

# The TOPS Reminder

A newsletter for Western Massachusetts Counties

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## **KOPS Honor Society**

Our Four Kounty KOPS Honor Society keeps on growing. We are now up to 11 members, and have a few more that will be joining at their Holiday party which will be held on Dec 5<sup>th</sup>, with a catered meal for about \$15. Unfortunately I was told by another member that our Kaptain has to step down due to personal reasons. I have someone who is interested in taking her place so we won't have to disband. I will continue to help as much as I can. I sent an email and called the Kaptain and I'm waiting to hear from her if the hall was reserved for December 5<sup>th</sup>. I heard nothing so we changed it to West Springfield.

## **CONGRATULATIONS TO PITTSFIELD 0009**

I'm happy to say they are doing great with their weight loss. In the month of September and already in October had NO gain meetings. Keep up the good work I believe in you  
Submitted by: Sheila Cohen

## **MA 0211 CHICOPEE HAS 2 KLUNKERS**

Marsha Dube and Darnelle White klunked a month ago and continue to lose weight. Darnelle has lost 41 pounds in the last 2 years. She said "she never thought the day would come when she would lose weight". Marsha has lost 15 pounds this year and continues to lose small each week but keeps it off. Ladies I'm proud of you!!!!



Remember, Baby Steps

## **Designates**

Looking over reports, it's important that the chapters that don't have a designate send in the form to Rosie and name another to have access to IMIS.

## **SHOWING OFF HER AWARDS**

Denise Morgan a 6 year KOPS of 0211 Chicopee has found a unique way of showing off her awards. When she wears it out in public people come up to her and ask questions. What a great way of advertise TOPS.



Denise was our MA Runner-up Queen in 1999.

Denise is also the first to volunteer to help me at craft/health fairs.

Submitted by Terri Lavigne

## **Mark these dates**

Resume workshop will be held on January 3 at the Greenfield chapter. I will be having an inspirational

workshop on February 6 2016. If you want to host a workshop let me know.

### **Interested?**

I'm looking to see if I should order any of these adorable guys to keep your day stress free.



The Area Captain's Program For 2016 is **LEAN ON ME FOR SUPPORT.**

The little foam guys 21/2 tall (without hair )x 3' wide. He is a friendly reminder to welcome each other with open arms and open ears and always keep a positive attitude.. When squeezed, he says" Woo-Hoo! Do I feel great! The cost is \$3 please ask your members and I'll be calling you so I can have them when I visit you. Thank you. I need to order 25 at a time.



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

**Terri**

## Diet Tips: Fast Food Survival Guide

As our days become shorter, we begin to scramble for any extra time available. We skip workouts, modify our morning routine, and replace our kitchen for drive thru windows. Although these methods create extra time, they can lead to unwanted weight gain, specifically frequent fast food meals. With these tips, you can keep on top of your diet and eat your fast food, too!

### Go For a Smaller Portion Size with Snack Wraps

Snack wraps are a great healthy option for an on the go snack or a light meal. Make sure to choose the smaller version to ensure a healthy portion size. Be sure to always opt for the grilled option (crispy is a huge no-no when it comes to fast food menus) and skip the sauce if you can.



### Groovy Grilled Chicken Salad

While salads can be vary greatly in calories, especially at fast food restaurants, there are ways to make it healthier. Replacing fried chicken with grilled significantly lowers the calories in the salad. Also, requesting a low fat dressing on the side allows you to be in control of the amount of dressing and puts you in the driver's seat when it comes to keeping your calorie consumption in line.



### Order Your Tacos Filled with Black Beans and Veggies

Instead of picking up tacos filled with greasy meats and cheese, choose the healthier toppings like black beans and veggies. The black beans are a healthy protein replacement with lots of fiber and nutrients. A swap as simple as leaving cheese behind makes a world of difference when it comes to maintaining your diet.



### Egg-celent Breakfast Go-To

To save you calories throughout the day, start your mornings with an egg white option for breakfast. Since the majority of the calories are in the yolk of the egg, egg whites are able to provide the delicious egg flavor without the extra calories



### Pick Whole Grain Bread

There's not a significant difference in calories when it comes to whole grain bread versus white bread. However, whole grain bread is a complex carb that has a high amount of fiber and multiple essential nutrients that give you more energy and allow you to feel fuller longer. When you have a choice at your favorite fast food sandwich shop, spring for the whole wheat or whole grain!



### Skip the Sauce

The fast food sauces are very high in fat and calories. Substituting sauces with mustard, vinegar, or low-fat dressing cut calories in half, without losing any of the flavor.

Another tip: limit yourself to approximately one tablespoon of your fast food dressing to coat the entire salad. At the end of the day, portion control helps a great deal.



### Get a Smart Side

Thought it may be tempting when you're at the drive thru window, resist the urge to get fries with that. Not only are fries high in calorie but the high amount of sodium forces your body to retain water and bloat.

Substitute your side of fries with fruit, veggies or a side salad for a healthier meal.



### Don't Supersize

Although you get more bang for your buck, the super-sized options have the most fat, calories, sugar, and sodium. A smaller portion will satisfy your hunger without adding unwanted calories. Want to know a tip that helps you feel more full at mealtime? Eat slower! It's a simple, effective way to "trick" you brain into feeling full.

