

Issue 118 October 2013

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1-Oct-13 6:36am *\$

I planned to go out and work-out this morning at 6:30.

6-Oct-13 9:32am *\$

This morning was sleep in morning. Yes, I have only been up a half hour or so. I woke up around 4:00 with a cramp in my calf. It hurt like the dickens and when it went away I got up to walk it off. I was thinking I must be low on potassium in my system. This has happened before when I run out of potassium or take Lasix too often. It has been a long time since either happened. I decided to take potassium and eat a banana and went back to bed. My calf is still hurting this morning so I came up here to have a cup of tea. Yes I said tea!

24-Day Challenge

I have signed up for a 24-day Challenge that starts tomorrow...maybe it is Tuesday. It consists of cleansing, weight loss and fitness. After returning from Spain last year I have gone from 195 to

221 pounds and put on a few inches. I need to get back on track.

Getting ready for walking across Spain I worked out 3 days a week and walked out to EWT, Town & Country, Starbucks, and other places and dropped my body weight 25 pounds. Then while I was on the Camino I dropped another 12 pounds.

Since I returned I have been eating all the time and not walking and just don't have the energy I had last year. I have been working-out three days a week, mowing EWT grass, and helping with the remodeling. It is not enough!

So when the opportunity came up to try this 24-Day Challenge I jumped at the chance.

The challenge is a body cleanse for 10 days that helps to clean the toxins out of your system. Then you start to put good stuff in there to replace it. You are guided to eat healthier. It is not one of those real strict diets. There are some things to avoid. These things you should avoid anyway. Things like bad fats, sugars, soda, alcohol, etc. So you see it is not much different than other diets. You are guided to the right kinds of foods and not told to eat this or eat that or don't ever eat

this or that. They point you in the right direction and the challenge is for you to do your best to develop new habits.

So today I will be going out and buying some of the foods I like that are on the good stuff list. I already have enough of the not so good stuff so I won't need to get any of that stuff.

Oh it is 10:30 already. I guess an extra four hours sleep will help the clock move faster.

Let's see...

Shopping list

Eggs, Ground beef (lean), Salmon, Tuna, Turkey Breast...I like those proteins.

Broccoli, cauliflower, Cucumber, eggplant, peppers...I like those vegetables too.

Beans, Oatmeal, Potatoes, whole grains...Hummm, I like those Complex Carbs .

Even the healthy fats and most of the fruits I like.

On the "Limit or Avoid" list are things I can do without.

Maybe this isn't going to be too bad for my challenge.

Maybe I should get out there and get some food.

Breakfast first!

10-Oct-13 6:27am *\$

Bet you didn't think I would get to Starbucks while I was staying away from coffee this month. Well I found a way without looking like a vagrant just sitting here doing nothing. They have tea!



24-Day Challenge Day 4

This is day four of the 24-Day Challenge and I am super surprised! I wasn't going to weigh myself until the check-in on Friday. Last Friday I weighed in before I started on Monday this week. I could not resist weighing myself first thing in the morning as I have been doing for years.

Well I am 7 pounds lighter since Monday. Wow! I am impressed with myself. I would pat myself on the back but I might break my arm. :-)

The cleansing part last for 10 days. This part is to get the toxin out of your system. The biggest change is I have to drink a lot of water. Based on my body weight, I need to drink about 4 times the water I would normally drink. Most of the water I was drinking before starting the 24-Day Challenge was the water left over from washing off ground up roasted coffee beans. Now I am not drinking coffee, none since Sunday. I now drink just plain old water. I did not know I could drink so much water in a day.

The eating part of the Challenge is just eating normally. It is just a balanced diet.

Wow, 7 pounds!

47 Years Ago

Wow has it been 47 years since I started working at the Auto-Lite. Wait; was it the Auto-Lite in 1966? I think it was Woodstock Die Casting by then? Anyone know?

I started working there as a Hand-Trucker at 7:00am on October 10th, 1966. The following year I was layed off and returned to become a die caster until around 1978. I was asked then to be a foreman and was there until the economy crapped out and I was out of a job April 30th, 1982. So my 4th Job lasted 16 years. I left WDC 31 years ago.

I need to make the correction to last month's newsletter before it time to publish this one.

12-Oct-13 10:01am *\$

Wow, it's 10 o'clock all ready. Wait, I guess I slept in this morning. It was after seven when I got up. I have been trying to get 8 hours sleep (in bed) every day. This is part of the 24-Day Challenge. It is helping me lose weight and I am starting to feel better.

#6 of the 24-Day Challenge

On my scale at home I weighed 221 pounds on the Challenge start day. This morning it is 210 pounds. One of the major things for me in this Challenge is to drink a lot, a very lot, of water. I have been drinking from 14 to 17 cups of water. Not water in something but just plain water. Not the water left over from washing off ground up coffee beans. Wait, I have not had any coffee since Sunday and I have not even craved any. Hummm, strange!

I have had tea at Starbucks. The only thing I have done out of the standards of the Challenge was this morning. I had a breakfast sandwich here. That would be an egg and sausage on an English muffin. I call these an Egg McMuffin look-a-like. I had to have one. They gave me five extra stars if I would have one. I guess they ordered 110 instead of 10, a typo when ordering. Good and bad for me and bad because I ate it. Good because I got 5 points closer to a free drink.

Anyway my clothes are a little looser and I have dropped some tonnage.

My Book, Walking the Walk

Yesterday I received the final copy of the book I have been writing. I must have

not looked at the converted copy before I ordered a copy. There are errors in the way it looks. There are some page breaks in the wrong and a few words that jump off the page at me that are spelled wrong and a few other things I want to fix.

I was going to have someone read it out loud to me so I could hear how it reads. I read out loud very slow so I didn't want to start talking to myself.

While looking at the PDF copy that they used to print the book from, I saw the PDF app would read it to me. So I had it start reading it to me and I found a few more mistakes to fix.

Then I wondered if there was an App for the iPad or iPhone. I found one and I like the first one I found and it is FREE. It is not great but I have found many things to correct just from listening. This App is called Natural Reader.

It misses on some of the words pronouncing them strange but by hearing the words as I wrote them I have fixed what is not the best. I went through half the book while I have been sitting here at Starbucks.

I haven't had any of my water I need to drink so I have to leave and do that.

13-Oct-13 8:19am *\$

I just finished listening to my book, Walking the Walk. Yes, I said listening to it. It took me two days to hear my book.

I found an App that will read my book so I could hear how it sounds. I found many things that didn't sound so good. I need to fix them. Mostly what I heard was words that were spelled wrong. Some of the things I found were "ed" that should be "er" or "es". I don't always see them when I read my work. Oh, there is a "mo" that should have been a "my". :-)

Well, I have marked up these corrections in my manuscript and get

another printed copy. First I need to get some breakfast and mow my back yard.

Oooo, my tea got cold! I have to go!

16-Oct-13 9:16am Hospital

No, it isn't anything to worry about, it is just for test!

24-Day Challenge

I have lost 11 pounds since I started the some 10 days ago. The last 4 days I have lost none. ~~The initial lost~~

Note from Marty: I got distracted and don't what I was going to write there. ☺

22-Oct-13 6:31am *\$

It has been a while since I have randomized my thoughts. Since I started the 24-Day Challenge I have been busy. The Breast Cancer walk/run was last Sunday and I have been helping Michelle get ready. She had a table setup to tell people all about the AdvoCare 24-Day Challenge and who E.W. Training is and what they can do for you.

I wasn't one of the runners or even one of the walkers. It was an 8k (3.1 miles) walk. As I told Courtney, the manager of Starbucks, it was too far for me. I need to walk 790km (525 miles) just to get warmed up. :-)

I like to watch the people. I like watching Michelle talking about what she does. She does not push people in to buying things. She tells people about the results you can get from the programs she has to offer. I like to be there at E.W. Training when Michelle is giving someone personal training. You have all of her attention and almost nothing distracts her from helping you get to your goal. There are times when I was working on a project and needed some guidance from her while she was giving personal help to a client. I

had to wait and if I would interrupt would get one of those looks that told me to back off.

If you are one of Michelle's personal trainer clients or even in the open classes Michelle is there to help you.

Oh wow, I just gave Michelle a review. Hope she doesn't read this. It is ok if the rest of you do. She knows her stuff!

24-Day Challenge

I started the Challenge on the 7th. I dropped eleven pounds right away then gained 2 and I am back down to 11 pounds lighter. Weekends are a little tough because of having a different routine but I am working on that. The hardest part of this challenge for me is the water. I need to drink a very lot of water! Tea and water both can be counted as water. When I started I should have been drinking 14 cups of water a day. I was gung-ho to start with drinking 16 or 17 cups for a few days. Now my weight is down 11 pounds so I only need 13 cups. I guess as I lose more weight I can drink less of that wet stuff.

The other thing I haven't had since October 7th is coffee. Not a drop and have not missed it. No withdrawal, no headache, nothing. What's up with that? I thought coffee would be the hardest thing to avoid. Maybe eating better helped with that.

I have been coming up here to Starbucks and not having any of the bakery goods. I don't even look at those yummy goodies.

I have been eating high protein low fat foods and trying to eat more veggies.

One of the things I noticed from this so far it the sleeping in the chair while watching TV. It ain't happening! Well 95% less of it. When it happens now it is for 20 minutes not for 4 hours like before. I am not sure why this is yet.

Today starts day 16 of 24. I am adjusting to the changes and plan on going the whole way to find the benefits. It is all about healthy choices. After 66 years of eating anything I thought it was time to try something different.

Bulletin Board

I have a new project I am starting to build today. I need to build a 4' x 12' cork board, Bulletin board that is. It took me a while to figure how to go about this. It is going to end up be a 2 or 3 day project to get it all together. I spent a few weeks off and on to decide just how to make it happen. After all the thought process was done it was a case to find the materials without breaking the bank. I got it down from about \$300 to around \$150. Most of the extra cost was for mounting and the trim. You do not always need to use the very best pre-finished custom made parts. So I have to go get started picking up the parts I need so I can get started.

23-Oct-13 11:04am EWT

Well I'm doing nothing. You want to help? Wait if you were here we would be talking and I wouldn't be doing anything. Well I am typing. :-)

I have things to do but I don't feel much like doing them. Maybe I can setup to do some of the things I will do later when I'll feel more like doing them. Or maybe not!

26-Oct-13 8:12am *\$

Boy is the internet connections slow here at Starbucks.

Now that I have my book ordered...Oh did I tell you I am finished with my book? Anyway I was working on my manuscript so I can publish it as an eBook and needed to go to the Internet to see what

formatting I needed to change to make that happen and my Wi-Fi connection is S-L-O-W today.

For those who have the eReaders like Nook and Kindle reading my book has its advantages. First is it is a lot cheaper and then is you get to see the pictures in color. I did not publish my book in color because I would have to sell it for as much as \$50.00. Even I wouldn't pay that for my own book.

I have to reformat my book so the converter can make it work as an eBook. What I have to really do is un-format it. The process for handling eBooks is a whole lot different than paper books. For me as the publisher it is easier except for the fact that I made it look nice for a paper book. All of the format coding gets in the way for the eBook.

Anyway it will have to wait until I get home because I have to look up how to easily un-format all of that fancy stuff. One nice thing is I don't have to rewrite it.

My book "Walking the Walk, Camino de Santiago 2012" is available from me at \$10.00 cash or \$10.50 with a credit card. Yes, I now accept credit cards. The 50¢ is the fee I am charged to use my credit card reader on a ten dollar transaction.

You can also buy it online at <http://www.lulu.com/shop/marty-metras/walking-the-walk-camino-de-santiago-2012/paperback/product-21257204.html>

...Wait that path is too long. Here is a shorter one:

<http://www.lulu.com/spotlight/metras3> Just look down the list you will see it. It was on top of the list today.

If you buy it from [LuLu.com](http://www.lulu.com) it is only \$9.95 but you will have to pay for shipping/handling. I got enough to get a good price so you can get them from me for about \$10.00.

27-Oct-13 7:07am *\$

Here we are on day 21 of the 24-Day Challenge and I caught myself slipping yesterday. I ate way too much and did not drink enough water. Other than the supplements the whole idea behind this 24-Day Challenge is to eat the right food and drink the water you need for your body to process the nutrition you feed your body. It isn't that simple but is the way I think about it.

Now that I have my book finished, I am working on making an eBook version for those of us that have electronic book readers. I need to figure out how to make this work. I am going to make an ePub and MOBI version. I guess I will make a PDF version too.

Kindle uses MOBI and PDF but not ePub. Most of the other eReaders will read ePub and PDF but not MOBI. There are about 30 eBook formats that my converter can make. Other than the three I have just mentioned I don't know who might need one of the others. If you use a different format let me know and I will see if I can make a version you need.

This is not as easy as I thought it would be to convert my manuscript to an eBook. My first attempt looked in ePUB and looked terrible in MOBI. The second time it looked in MOBI but terrible in ePub. I have no idea what I changed to make that happen or I would have just made two manuscripts to convert to the format I need. Maybe I should just do one at a time. You know I didn't think of doing one at a time until right now.

I am glad you let me talk this through to you. :-)

You got to be kidding!

I just went to send a copy of this newsletter via email to me so I had it to proof it be for it is sent out to you and I

found that the App (Pages) send it as a ePub format without me doing anything special. Wow! This means I could send my newsletter to you directly from my iPad. Of course I would have to clean it up a little first but it is a do-able thing.

I have been converting it to PDF then saving it on the blog.

29-Oct-13 6:59am *\$

Boy it this oatmeal tastes good this morning! I put a package of fruit & nuts in it and it is good! This is day 23 of the 24-Day Challenge and I am down 13 pounds. I dropped the first 11 pounds the first week and now it is slowing down. I look at this as a good thing.

If I dump too much weight too quickly it most likely would just return. That first week was my body flushing the toxins out of my system. Now that I am eating better things are starting to level out and I can get to going to my goal. Some say my ideal weight should be around 175. I think 185 pounds. My short term goal it to be below 200 pounds.

A "1" is easier to write than a "2". Well, it is another reason to lose some weight. ☺

24-Day Challenge

In these 23 days I have had no coffee! Also I have not had any of these pastries that are staring at me about six feet away. Shhh... Pastries I hear you! It is funny I have no desire for coffee or those pastries. Maybe deciding to do this challenge took over.

Michelle was telling me that she estimated from the reports people have been telling her that we have lost over 100 pounds as a group. We will be getting measured and weighed in the next couple days. We measure up key parts of our bodies and get the total before and after. Since this it at the same place the total

difference is what we are looking at. Remember it is only a reference. What really counts is how you feel.

My eBook

I spent most of Sunday getting my book converted into an eBook and making it available on amazon.com. Yesterday I got it figured out and I bought a copy to make sure it was working. So you can now get my book for the Kindle.

So you may not have a Kindle. You may have a Nook. Not to worry. I am working with Barnes & Noble to make it available for Nook today. It is different there. They use the ePub format that most other eReaders use. For some reason my pictures are not coming across when I make it available in the preview. I don't know why so I am seeking help from Nook Press.

This is my first time publishing my eBook where everybody could get it. It takes time to learn how to do new things. I have to slow down and make sure I am not missing something.

You can still buy the paperback version on lulu.com by going to <http://www.lulu.com/spotlight/metras3>

Book Prices:

e Book is \$1.49.

Paperback is \$9.95 +

shipping/handling and maybe sales tax.

In person from me the paperback is \$10.00 and \$10.50 with a credit card.

(I have orders some books and should have them later this week.)

metras@doerofthings.com

Bulletin Board

Cork, Greg, and I installed the Bulletin board today. Yesterday Michelle and I glued the cork to the board. Boy did that

look big sitting there empty. So I hung a couple pieces of paper on it.



My Book is ready



**Walking the Walk,
Camino de Santiago 2012**
by Marty Metras
ISBN: 978-1-304-42330-6

You can get my book from me while my supplies last.

You can buy it online as an eBook from

Amazon and Barnes and Noble. Just search for "Marty Metras"

You can get the paperback online by going to lulu.com/spotlight/metras3 and scroll down the list.

Here is a scary thought. I just did a Google search for "Walking the Walk, Camino de Santiago 2012" and a link to my book was on the top line of the Google results. It has only been there for a few days.

I go the try that again! I see Amazon.com has the paperback version list too.

I got to go...Marty

The MRT Backer Page



TRAINING

Functional Strength Training Center

E.W. Training

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Woodstock, IL 60098
(815) 308-5021

info@EWTrainingWoodstock.com
EWTrainingWoodstock.com

F



Starbucks Woodstock Square

129 Van Buren Street Unit B
Woodstock, IL 60098-3249
815-334-1325

starbucks.com/store/13617

F

Town & Country Family Restaurant #2

*Great Food, Great Prices
Best of all, Great People*
1674 S. Eastwood Drive
Woodstock, IL 60098
(815) 334-0486

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If you want to be on my backer page let me know

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F

Sent your comments to:

Thoughts@MartysRandomThoughts.com

View *Marty's Random Thoughts* website
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<http://MartysRandomThoughts.com/blog>

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