minutes, his choking didn't stop, so I flipped on the light to see what was going on. Immediately, I could see that Murphy was freaked out and uncomfortable, so I panicked and woke up Mal.

retweet

Once Mal was awake, we spent the next 30 minutes comforting Murphy and waiting for the choking to pass. Eventually, the three of us fell asleep and slept until about 5:30 when Murphy had another choking fit. At this point, Mal and I decided that we should take him to the emergency vet.



We spent the next two hours at the vet— one and a half of those hours sitting in a room with a choking dog waiting to be seen.

When the vet finally saw us, she examined Murphy and explained that he likely had Brachycephalic Syndrome, which is pretty common in short-nosed dogs. Basically, because of Murphy's squishy face, he was having trouble breathing— most likely due to an inflamed soft palate, which could have been aggravated by the recent warm weather, eating rawhide, or excessive panting from playing with his doggie friends yesterday afternoon.

Long story short, the vet said to wait for the inflammation to go down on its own and sent us home.

Date	Description	Detained	Quantity	Price	Subtotal
05/01/2011	Emergency Exam/Consult		1	14.00	
	Emergency Serv/aft hrs		1	70.45	
	Biohazard Waste Mgmt.		1	5.25	

Notes for Murphy

Final Diagnosis: Increased Respiratory Noise, Brachycephalic

Please read the handouts provided on brachycephalic syndrome disorders

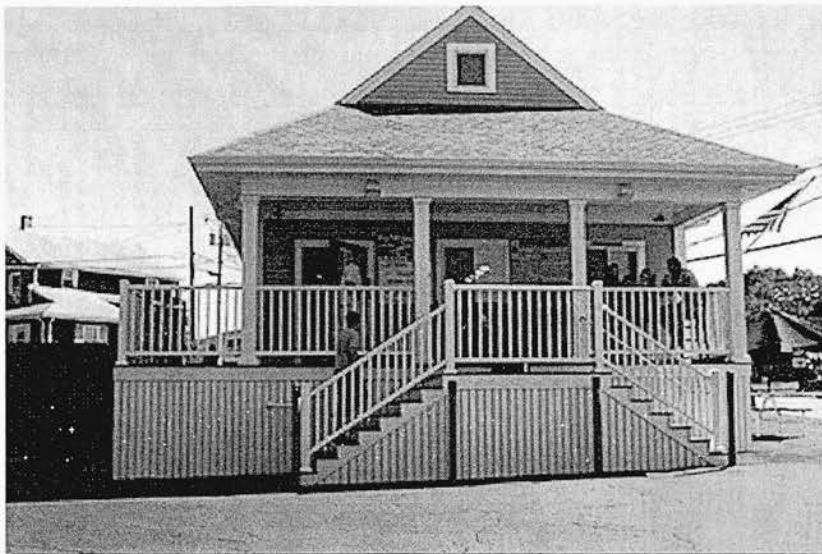
Please keep Murphy quiet for the next few days and minimize panting

Please bring Murphy back immediately if he develops respiratory distress

Please call with any questions or concerns

Visit our new and improved website at www.vca.com
 your comments about our service or tell your friends
 a picture! You can also request an appointment
 the latest information in veterinary medicine
 our doctors and staff! Be sure to check out our
 regularly updating information

On the drive home, Mal and I stopped by Marylou's for iced coffees.

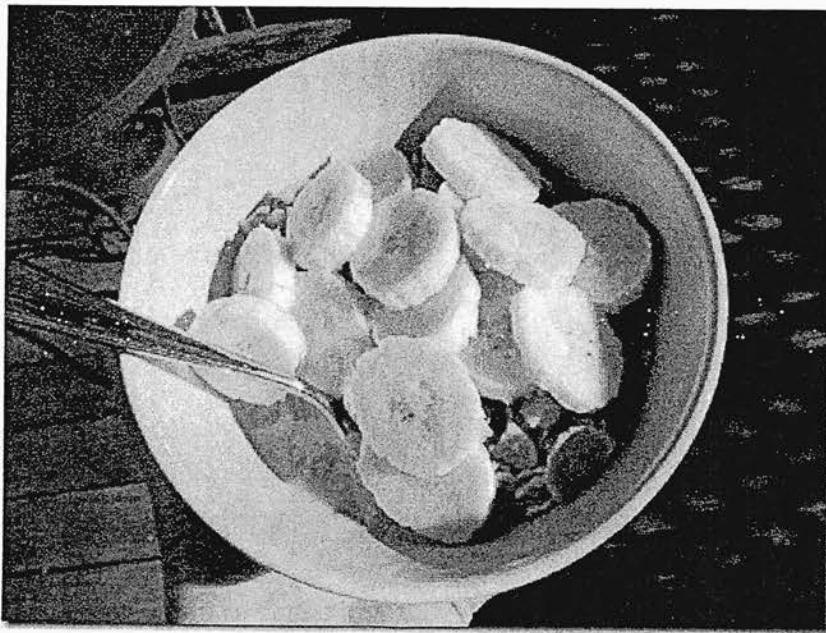


At this point, Murphy was feeling much better— so was Mal.



Breakfast

For breakfast, I ate three bowls of cereal with banana slices and almond milk. Cereal has no chance around me!



I spent the rest of the morning icing my knee and working. It was a beautiful day today, so this was especially lame.



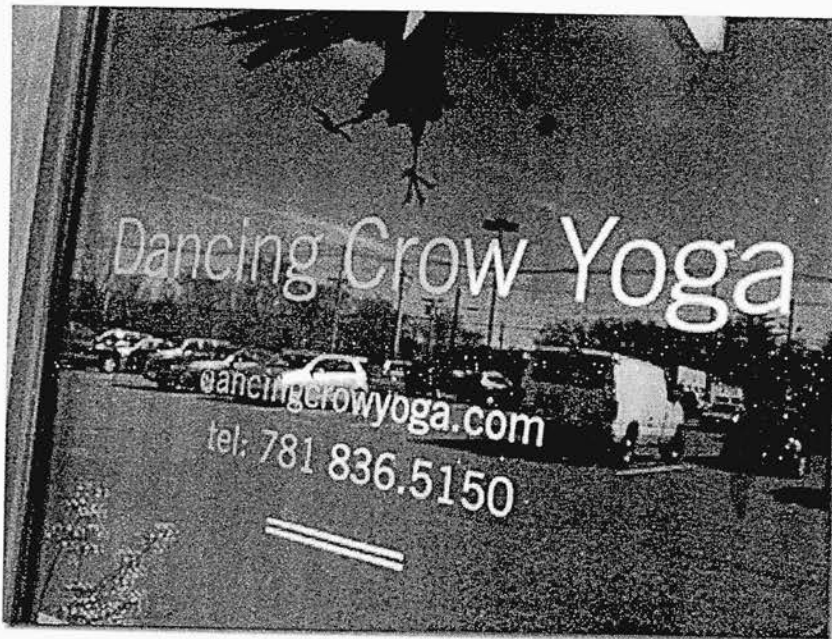
Lunch

Around noon, I snacked on some crackers with veggie hummus and then made lunch a couple of hours later. I had a ham and Swiss cheese sandwich on an everything Bagel Thin with honey mustard and kale chips on the side.



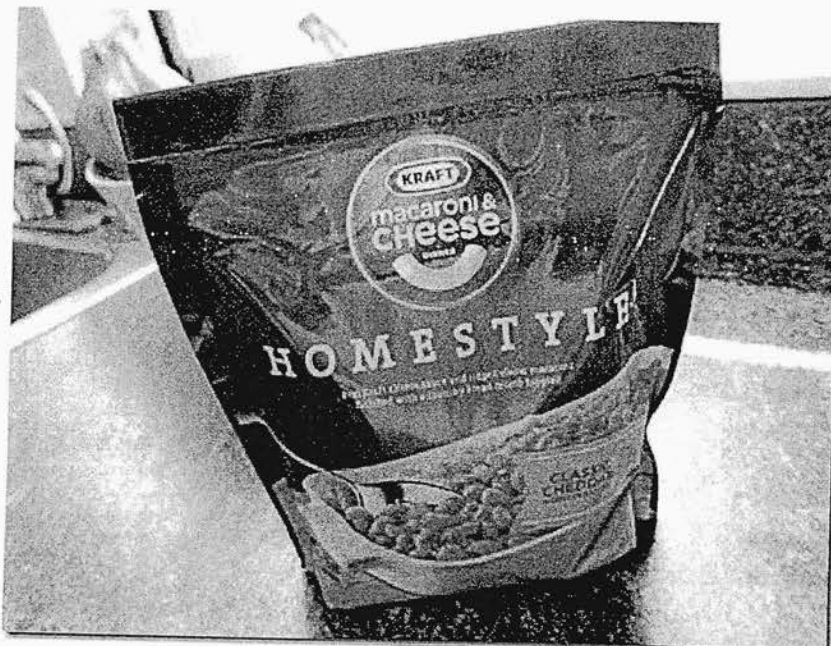
After lunch, I headed to Dancing Crow Yoga for a 90-minute Slow Flow Hatha Yoga class, which made my knee feel a million times better. Leaving class, it didn't hurt at all walking down the two flights of

stairs to the parking lot. It was a miracle! (It's sore again now, but not nearly as bad as it was this morning!)

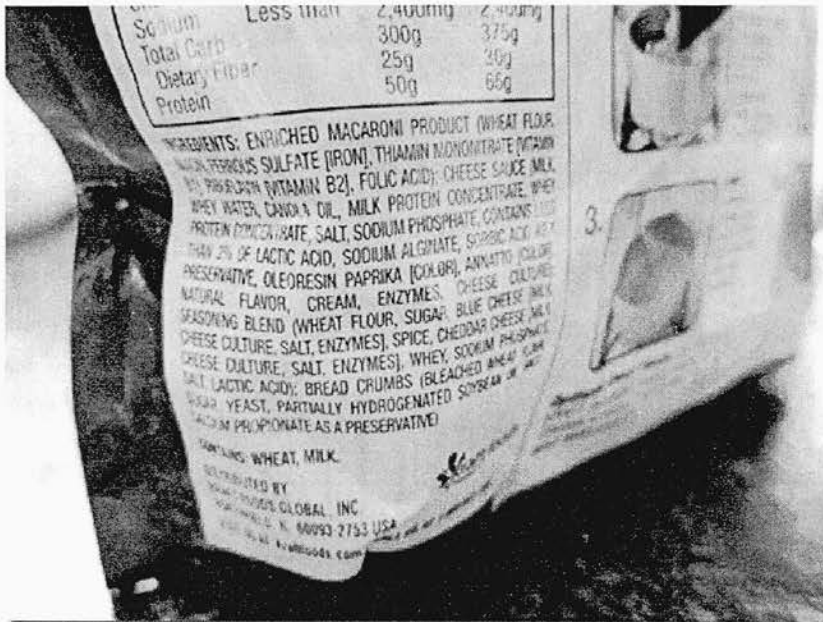


Dinner

When I returned home from yoga, dinner was waiting for me: Homestyle Kraft Macaroni & Cheese. Ooooh, yes, it was, and I was psyched!



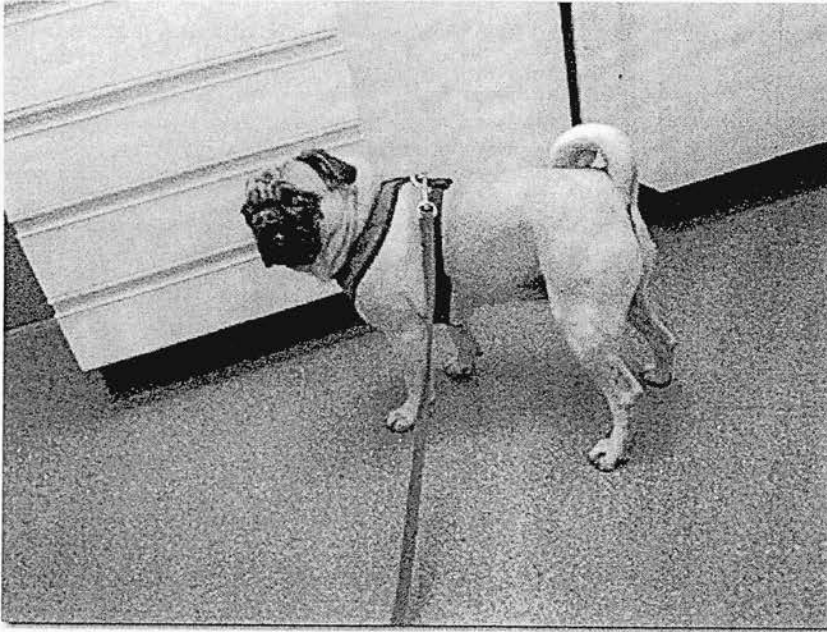
The ingredients are absolutely disgusting, but I love fake, bright orange cheese, so enjoying this meal every once in awhile is totally worth it to me. It tasted amazing— super cheesy, thick, creamy, and sort of sweet. If you're okay with eating 'fake' food on occasion, this is definitely one to try!



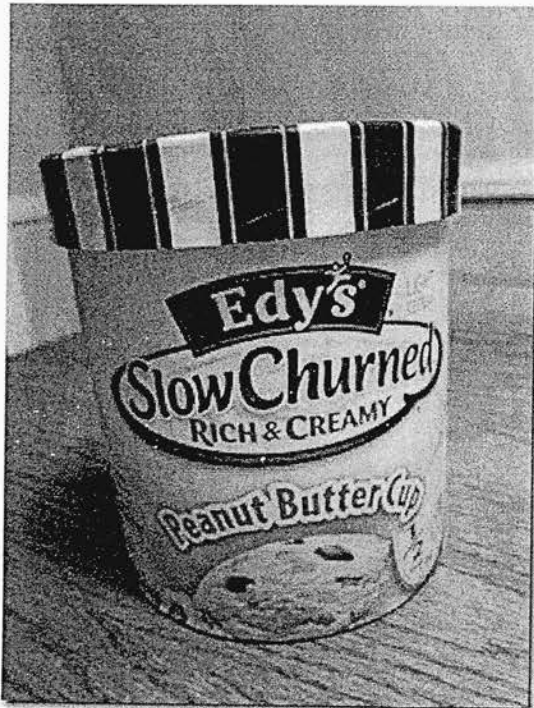
Over the course of the day, Murphy's condition didn't get any better—in fact, it seemed to get worse—so Mal and I took him back to the vet.

Two hours, an x-ray, and \$350 later, the vet told us the exact same thing we heard the morning: Brachycephalic Syndrome. All that for nothing! (I can't even imagine the two of us with children. We're going to freak out over everything!)

Ok, well, the second trip to the vet was worth it simply for the peace of mind. Mal and I really started to worry that Murphy had something stuck in his throat. Thankfully, the x-ray showed a clear digestive track, so now we just need to wait for the swelling to go down in Murphy's soft pallet. The pug is actually acting like his old self again, so, hopefully, he's feeling better now.



After all that, thankfully, the day ended on a high note!



Good night, guys! The Haupters are exhausted!

Tagged as: Brachycephalic Syndrome, Homestyle Kraft Macaroni & Cheese

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Serena May 2, 2011 at 5:04 pm

Poor Murphy! I hope he feels better soon. His adorable face looks so sad ☹️

[Reply](#)



gina m May 2, 2011 at 10:03 pm

How scary!!! I am so glad that Murphy is on the mend! I hate when my animals get sick..too bad they can't just tell us what is wrong!

[Reply](#)



Kristen May 2, 2011 at 11:13 pm

poor murphy! Hope he gets better soon. and ending the day with ice cream makes ANY day better
haha

[Reply](#)



Christine May 3, 2011 at 12:34 am

Tina, So glad Murphy is feeling better! I have to tell you that while I so love your blog, my husband, daughter Hannah and I love to read about the adventures of Murphy...pictures and all! Hannah was a still a little worried at bedtime and asked me to check up tomorrow to see if he was still okay! LOL! Btw, I loved to see how you ended your stressful day with one of my favorite guilty pleasures..Edy's Ice Cream...Gotta tell you, if you're near a Stop and Shop check out their Waffle Cone Churn Style....DELISH! ~Chris

[Reply](#)



Kelly May 3, 2011 at 2:25 am

Glad Murphy is okay! My cat has a squishy pug-like nose and it's a shame that it can cause

breathing problems!

[Reply](#)



Jamie@everydaydolce May 3, 2011 at 2:29 am

Oh my gosh, you must have had such a draining day! You deserve a solid night's rest. Hope Murphy continues to feel better! 😊

[Reply](#)



Leah May 3, 2011 at 11:11 am

Home style mac and cheese....ready to go.....want!

Glad Murphy is OK!

[Reply](#)



Laurie May 3, 2011 at 1:22 pm

Poor Murph! Hope he feels better soon!

[Reply](#)



Laura Jane May 3, 2011 at 2:28 pm

Aww, poor Murphy. Glad he's better.

[Reply](#)

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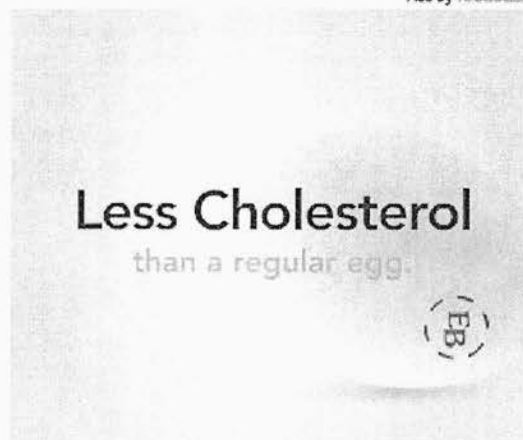
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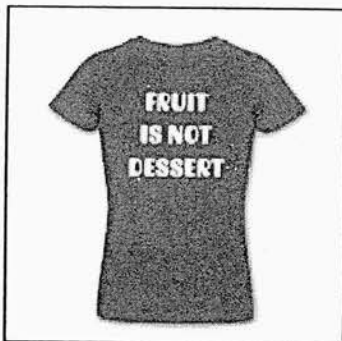
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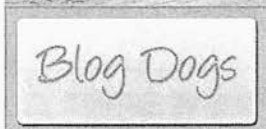
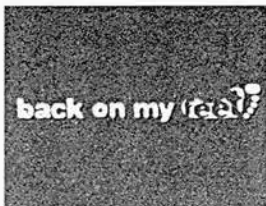
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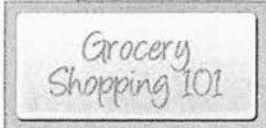
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A Blog Devoted to a Healthy Balance

An Update On Those 10 Pounds

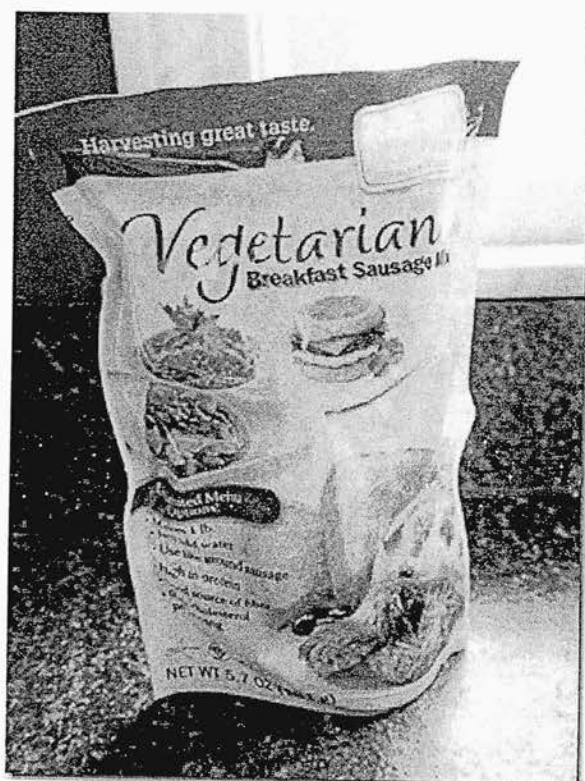
May 4, 2011

Hey, there! 😊

Mid-morning, I got my Body Pump on, and then headed home for lunch. A reader sent me samples of a few [vegetarian meat mixes](#), which, at first, I had zero interest in trying. Meat mix? Ewww! But, then I figured, why not? It can't hurt to at least *try* it.

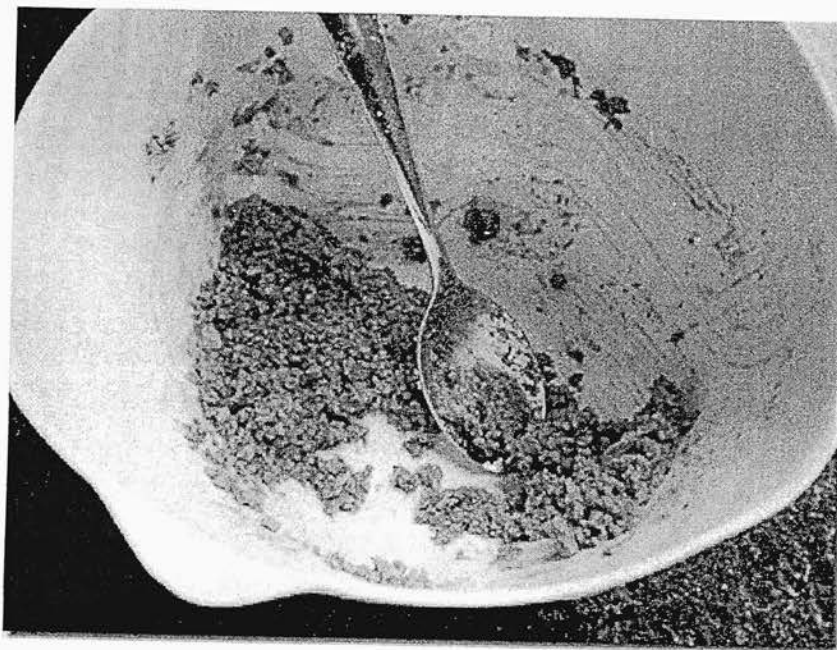
I was in the mood for an egg sandwich for lunch today, so I tried the Breakfast Sausage Mix first.

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The Sausage Mix was really easy to make—just add water, refrigerate for 15 minutes, and cook.

The consistency of the mixture was pretty close to that of ground beef, but the flavor was much more seasoned—very similar to regular breakfast sausage.



Then, I formed the mixture into patties and cooked them until they had a nice brown on each side. They smelled just like real sausage patties.



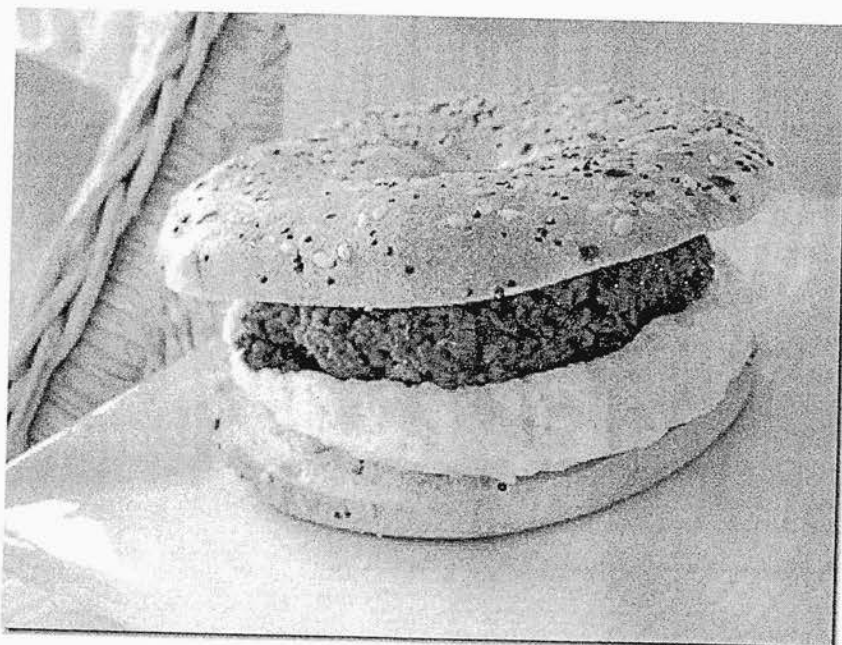
The ingredients and nutritional weren't awesome, but not terrible either.



When it comes to fake meat, I've definitely seen worse!



My egg sandwich included the vegetarian sausage, an egg white patty, and buffalo sauce on a toast Bagel Thin. It was quite delicious.



I liked this vegetarian sausage—it was much better than I thought it would taste— but I'm not sure that I

loved it. I guess I'm just not a fan of fake meat (except the Gardein Crispy Tenders, which are insanely good); I'd rather eat the real thing. But, if you're vegetarian and generally like these meat-like products, I think these mixes are a good option. I'm just not sure they're for me.

Feel Great Weight

From time to time, I receive questions from blog readers about what helped me lose weight and how I've maintained my Feel Great Weight for so long. Over the years (and through plenty of trial and error), I discovered what worked for me. Here's a list of my top 10 weight-loss tips!



Speaking of my Feel Great Weight (FGW), a few of you wanted an update on my post-marathon weight loss progress. Well, I'm pretty darn close to losing all of the weight that I gained. All of my jeans fit again (hooray!) and when I visited my primary care doctor a couple of weeks ago, I was three or four pounds away from my FGW, which is totally cool with me. Close enough!

So, at this point, I'm not trying to lose any more weight. I'm happy with my body right now and, honestly, I'm just trying to keep myself strong, healthy, and injury-free for my full race schedule this spring and summer—and, of course, the NYC Marathon in the fall.

To lose the weight, I took a laid-back approach. Basically, I watched what I ate (fewer desserts and less beer) and waited patiently. I ran the marathon in early January and now it's May, so it took me a solid four months to lose the weight. Sometimes, waiting is the hardest part, but you just need to keep truckin'!

P.S. Check out this interesting article about How Much People Pay for Food Around the World. It's a photo comparison of the quantity and price of food in different countries. Thanks for tweeting, AR!

Tagged as: feel great weight, Harmony Valley Foods, Meat Substitute Mix

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[Serena](#) [May 4, 2011 at 5:26 pm](#)

Your patience paid off, Tina! Congrats at being at your FGW 😊

[Reply](#)



[Running Mama](#) [May 4, 2011 at 6:20 pm](#)

A slave to the scale...ummm, you should read my latest post. :/
Great tips, I'm finding them all to be true too. As for the sausages, I was a lacto veggie for 7 years so I love my veggie products. My favorite morning sausages are the Morning Star brand in the green box. I wouldn't like to mix stuff...just like to unthaw in microwave or throw them on a pan. Try them, they're good for you and so yummy!

[runningtobeskinny.com](#)

[Reply](#)



[Molly @ RDexposed](#) [May 4, 2011 at 6:24 pm](#)

Fake meat still scares me. And I love the laid-back wt loss approach-when appropriate!

[Reply](#)



[Christine @ Burning It Off](#) [May 4, 2011 at 6:45 pm](#)

I think slow and steady is the best way to lose weight (and keep it off), especially if you're just trying to lose a few to get back into your skinny jeans... no point crash dieting or doing something extreme when you'll end up just gaining it all back anyway once you start eating normally again. Your approach is much more sensible.

[Reply](#)



Jess (Sweet Potato) May 4, 2011 at 7:43 pm

Nice work on being so close to your FGW! Being laid back is definitely better than being OCD and stressed out about losing it.

[Reply](#)



Chelsea @ One Healthy Munchkin May 4, 2011 at 8:20 pm

Congrats on being where you want to be with your weight! Patience is definitely the way to go. 😊

[Reply](#)



Becca May 4, 2011 at 9:01 pm

Congrats on getting back to your feel good weight. I agree that slow and steady is the way to lose it, but the waiting is hard. I have a long way to go and have definitely found that waiting is the hardest part.

[Reply](#)



Miranda @ Working Mom Works Out May 4, 2011 at 9:21 pm

Congrats, Tina. I'm 5 lbs from my FGW and I'm not actively trying to lose either. Where I'm at feels pretty great, too.

[Reply](#)



Hilary May 4, 2011 at 9:49 pm

Thanks for sharing! I appreciate your honesty about weight gain...I find it so inspiring that you keep it real and tell it how it is....weight maintenance is downright TOUGH sometimes!

[Reply](#)



Miranda @ Living One Bite at a Time May 4, 2011 at 11:27 pm

Thanks for the great tip about the faux-meat mix. I'm recently vegetarian and I've always been super skeptical about those types of things and I've pretty much just assumed they were all pretty gross and not something to waste calories on. But thanks for reviewing this one – I might try it 😊

Reply



Hannah May 5, 2011 at 12:02 am

Does that comparison take into consideration that bananas currently cost about \$2.50-3 each in Australia?!

Reply



Maeve @ MaeveHarder May 5, 2011 at 12:46 am

That photo-essay by Peter Menzel is actually part of a great series (and now a book) called "Hungry Planet". Those pics are partially about food cost, but actually are also meant to show what a typical family eats in a week, as well as what a "family" means (8 people in Kuwait, vs 4 in US!)

One of my favorites....glad you've included it in your blog!

Reply



Khushboo May 5, 2011 at 12:52 am

Congrats about reaching your FGW! Slow & steady always wins, even if the waiting process drives u nuts!

Reply



de May 5, 2011 at 8:57 am

Ewww! Sorry, but fake meat (or anything!) creeps me out!

Yay that you hit your FGW! I'm finally feeling good myself after four months of consistent gym

time. Losing those extra baby pounds I've been holding on to!

[Reply](#)



Melissa @ Hungry Healthy Happy May 5, 2011 at 9:21 am

Such a healthy approach, Tina! I'm glad you were gentle with yourself about it—that's what seems to really work! YAY for FGW!!!

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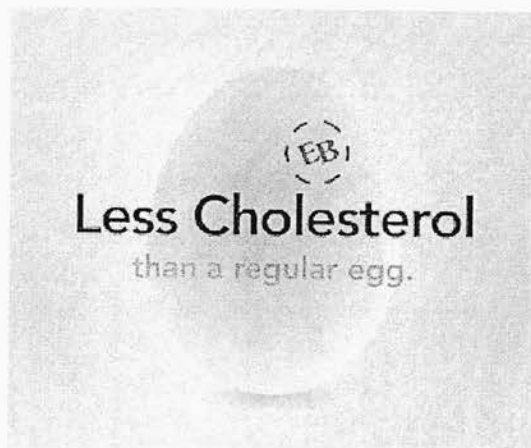
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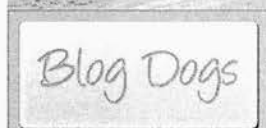
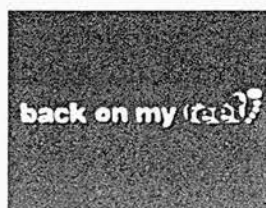
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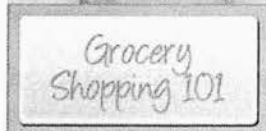
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And Now for the 2011 Noshies!

May 18, 2011 by Jenn

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Welcome to the second-annual* Noshies! A celebration of all things delicious and healthy! Just like yesterday's Fitties paid homage to the best fitness products and gear on the market today, the Noshies showcase our favorite eats and nutrition products from the past year with the recognition and foodie-glory they deserve. So check them out—and gobble them up!

Drinks

Best in cereal: We've been using Silk Original Almond Milk in our cereal since this review. It's that good!

Best recovery drink: We love chocolate milk as post-workout fuel (which studies have shown has an ideal nutritional make-up), but we really love this particular brand of chocolate milk. No hormones!



Snacks & Meals

Best nut: Sometimes you feel like a nut, and this skinny nut is our snacking fave!

Best chip: Hands down, Beanitos Chipotle BBQ black bean chips are the best and healthiest chips we've tasted!

Best protein bar/best chocolate fix: Luna Protein bars in Mint Chocolate and Chocolate are chocolate perfection—and they fill you up!

Best bagel: Thomas' Whole-Wheat Bagel Thins are a completely guilt-free way to enjoy a bagel. Smear on some low-fat cream cheese or peanut butter and go to carb heaven.

Best cereal: Cereal can get boring, but Me & Goji makes customizable cereal blends that leave your cereal bowl

happy and healthy!

Best dessert: They had us at frozen yogurt with probiotics, but they kept us with the great taste!

Cookbooks and Media

Best nutritional know-how: If you have the workout thing down, but don't have a clue when it comes to nutrition and properly fueling your body, this DVD is a must-watch crash course.

Best way to learn how to cook: This four-DVD set is like going to culinary school in the comfort of your own home. We love!

Best non-diet diet book: The hated d-word may be in the title, but this lifestyle diet is based on research and is the basis of how we should eat—everything in moderation, including wine and chocolate (see above)!

Best cookbook: Cat Cora is a bad ass. Period.



Recipes

Best smoothie recipe: There are a lot of green smoothie recipes out there, but we're smitten with Dr. Oz's green concoction of healthy!

Best "oh my God, I made this?" recipe: Just make it. You'll see.

Best use of fish in a recipe: I've had dreams of these fish tacos. Now that's foodie love.

Other Stuff that Deserves a Noshie But Doesn't

Fit Neatly in a Category

Best multitasking food: A bar of MacaSure Chocolat can satisfy a chocolate craving—and give you a craving for, ahem, something else. (It works...)

Dietitian we'd most like to work out with (and then have a glass of wine with): The one and only Joy Bauer! She's just lovely. And funny. And smart. And real. We heart her.

Best keep-your-belly-happy help: More than just a reason to talk about poop (although we like that, too), taking these every day are a part of our healthy lifestyle!

A big congrats to this year's Noshies winners! Our lives would be so much less delicious without you! And now

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Credit: Acacia

we're really, really hungry... —Jenn

"Don't be confused that this is our three-year birthday and only our second-annual Noshies—last year was the first year we awarded the Noshies! (I had to remind myself of this repeatedly when creating the logo for the Noshies as I kept putting "third-annual"—false advertising!)"

Tags: FBG Birthday Week, food, Noshies, Pick



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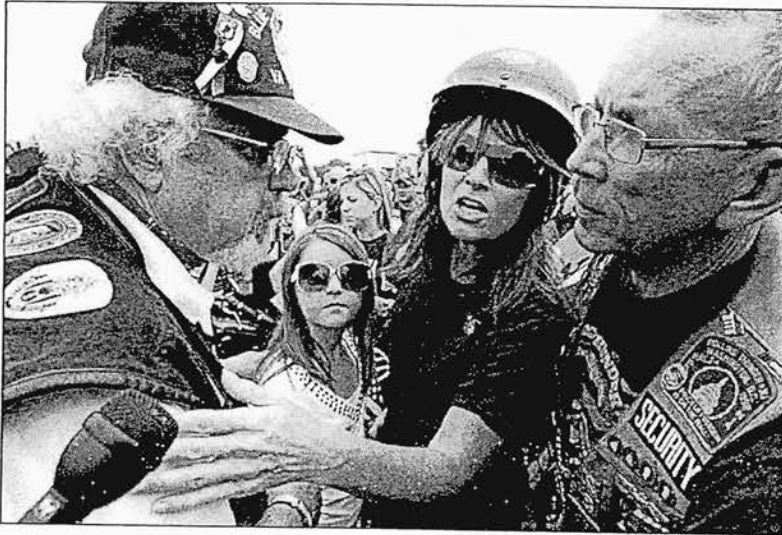
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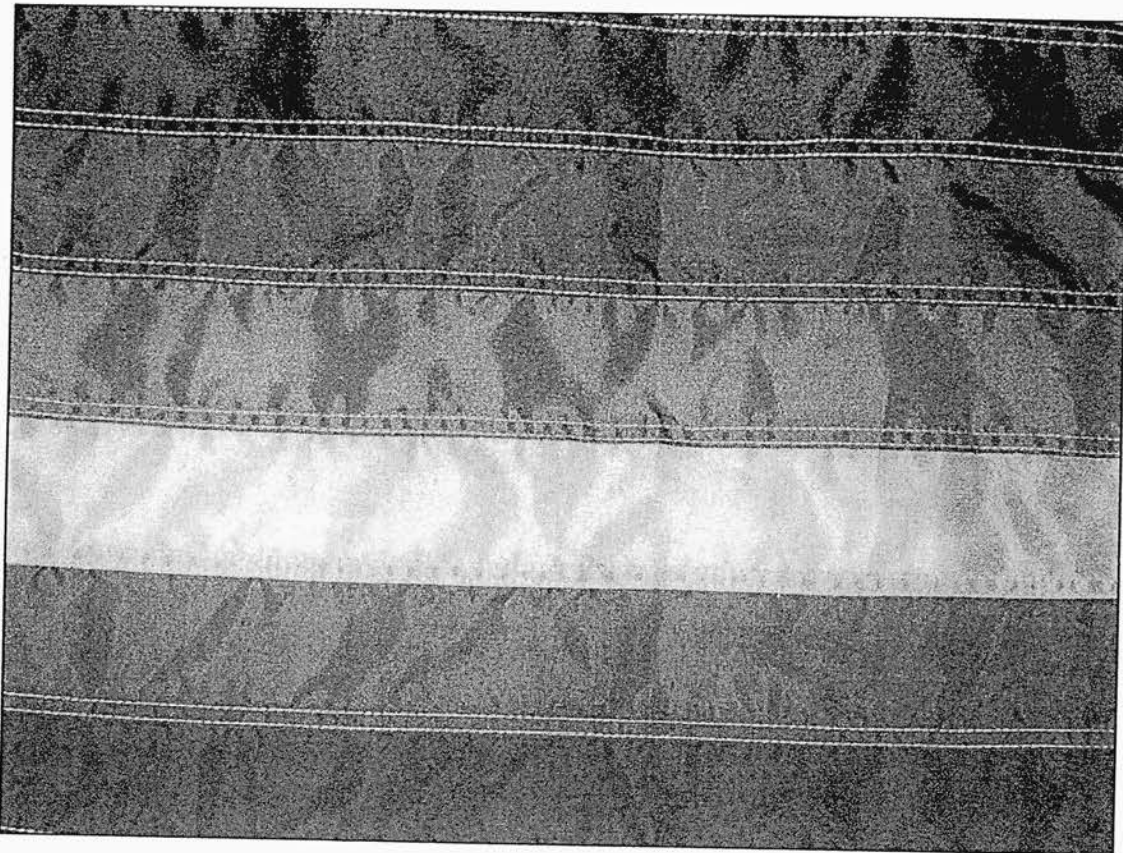
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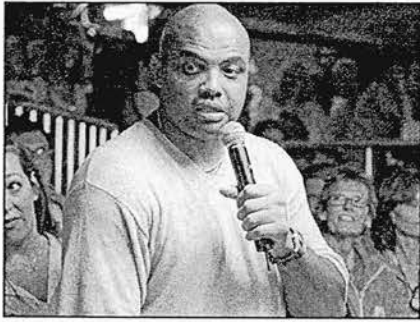
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Fit Bottomed Girls Announces 2011 Noshies

Blog by [Fit Bottomed Girls](#)
(May 18, 2011) in [Health](#)

Welcome to the second-annual* Noshies! A celebration of all things delicious and healthy! Just like yesterday's Fitties paid homage to the best fitness products and gear on the market today, the Noshies showcase our favorite eats and nutrition products from the past year with the recognition and foodie-glory they deserve. So check them out—and gobble them up!

Drinks

Best in cereal: We've been using Silk Original Almond Milk in our cereal since [this review](#). It's that good!

Best recovery drink: We love chocolate milk as post-workout fuel (which studies have shown has an ideal nutritional make-up), but we really love this particular brand of [chocolate milk](#). No hormones!



Snacks & Meals

Best nut: Sometimes you feel like a nut, and this skinny nut is our snacking fave!

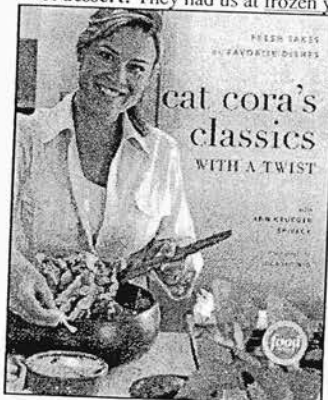
Best chip: Hands down, Beanitos Chipotle BBQ black bean chips are the best and healthiest chips we've tasted!

Best protein bar/best chocolate fix: Luna Protein bars in Mint Chocolate and Chocolate are chocolate perfection—and they fill you up!

Best bagel: Thomas' Whole-Wheat Bagel Thins are a completely guilt-free way to enjoy a bagel. Smear on some low-fat cream cheese or peanut butter and go to carb heaven.

Best cereal: Cereal can get boring, but Me & Goji makes customizable cereal blends that leave your cereal bowl happy and healthy!

Best dessert: They had us at frozen yogurt with probiotics, but they *kept* us with the great taste!



Cookbooks and Media

Best nutritional know-how: If you have the workout thing down, but don't have a clue when it comes to nutrition and properly fueling your body, this DVD is a must-watch crash course.

Best way to learn how to cook: This four-DVD set is like going to culinary school in the comfort of your own home. We love!

Best non-diet diet book: The hated d-word may be in the title, but this lifestyle diet is based on research and is the basis of how we should eat—everything in moderation, including wine and chocolate (see above)!

Best cookbook: Cat Cora is a bad ass. Period.

Recipes

Best smoothie recipe: There are a lot of green smoothie recipes out there, but we're smitten with Dr. Oz's green concoction of healthy!

Best “oh my God, I-made *this*?” recipe: Just make [it](#). You’ll see.

Best use of fish in a recipe: I’ve had dreams of these [fish tacos](#). Now that’s foodie love.



Credit: Acacia

Other Stuff that Deserves a Noshie But Doesn’t Fit Neatly in a Category

Best multitasking food: A bar of [MacaSure Chocolat](#) can satisfy a chocolate craving—and give you a craving for, ahem, something else. (It works...)

Dietitian we’d most like to work out with (and then have a glass of wine with): The one and only [Joy Bauer](#)! She’s just lovely. And funny. And smart. And real. We heart her.

Best keep-your-belly-happy help: More than just a reason to talk about poop (although we like that, too), taking [these every day](#) are a part of our healthy lifestyle!

A big congrats to this year’s Noshies winners! Our lives would be so much less delicious without you! And now we’re really, really hungry... —Jenn

**Don’t be confused that this is our three-year birthday and only our second-annual Noshies—last year was the first year we awarded the Noshies! (I had to remind myself of this repeatedly when creating the logo for the Noshies as I kept putting “third-annual”—false advertising!)*

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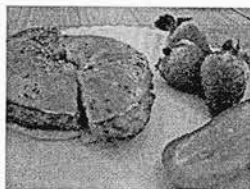


Whole Foods Best Bites Bread Selections



Becky Bennett

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The bread aisle of any DFW's Whole Foods can be quite overwhelming when trying to purchase the best wrap, pita, or flat bread that will benefit health as well as aid in weight loss. According to Nutrition Action, the world's largest circulation newsletter, most breads in the supermarket are filled with chemicals, preservatives and are falsely labeled as healthy. Nutrition Action has compiled a list of the best choices in bread based on calories, sodium and nutritional density. Here are their "best bite" bread choices.

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Nutrition Action Best Bites

- Pepperidge Farms Deli Flats are the perfect choice when preparing a healthy sandwich. Deli Flats are 100% whole wheat and are free of high fructose corn syrup. At 100 calories and 170 mg of sodium, Deli Flats prove to be a very wise nutritional choice.
- Bagels can be a weight loss downfall since most are made with white flour, high amounts of sodium, and offer over 400 calories per serving. Thomas' Bagel Thins is the perfect choice the next time you want to start your day with lox and bagels. The 100% whole wheat Bagel Thin provides 110 calories and a low sodium count of 190 mg which will not cause bloat due to water retention.
- If English muffins are your choice to start the morning, Whole Foods will carry Pepperidge farm's 100% whole wheat muffins, Thomas' hearty grains 100% whole wheat English muffins, and Fiber One's 100% whole wheat muffins. All of these brands are low calorie, high fructose corn syrup free and low sodium which are important when looking to correct health issues such as diabetes, high blood pressure, and obesity.
- La Tortilla Factory's Smart and Delicious Low Carb Tortilla makes Nutrition Action's "best bite" choice

because of its low calorie count and low sodium. At 80 calories per serving, this tortilla is the perfect choice to prepare a veggie wrap or to cradle a delicious homemade chicken salad.

Advertisement



When consumed in moderation, these various bread selections will most definitely compliment any weight loss meal and will provide health benefits without sabotaging weight loss efforts. Look for these award winning "best bites" at your local DFW Whole Foods, HEB, and Wal-Mart stores.



By Becky Bennett
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[Read full bio](#)

Becky Bennett is a lifestyle coach who is passionate about fitness, food, health, and nutrition. She is a certified personal trainer, sports...

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