

The TOPS Reminder

A newsletter for Western Massachusetts Counties

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Yearly Goal

Good news for me, listening to the speakers at IRD really motivated me a great deal. I'm reading the book **The Magic Pill**, which is very easy reading book. The one thing that was common in all the speakers was to have a healthy balanced diet not giving up any one food because your body will crave what it is missing. I lost 4.8 lbs after IRD and I still have more to lose but I hope you don't hear my big but again this year☺

MAGNETS FOR SALE

"Masterpiece" a large colorful magnet with a write on/wipe off surface and pen, it will sell for \$3.25 each. This magnet will keep track of 7 to-do habits. If you want any, please let me know, I need to order more.

Chapter Visits

MA 0411 Westfield

Reinstated KOPS

None this month.

NEW KOPS

None this month.

NEW WEBSITE

Check out www.matops.com . It's our new website for you! If you have SRD pictures, favorite links, news or anything of interest; please send it to: contact@matops.com

Tom Our International King

Tom Carano from MA Reading is one classy gentleman. He ended his Year representing MA in a way we all would be proud as he crowned the new king who lost 203 pounds from Canada. His KOPS address spoke to the graduating class and the circle of light will be something to look forward to on your future magazine. Dione and Tom had a great time showing off their' new bodies at the evening entertainment.



Their year of reigning royalty might be over but Tom will be

always be TOPS potatoes in my eyes. Thanks for a Great year



FALL RALLY PACKETS

Lee Allen has sent out information on Fall Rally if you haven't received it you can download it from the below website. I know \$50 is a great deal of money but lets see if we can raise some money to cut the cost. A walk with sponsors, tag sale, car wash, bake sale. We sold knives one year and you could see if Avon, Tupperware or Mary Kay will give you a percentage back in cash. I'm willing if you want to talk. You are allowed two fundraisers a year.

ROSIE WINS 4th PLACE

INTERNATIONAL

Rosemary Smith came in 1st place among Judy Pettit's staff of New England, New York and Overseas. She then went on stage with 10 other coordinators and waited with anticipation she ranked 4th in the world of TOPS.



Terri Wins 2nd Place in Area Captains Internationally



Next Year IRD is in Calgary

If you haven't been to an IRD, try to start saving. If you get 3 or 4 in a room it's affordable. I'm always looking for a roommate. The following year in Milwaukee you can see TOPS headquarters.

RETREAT DVD

I purchased a DVD to describe what happens at a retreat let me know if you are interested.

Looking for a Hall

I would like to have another workshop, and an evening of sharing please let me know ASAP. THANK YOU

Retired Board of Directors, Beverly Enos



Terri and Beverly attended the Field Staff Tea.

Remember

With baby steps you can climb any mountain to your goal!



Remember I'm here for you, Terri

What Heat Means for Your Appetite

By [carolyn r](#) on Jun 02, 2012 10:00 AM in [Tips & Updates](#) on <http://caloriecount.about.com>



As the temperature rises our food choices are cooling down. Whether it's [frozen treats](#), chilled fruit, or cold salads, the shift seems natural. But what affect does temperature really have on our appetite?

Hot Food

My perception of a satisfying meal is a freshly cooked steaming plate of food accompanied by a cold beverage. But a hot plate could mean eating more according to research. A [study](#) of hospital patients showed those with isothermal trays ate more than those with conventional trays that allow food to naturally lose temperature. In terms of drinking a cold beverage, it may have an opposite effect on your appetite. A separate [study](#) found men were less hungry and ate less when drinking a cold vegetable juice beverage before a meal; strangely the temperature didn't affect women's appetites.

Hot Weather

Have you noticed restaurants tend to be much cooler? It not only keeps you comfortable, but it helps keep you hungry. Research points to different reasons for a change of appetite in hot environments. Body heat regulation seems to be the primary reason we may eat lighter. A military [report](#) issued by the Institute of Medicine highlights how heat lowers our appetites. The research outlined also indicates inadequate food intake may induce cold.

Spicy Food

Think adding a little spice to your food will help you cut calories. This may not be true for those who prefer spicy foods however. 25 men and women added one gram of red pepper to a single meal and researches [tested](#) how their appetites were affected. Half were spicy food users and the others were not. Those who were not used to spicy foods ate less, but the same was not true in those used to eating spicy foods. The results suggest after long, spicy food may not be as effective at lowering energy intake over time.

Staying Full

A hot meal may make you eat more, but what of staying full afterward? Research published in the [Journal of Gastroenterology](#) found hot food digests faster. Specifically, both liquid and solid hot meals showed increased gastric emptying. Drinking less during a meal and trying foods at different temperatures during the same meal may also help. If after a meal you still feel hungry, try eating raw vegetables or drinking a cold beverage 30 minutes afterward.