

The TOPS Reminder

A newsletter for Western Massachusetts Counties

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June 2013

Yearly Goal

I'm having a difficult Time this past year and continue to gain weight. I telling you this because I'm looking for someone to be my weight loss buddy, you help me and I can help you.

Chapter Visits

MA 411 Westfield
MA 229 North Adams
MA 423 South Hadley
MA 0029 Ware
MA 0001 Springfield

4 Reasons to Eat

Walnuts

If you want to promote heart health, go nuts - in particular, walnuts. A mainstay of my dietary recommendations, walnuts are an excellent choice when it comes to healthy snacking. Walnuts are good sources of:

Omega-3 fatty acids, protective fats that promote cardiovascular health, help maintain optimal cognitive function and tone down inflammation.

Heart-healthy monounsaturated fats.

Ellagic acid, an antioxidant compound that helps support a healthy immune system.

L-arginine, an essential amino acid that helps support blood pressure health.

Try adding walnuts to your hot or

cold breakfast, eating them as a snack, using walnut oil in salad dressings and adding to pie crusts for a tasty nutritional boost.

Reinstated KOPS

Martin Glaser 0395 Greenfield

NEW KOPS

Rita Belden MA 211 Chicopee
Bernice Latka MA 0383
Easthampton

Why You Should Stop The "Fat Talk"

By Carolyn Richardson on Jun 04, 2013 10:00 AM in Healthy Eating



Nobody really wants to hear you bash your (or anyone else's) body. Whether it seems positive or negative, any speech that gives preference to a certain body size or

appearance is a bad thing. Recent research sheds new light on what we already know: fat talk is detrimental to your health.

What is Fat Talk?

Fat talk is body-specific speech that focuses on the size, shape, weight, or appearance of someone's body in relation to being fat or thin. In our quest to reach a healthy weight, all too often we have conversations that are not useful to our quest for a healthy lifestyle. Specifically, comparing, sizing up, or otherwise criticizing your or other's bodies has nothing to do with being healthy and could actually reinforce negative body image.

Nobody Likes a Fat Talker

You know there are thin people who eat terribly and don't workout, and on the other hand, there are those who are overweight who eat balanced diets and workout daily. Just the same, there are thin people who are fat-talkers and overweight people who have a healthy body image, but no matter what size you are, nobody likes a fat talker. Notre Dame's Body Image and Eating Disorder Lab recently conducted research that tested college-age women who either had positive weight-related talk vs. those who engaged in "fat talk." No matter their size, the fat talkers were rated less likeable than those who had positive body talk. So, whether you're

overweight or thin, don't feel as though it's ok to talk about body image in a disparaging way.

Fat Fears are Contagious

Aside from hurting your own or others' self esteem, another reason not to engage in fat talk is because it may actually make it harder for you to accept the body you've got. Body Image recently published a report that outlined the power of literature in influencing body image. Even reading people's negative thoughts about their bodies can affect your own self-esteem. How much more would face-to-face interaction about insecurities make you pick yourself apart? Don't spread the poison. And remember, it doesn't matter what size you are, fat talk is not good for you. A separate study found women who feared becoming fat had rated their image lower than women who simply wanted to be thin. This suggests that fat talk may actually make you feel more insecure about your weight. What's more, consistent fat talk could inhibit you or others from taking the necessary steps to get healthy.

How to Respond to Fat Talk
Many of us engage in fat talk out of routine, or we're just responding to others' fat talk, but either way it's trouble for anyone involved. The so-called "thin ideal" promotes the faulty assumption that people who are "skinny" are healthy, more beautiful, or more desirable than their larger counterparts. To turn the fat talk on its head and promote healthy talk about weight, flip the script. Instead of reacting to your or others' negative comments about size, shape, or weight, focus on the intrinsic rewards of leading a

healthy lifestyle. By applying how you as an individual feel better, are more confident, or have more energy than you once did, you're shining the light on the real reason why getting healthy is good for you.

Tips to Counter Fat Talk

Don't compare your body or weight loss goals to others. Accept compliments about your body and don't counter them with mention of certain body parts or size or weight-related talk.

Talk about improvements in fitness and health related to healthy habits, i.e. eating healthier makes me more focused, I have more energy since I've started working out, etc.

Celebrate reaching goals of being healthy instead of numbers.

NEW WEBSITE

Check out www.matops.com. If you have a contest or anything you want to share please let us know contact@matops.com

Workshop Site needed

I'm looking for chapters to host workshops. I plan on having at least 3 workshops 1 in early summer, 1 in September and 1 near the holidays to help us get through the holidays.

LEADERS

Congratulations on being leaders, just a reminder they are there to guide you not run all the programs /contest/etc.

A leader should be treated Like everyone else in the chapter, since she is a TOPS member first.

Please remember the chapter needs to pay for the leaders' renewal.

Division Winners from 411 Westfield

Jackie Grant, Div. 3, 2nd Place – 12.5 lbs (left)

Donna McEwan, Div. 3, 1st Place – 13.75 lbs (center)

Elaine Bowler, Div. 4, 1st Place –



11.5 lbs (right)

Chapter Visits

I'm trying to get in touch with my leaders to make a date to present the 2013 Area Captain program. Please call me ,I look forward to visiting you chapter.

SRD Helpers

I want to thank you for giving of your time. Your efforts were appreciated. I had a great time Co-chairing.

Remember

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



Remember I'm here for you, Terri

Get Swimsuit Ready!
**By Cleveland Clinic
Wellness Editors**

7 Tips to get strong and sexy this season

#1 Start at your own pace

Starting a new workout routine? Go slowly and build your way up. Pushing too hard too soon is what makes most people quit.

Come summer, most New Year's resolutions to get fit are but a distant memory. Why? Because we throw ourselves into a new exercise routine with so much gusto that we can't maintain it. When you're beginning a fitness program, you can't go too slowly. A daily 20-minute walk is a great way to step into a routine. Your goal is at least 30 minutes per day of [walking](#) five days per week to help reduce your risk of [cardiovascular disease](#). If you can't fit in that much, then increase your intensity of walking to get the same benefits. Once you've built up stamina and confidence, kick it up a notch or two. Your pace should be comfortable but challenging.

#2 Focus on your core

Stop, drop, and work your core: Place forearms on the floor and step back until legs are straight. Hold 30 to

60 seconds; repeat three times.

Strengthen your core — no special equipment or fancy workout clothes required — by doing three elbow planks every day. Starting on your hands and knees, place your forearms and palms on the floor with your elbows directly underneath your shoulders. Walk your feet back until your legs are straight and your ankles, knees, hips and shoulders are in one even plane. Draw your navel up and reach your chest forward and heels back to engage your abs and keep your spine long. Work up to holding for 60 seconds, and repeat at least three times throughout the course of your day.

#3 Switch up your workout

Head for the hills to rev up your walking or running workout. Get fit faster and stay motivated by varying the scenery and terrain.

Do you follow the same path day in and day out when you go for your walk or run? Look for hills along your route that you can slip into your routine. If it's too much for you to tackle all at once, start by only going halfway up. Walking or running up inclines boosts the intensity of your workout: it burns more calories and helps build [muscle strength](#) and

cardiovascular endurance. Switching between flat surfaces and hills is a form of interval training, a type of workout that involves short bursts of high-intensity exercise in between moderate activity. This kind of exercise, practiced by elite athletes, can supercharge your workout. It can also help keep boredom at bay. If you have joint problems, go easy on the downhill; slow down your pace and shorten your stride.

#4 Slow down to sculpt your body

Whipping through weightlifting may look hard-core, but slow, steady movements will work your muscles more — and give you results sooner.

When it comes to [weight training](#), faster isn't always better. Dashing through your repetitions doesn't take as much effort, because it allows your muscles to rely on momentum. Focus on your form by practicing slow and steady movements on both the contraction and the release. This will help you strengthen every muscle fiber. It may feel harder, but you'll see results much sooner than if you were to race through each exercise.

#5 If you can't run, walk!

Walking burns 50 percent fewer calories per mile than

running. When walking for weight loss, get the same results as running by going an extra half a mile.

You may have heard that running and walking burn the same number of calories per mile. Sadly for walkers, they don't. Running requires about 50 percent more fuel. So, depending on your weight and speed, that's roughly 105 to 125 calories per mile for jogging and between 75 and 90 calories per mile walking. That doesn't mean you have to run to whittle your middle, though. If you can only run a mile but you can walk two, you'll burn more calories by [walking](#) for longer.

#6 Stretch it out

Make your strength-training regimen work even harder. Post-workout stretching can help build muscle strength.

Adding a [stretching](#) routine to your workout may help build muscle faster. That's according to a study in the Journal of Strength and Conditioning Research. In the study, all participants performed weight-resistance exercises three times a week. Half of them did two 30-minute stretching sessions a week, in addition to the strengthening routine. After eight weeks, those in the stretching group showed twice the improvement in

muscle strength as those who did weight-resistance exercises alone. According to the study's author, exercise physiologist Jason Winchester, Ph.D., stretching should always be done at the end of your workout, after you're warmed up.

#7 Challenge Yourself

Forget the "fat-burning zone" on your treadmill. You'll shed more weight by working out at a more challenging intensity.

Working out in the "fat-burning zone" of your cardio machine isn't going to help you shed winter padding any faster. If you've ever tried to stay within its range, you've probably noticed that it's not a very challenging workout. While it's true that lower-intensity workouts burn a greater percentage of body fat, high-intensity ones burn the most calories. And when it comes to weight loss, the more calories you burn, the more pounds you'll shed. It takes a 3,500-calorie deficit to get rid of a single pound of body fat. Besides, any calorie you consume that isn't used right away gets stored as — you guessed it — fat. So when working out for weight loss, exercise at a comfortable but challenging level.

Tags: [walking](#), [exercise](#), [weight](#), [stretching](#), [heart disease](#)

What Mom's Really Want Top 10 List of what Moms REALLY want...*

10. To be able to eat a whole candy bar (alone) and drink a soda without any "floaties" (ie, backwash)
9. To have my 14 year-old daughter answer a question without rolling her eyes in that "Why is this person my mother?" way.
8. Five pounds of chocolate that won't add twenty.
7. A shower without a child peeking through the curtain with a "Hi Ya Mom!" just as I put a razor to my ankle.
6. A full time cleaning person - period!
5. For my teenager to announce "Hey, Mom! I got a full scholarship and a job all in the same day!"
4. A grocery store that doesn't have candy/gum/cheap toys displayed at the checkout line.
3. To have a family meal without a discussion about bodily secretions.
2. To be able to step on a plane with my toddlers and NOT have someone moan, "Oh no! Why me...!"

And the #1 thing that moms REALLY want is.....

Four words: Fisher Price Play Prison