

The TOPS Reminder

A newsletter for Western Massachusetts Counties:

By Terri Lavigne (413) 532-7664 losingweight@tlavigne.us January 2017
A HUGE PART OF LOSING WEIGHT IS BELIEVING YOU CAN DO IT
AND REALIZING IT WON'T HAPPEN OVERNIGHT!

Happy & Healthy 2017

FORMS

Since the coordinator has been removed from the process of new members and renewals, there are only three copies to the application form now. The original goes to headquarters....the chapter keeps a copy and the third copy goes to the member as their receipt of payment.

The only change here is with the renewal and new membership applications and how the chapters will receive the copies of "My Day One" for new members. Headquarters will periodically send each chapter; based on the number of new members they report, a supply of My Day Ones....they will go directly to the chapters from HQ. So, the only things, again, that the chapters will send to HQ are membership renewals and new member applications. Chapters MUST use the new application which is available through the coordinators or on the TOPS website.

KOPS registrations, goal changes and reinstatements and all else that always went to coordinators will continue to go to the coordinators. However, there is no longer a \$5.00 fee for processing KOPS registrations.

Mall Walkers Club

The first Wednesday of each month Eastfield Mall hosts a meeting of the Mall Walkers Club in our Food Court. This is an opportunity for the many seniors who utilize the mall as a safe, climate controlled fitness venue every day, to get to know each other. The mall arranges for an educational speaker to give an approximately 45 minute presentation at each meeting. Our speakers are sourced from all over Greater Springfield and have presented a variety of topics. With this in mind, we are reaching out to find a volunteer who could speak at either our February 1st or March 1st Mall Walkers Club meeting. The meetings begin at 9 am with an approximate 45 minute presentation, followed by a 15 minute Q&A period. Some months, a free blood pressure screening follows (depending upon availability) and the meetings always conclude with a free drawing for a Ninety-Nine Restaurant gift card.

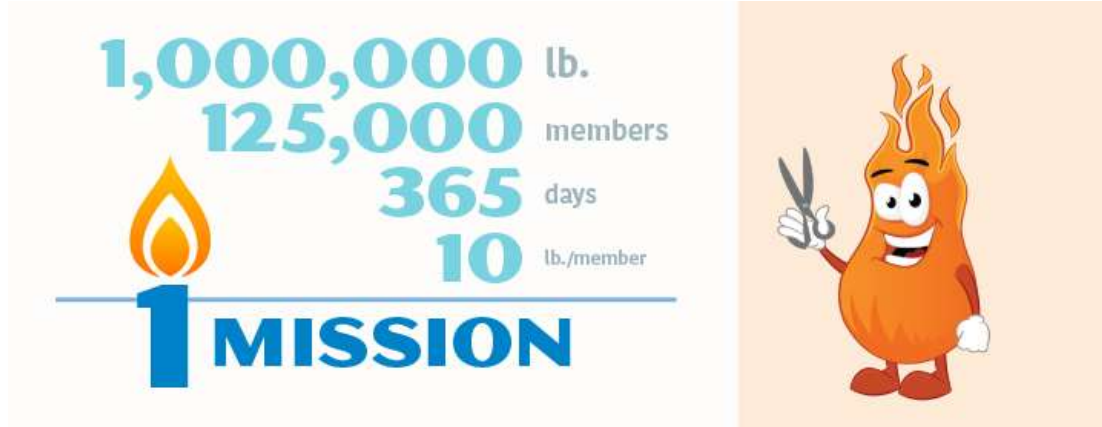
- The Mall Walkers Club meeting is an excellent way to engage area seniors in caring for their physical, emotional and financial health.
- The meeting is also an opportunity for businesses to bring their brand message to an appreciative audience. Eastfield Mall - Management Office, 1655 Boston Road, Springfield, MA 01129

SRD FORMS All forms are on www.matops.com

REMEMBER BARBARA CADY's challenge:

Every TOPS member is challenged to lose 10 pounds this year.

I'm also challenging all my chapters to participate in Barbara's challenge and if 25% of your chapter members have a loss of 10 pounds I will put your name in for a special gift. You win two ways, better health and fun trying. If you want to participate email me before February 17th. My chapter 0211 Chicopee has 5 TOPS which mean 1.25 members need to lose 10 pounds. I'm pledging 2 members.



RESUME WORKSHOP

Just wanted to thank Kathy and chapter 0395 Greenfield for hosting my workshop, it was much appreciated. All of the leaders, weight recorders and asst. recorder that attended did a great job on their resumes. Thank you to all officers who volunteer their time. Most of the resumes have been turned into Rosie who will further verify your totals. Please don't give out awards until you receive your verified copy of your resume from Rosie. If you have division winners or royalty, she will also send the certificates. If you think you should have been a division winner because you lost over 10 pounds and was not recognized, just ask your weight recorder. You need to have a December weigh in and you can't have four unexcused absences in a row.

The FOUR KORNER KOPS HONOR SOCIETY

The KOPS Honor Society held their holiday meeting at the Collegian Court in Chicopee. The meeting began at 12:30; on December 3. We only had 8 members in attendance. We would love to see more next time. The next meeting will be in March 4, 2017. Meeting place has not been decided, but they are looking into the Brew Master in Williamsburg. Bring a friend to see what they are all about. Meeting dues are \$3.00. For information, call Ko-Kaptain Jeanette Fletcher 413-562-4516 or email Area Captain Terri Lavigne at losingweight@tlavigne.us and I will help you.

Congratulations to everyone who lost weight in 2016, if you had a gain, we can't change the past and all we can do is go forward. Here are some ways we can achieve your goals.

Choose My Plate

Use My Plate to build your healthy eating style and maintain it for a lifetime. Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

1. Find your healthy eating style

Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."

2. Make half your plate fruits and vegetables

Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.



3. Focus on whole fruits

Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.



4. Vary your veggies

Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sautéed, roasted, or raw.



5. Make half your grains whole grains

Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.



6. Move to low-fat or fat-free milk or yogurt

Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



7. Vary your protein routine

Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.



8. Drink and eat beverages and food with less sodium, saturated fat, and added sugars

Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.

9. Drink water instead of sugary drinks

Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

10. Everything you eat and drink matters

The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, My Wins."

Based on the *Dietary Guidelines for Americans*.
Revised October 2016

Healthy Lunch Ideas



[Malia Frey](#)

Updated August 23, 2016

Do you need diet-friendly lunch ideas for work or home? Sometimes that mid-afternoon meal can make you feel fat and sleepy. But it doesn't have to be that way. If you take a few minutes to learn how to prepare a healthy lunch, you'll set yourself up to feel stronger and more energized throughout the entire afternoon.

How to Make a Healthy Lunch

A healthy lunch will satisfy your hunger at meal time. But it should also keep you feeling full through the late afternoon slump when we are often tempted to snack.

So how do you prepare a meal that will keep your cravings in control? There are three essential components to include:

- **Lean protein.** If you build your lunch around a healthy source of protein, you'll help to keep your diet on track in two different ways. First, protein takes longer to eat and longer for your body to digest. So a protein-rich meal will last longer while you're eating it, and it will keep you feeling full longer as well. Also, protein helps to build and maintain metabolism-boosting muscle mass. You turn your body into a more effective calorie-burning machine when you eat protein.
- **Hunger-busting fiber.** [High-fiber foods](#) are a great source of diet-friendly energy. Eating fiber is similar to eating protein in that it takes longer for your body to digest. So fiber helps you to feel full for a longer period of time. If you [choose a low-calorie, fiber-rich bread for your sandwich](#) or fill your salad bowl with [foods that are high in fiber](#) you set yourself up to make healthier snack

choices later in the day. You'll be less likely to indulge in high-sugar junk foods if you don't feel compromised by hunger.

- **Healthy hydration.** I know it's hard, but skip the caffeinated and sugar-filled sodas at lunch. Of course, they are not great for your body at any hour of the day, but they can be especially problematic around noon. Why? Because even though they may provide a quick boost of energy in the short run, they may leave you dehydrated and zapped of energy later in the day. Drink plain water instead [flavored water](#) .

Best Tips for a Healthy Lunch

Follow a few simple rules to make a lunch that will keep your diet on track.

- **Make your lunch at home.** Smart dieters make lunch at home and bring it with them to work. In fact, according to eating expert Brian Wansink, you're most likely to pack a healthy lunch if you prepare it right after you eat dinner so that you're not hungry when you're making food choices for the next afternoon's meal. **Read this:** [How to Cut Calories from Your Sandwich](#)
- **Don't eat lunch at your desk.** What's the worst place you can eat your lunch? At your desk. There are several reasons why and several other good options for healthy places to eat. **Read this:** [How to Lose Weight at Work](#)
- **Plan ahead if you eat out.** Eating [lunch at a restaurant won't completely derail your diet](#), but you should know what you are going to eat before you enter the restaurant - especially if you are eating with others. That way you won't make a hasty, distracted decision that will ruin your diet for the day. **Read this:** [Low Calorie Menu Choices at Popular Lunch Restaurants](#)
- **Pair protein and veggies.** To get muscle-building benefits and a comfortable feeling of fullness throughout the day, pair a single serving of lean protein with veggies to make a simple, satisfying lunch. A bowl of soup or salad will do the job or grab a [ready-to-eat protein snack](#) with a piece of fresh fruit. You can also make a [diet-friendly smoothie](#), or eat a protein snack bar if you're in a rush. **Read this:** [The Best Snack Bars for Weight Loss](#)

Remember, it's worth the effort to prepare any healthy lunch recipe and follow simple, healthy lunch tips. With a little bit of advanced planning and organization, you can create a meal that will set you up for a productive and energized afternoon.

How to Make a Salad in a Jar



By [Lisa Lillien, a.k.a. Hungry Girl](#)

Updated July 01, 2016

Mason jars are the best thing to happen to salads since lettuce. I've always been a fan of salads, but I'm especially loving the "salad in a jar" trend. Now you can pack a salad the night before without worrying about sogginess.

The Most Important Tool: A Mason Jar

A tall glass mason jar is essential when making salads ahead of time. Packing your salad vertically allows you to store the dressing in the bottom of the jar and your lettuce at the top.

This way, the two won't touch until you shake the whole thing up.

Find a 1-quart mason jar with a wide mouth. (Buy more than one, for those times you leave it at the office.)

Choose Your Greens

Romaine, spinach, kale, arugula, red leaf, iceberg, broccoli cole slaw mix — they're all tasty and low-calorie options for the base of your salad. Choose one, or create your own combo. My go-to? Chopped romaine.

Pick Your Protein

Chopped, skinless chicken breast is classic, as is tuna (previously packed in water as opposed to oil). But get creative: Try [hard-boiled egg](#) whites, chopped turkey breast, shrimp, extra-lean ground beef, lean ground turkey, even a chopped veggie burger. Just make sure your protein is completely cool before layering it into your jar. Nobody likes wilted lettuce!

Select Your Mix-Ins

Just because it's a salad doesn't mean it's "healthy!" [Be smart about your ingredients.](#)

Add as many fresh veggies as you like: tomato, cucumber, carrots, mushrooms.

Small Steps for Lasting Health

When it comes to new year's health resolutions, focus on the small things that can be easily maintained year round. Follow this month-long guide for daily tips.

GET STARTED NOW

For extra protein and flavor, choose one or two of these: black beans, kidney beans, chickpeas, edamame, corn kernels, avocado, reduced-fat cheese, dry-roasted nuts. On the no-no list: fried toppings, candied nuts, most full-fat cheeses (grated Parm and crumbled feta are great because a little goes a long way).

P.S. Those beans are great for burning fat.

Choose Your Dressing

I like to look for light dressings with 50 calories or less and no more than 3 grams of fat per 2-tbsp. serving. I love the creamy kinds made with Greek yogurt. Most importantly: Watch those portions. Grab a measuring spoon, and put it to good use. Other options? Use salsa, or mix your favorite flavored vinegar with a just a bit of olive oil.

Time to Build Your Salad in a Jar

- Step 1: Add your dressing. This will keep your lettuce from getting soggy. (Greens get added last.)
- Step 2: Add your protein and mix-ins. Pack hearty vegetables like peppers, tomatoes, and cucumbers closest to the dressing — they're the least likely to get soggy. Leave plenty of room for lettuce.

- Step 3: Finish things off with your greens, filling the jar to the top. Don't pack it in too tightly, though, or the dressing won't distribute well when you shake it later on.
- Step 4: Screw on the lid, and place the jar in the refrigerator. Resist the urge to shake it up.

When you're ready to eat — whether it's that afternoon or for lunch the next day — shake the jar to cover its contents with dressing. Then flip everything into a bowl (or eat it straight from the jar).

Make Better Beverage Choices

10 tips to get started

What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

1. **Drink water**

Drink water instead of sugary drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

2. **How much water is enough?**

Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

3. **A thrifty option**

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

4. **Manage your calories**

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages — drinking water can help you manage your calories.

5. **Kid-friendly drink zone**

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.

6. **Don't forget your dairy****

When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.

7. **Enjoy your beverage**

When water just won't do — enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

8. **Water on the go**

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles are also easy on the environment.

9. **Check the facts**

Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to

10. **help you make better choices.**

11. **Compare what you drink**

[Food-A-Pedia](#), an online feature available on the [SuperTracker website](#), can help you compare calories, added sugars, and fats in your favorite beverages.

*100% juice is part of the Fruit or Vegetable Group. Juice should make up half or less of total recommended fruit or vegetable intake.

** Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

Revised January 2016

How To Ease Into a Healthy Diet

By [Shereen Lehman, MS](#) - Reviewed by a [board-certified](#) physician.

Updated August 24, 2016

Is your diet less than healthy with too much fat, sugar, sodium and processed foods? Don't feel bad -- that's a common thing -- and I can help you.

I know it's not easy to switch from a junk food laden, high-calorie diet to a healthy diet. If you aren't ready to make an over-night dietary transformation, don't worry -- you can take small steps to improve your diet.

Over time, all those little steps will add up.

You'll form new healthier habits and hopefully improve your health. But be patient -- it takes time and practice. Don't get down on yourself if you slip-up -- just make good choices starting with your next meal.

Eating healthy foods doesn't need to be complicated -- here's how to follow a [simple, healthy diet](#).

Here are some simple first steps you can take to change your diet. You don't need to do all them at once. Pick one or two this week and add another one or two the next week. Continue until you're comfortable with your new diet.

Start With Breakfast

Hard-boil some eggs, or make a healthy batch of cupcake-sized [bran muffins](#). This is good even when you're in a hurry -- you can grab an egg and a muffin before you go to work -- and you won't be tempted to eat the giant sized bagels or pastries at the coffee shop.

When You're at Work (or School)

Do you go out for lunch every day? Cut back on high-calorie restaurant food and pack your lunch a couple of days each week.

Small Steps for Lasting Health

When it comes to New Year's health resolutions, focus on the small things that can be easily maintained year round. Follow this month-long guide for daily tips.

GET STARTED NOW

Start with a healthy sandwich. Choose whole grain bread, lean [low-sodium](#) meat or poultry, and lots of tomatoes, onions, lettuce, avocado or other sandwich vegetables. Go light on the mayonnaise or use a low-fat mayonnaise. Buy a small insulated container for a cup of vegetable soup and add a piece of fresh fruit for dessert.

If you must eat at a fast food restaurant, buy a salad for your meal or, at least, purchase a salad instead of french fries.

When snack time rolls around, and you find yourself staring at the vending machine, choose a package of mixed nuts instead of a candy bar. Drink fresh water instead of sugary soda or that third cup of coffee.

It's Dinner Time!

Here's an easy way to plan a balanced meal. Mentally divide your plate into four quadrants. Half of your plate should be covered with [green or colorful vegetables](#) and fruit. One-quarter of your plate can be home to your [protein source](#) (chicken, meat, eggs, fish and seafood or a vegetarian dish). Finally, you can use that last quarter of your plate for something starchy like potatoes, pasta or rice.

TOPS CHAPTERS MAKE HOLIDAY DONATIONS



MA 0412 Westfield collected items for Stocking for soldiers. Each week the members brought in food for their local food pantry. This year they collected over 400 pounds. They also made a donation of over \$350 to the pantry.

MA 0211 Chicopee made a donation to Toys for Tots of Holyoke

MA 0395 Greenfield wrote over 350 cards and Holiday wishes to our Veterans.

Hand and Hand Together We Can!
Western MA Area Captain
Terri Lavigne