



# Spare Tire Contest



## Inspiration From Our 2023 Participants

Be inspired to continue healthy habits that work for you until next year's contest!

**Lex**  
**TXS** Intermittent fasting / high protein, high fat breakfast no carbs / no sodas or energy drinks / water, water, water.

**Domingo**  
**TXH** Staying away from soda, drinking lots of water, and working hard with my wife and the employees at my store eating a healthy diet.

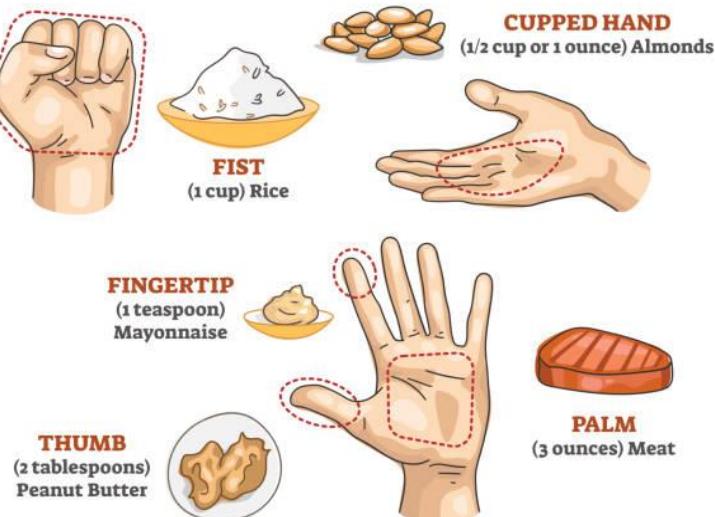
**Kelly**  
**Tire Rack** My main objective is to get 10,000 steps per day while on this challenge. That encourages me to move more than normal. Walking the dog a little longer, walking on my lunch break in addition to my running regimen. I'm also very big on water intake, less soda, cutting sugar and eating more protein.

**Brittany**  
**Tire Rack** I have found MyFitnessPal and Drink Water phone apps helpful (pictured below). When I hear my phone vibrate I know it's time to drink more water and I can log it then or later. My favorite is My Fitness Pal. For the most part, you can find what you need when eating out. I would also say invest in a food scale to watch portion control.



**Marika**  
**Corporate**

## PORTION SIZE



## YOUR HAND IS ALL YOU NEED

Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients - minimal counting required.



A serving of protein  
= 1 palm



A serving of  
vegetables = 1 fist



A serving of carbs  
= 1 cupped hand



A serving of  
fats = 1 thumb

**Alexander  
WAS**

Consistency is key! Diet, exercise, and lots of water.

**Enna  
Tire Rack**

Podcasts: Huberman Lab, The True Health Podcast, Burn Fat with Your Brain  
Instagram: Bill Campbell PhD

**Rigoberto  
TXD**

Lots of water, but I limit my sodium intake to prevent weight gain and fluid retention.  
1 carb per meal with 2 veggies of my choice and 1 protein. I have maintained this weight since November 2022 following this guide. Good luck brothers and sisters!

**Charles  
FLO**

The Spare Tire Contest started out as just a fun way to try and lose weight competing with friends in other stores. It changed for me when I started having health issues and really needed to buckle down and address where I was headed.

In the last 5 years I have kept the weight down (roughly 40 lbs) and now every year it's just more of a maintenance for me. I still do the program every year because it personally helps keep me accountable when I have to step on the scale every Tuesday morning to record what I see. If I don't lose weight it's ok because I'm not gaining any.....

Mr. Halle's 5 life lessons will guide you and for me the Be Honest piece was huge because I wasn't with my health.

**Tim  
ILC**

So far all I have done is cut out all sugar...also portion control! I have not done much working out, but just by cutting out pop and sugar, I am losing weight. Just stay focused on what you can control!

## Keep going.

No matter what you do, no matter how many times you screw up and think to yourself "there's no point to carry on", no matter how many people tell you that you can't do it - keep going. Don't quit.

Don't quit, because a month from now you will be that much closer to your goal than you are now. Yesterday you said tomorrow. Make today count.

Hank  
Corporate

### Keto Pizza

#### Ingredients

- 2 cups Shredded Mozzarella Cheese
- 1 ounce cream cheese (or 2 tablespoons)
- 1 cup Almond Flour
- 1 egg
- 1 teaspoon baking powder
- 1 teaspoon Italian seasoning
- 1 teaspoon garlic powder
- 1 tablespoon cornmeal

#### Instructions

- Pre-heat oven to 450F.
- Add mozzarella and cream cheese to a large microwave-safe bowl and microwave for 45 seconds.
- Remove from microwave and add in egg, almond flour, baking powder, Italian seasoning, and garlic. Mix with a spoon until well incorporated.
- Transfer dough onto a large piece of parchment paper and cover with another piece of parchment paper. Flatten out dough using a rolling pin to about  $\frac{1}{4}$ " thick. Remove parchment paper and shape with hands if desired.
- Transfer pizza on the parchment paper onto a baking sheet or pizza stone and bake for 10 minutes. A little cornmeal under the crust will help keep it from sticking.
- Remove from oven (keep the oven on) and load your pizza however you like with all of your favorite sauces, cheese, and toppings.
- Bake pizza for another 5-8 minutes or until the cheese is bubbly.

## Keto Pizza Pictures



**Krystal  
Corporate**

I am doing Weight Watchers. The last few weeks I have been flat. I think with graduations, company party, and other events, it has been a bit tougher. I am happy to maintain. Now it is time to really focus; get my water in, stick to my points, get my walks in. With lake season almost in full swing, I want to get going. Pictures – now and before.



**Andre  
MOS**

Just Go Get It! Ain't nothing to it, but to do it! Keep fighting and persevering; even on days when you don't feel like it, do something! Rest is just as important as work, but don't get lazy. You got this!

**Ernie  
CAS**

We have been doing lots of hiking. I cut out soda and bad eating habits. I've done about 62 miles (as of May 9) since the Spare Tire contest started.



**Mark  
TXD**

Preparation – prepare your meals. Scout out if you're going out to eat. Eat more whole foods. Also, put in your mind, read, and listen to health. Join a gym. Don't sleep on walking. Or fall down, get a couple of push-ups. Make a friend out there. Talk to yourself, journal.



**Steven  
AZP**

The two things that have helped me the most is portion control...don't go back for seconds 😊 and the second thing is staying active...getting out on my mountain bike as often as possible.



**Domingo  
TXH**

It was a tough couple months with my wife being pregnant and struggling with food we can and can't have. We've been working together on eating healthy and controlling our urges. We've been taking in more water and watching our soda intake but it has helped us greatly.

**Hector  
CAS**

Howdy y'all, big motivation for me after joining the Spare Tire Contest was to stop eating so much takeout and to be more active. Since the beginning of the contest, I was at my lowest point, sitting at 230 pounds practically obese.

After seeing the efforts of my team and their motivation, I was able to get down to a healthy weight of 179 pounds. Hopefully my story can help y'all get to your goals.

Peace and love!

Before and after pictures on the next page

