

The TOPS Reminder

A newsletter for Western & Worcester Massachusetts Counties

By Terri Lavigne (413) 532-7664 losingweight@tlavigne.us June 2018

Have the courage to act on your dreams - leave behind you the internal forces that hold you back.

INSPIRATIONAL WORKSHOP/Open House

LEADERS: Please inform your members of all information you receive from Rosie, myself or any of my other fellow Area Captains. It takes a great deal of effort to put on an event and when I hear that they just hear about it Friday night it is discouraging. I also heard from one of my leaders that she didn't share the information because it was a far distance. Let the member make the choice, you can carpool and share the gas. Robb Topolski was one of the most inspirational speakers I've heard in a long time.

**HAPPY 50TH TOPS ANNIVERSARY
NANCY ARBO 0165 LEOMINSTER
CONGRATULATIONS**

RAY ASH PARK AND SWIMMING POOL

GREAT DEAL, Anyone that lives in the Chicopee area the Ray Ash Pool at 27 Arcade Street. The pool is open seven days a week until 7pm. There is a ramp with rails a chair lift and regular ladders. You can pay by each visit or you can buy a pass, for non-residences the cost is \$25 for July 1 to the end of August. Purchase your pass at the rec department. Hope to see you there.

5 Benefits of Water Workouts

- Move more easily and reduce fatigue. This a great benefit for those who have an injury or a harder time moving around.

- Reduce risk of injury. Water workouts are low impact, which means there is less stress on your joints and muscles.
- Burn more calories and strengthen muscles. Water creates more resistance than air, which strengthens muscles.
- It's a great stress reliever. Exercise, in general, is a great way to relieve stress. Exercising in warmer water, with the water moving over your body, has an almost massage-like relaxation effect.

People of all ages and abilities can make a splash with a water workout . From :TOPS Club Inc

CHAPTER VISITS

July 18 North Adams 0229

July 19 Pittsfield 0511

July 19 Pittsfield 0451

NEW MEMBERS

Michael Fitzpatrick 9236

Sherry Johnson 0489

Sharon Stevens 0009

DIVISION WINNERS FROM CHAPTER 0412 Westfield Jennifer Tuttle, Andrea Leutsch and Kathy Jo Tesini



DORIS FELTON'S FROM 0451 PITTSFIELD
50TH CELEBRATION



CONGRATULATIONS!
I wish you Many more years in TOPS

Eastfield Mall Walking Club

I spoke to their group about TOPS we gained one member.

I signed up to talk in January next year.



EATING AT THE MEETING

I have been enjoying visiting my chapters, seeing my old members and meeting new members from the Worcester county. I just want to remind you that the meeting starts at weigh in. We are allowed to have food tasting (small) at chapter and two food functions. While I was at a few chapters I saw members eating during the meeting, if for medical reasons you need to have something to eat go to another room or out to your car. I had a visitor notice someone eating during the meeting and haven't been back to the meeting. If you have any questions don't hesitate to call me. I have purchased a few extra chapter manuals, it's a wonderful tool to help you "Make your chapter great. " Thank you for your cooperation.

CONGRATULATIONS 0248 NORTHBOROUGH

FOR 45 YEARS IN TOPS!



SRD BURNI WORKSHOP CHALLENGE

How are members that attended my Backsliders workshop doing working towards their challenge I gave you. Let me know how you are doing, I have lost 10 lbs. and kept it off for 2 weeks. Let me know how close you are to your' 10 pound loss ? Remember you are worth the effort!! Dave Lavigne 2nd winner of a Burni.

The Four Kounty KOPS Honor Society DATE CHANGE will hold their summer meeting August 4th in South Hadley at 11:30. They will be going on "The Lady Bea" River Cruise. Please call Ruth by July 12 if you are attending.

For anyone interested if you are 5pounds away from your goal you can come see what we are all about. Meals are ordered off the menu, so what you order is your choice, or you can bring your own lunch. If you have any questions please call Ruth Greene at 688-642-5686 or Jeanette Fletcher at 413-562-4516. Hope to see you there. Hamden, Hampshire, Franklin, Berkshire and Worcester Counties are all invited.

INSPIRATION AND OPEN HOUSE

This event was to get Ann Leader of 0333 Clinton new members, unfortunately there was no non-members. There was a great deal of inspiration from Robb he has lost over 115 pounds. What I got from his talk have what you want; there are no

“bad” foods unless one meal turns into a week. To forgive ourselves, there is a great deal of guilt with being obese (new group super morbid obese) and finding a supportive TOPS meeting and not letting people tell what you shouldn’t eat. Changing your mindset is one of the key factors of weight loss. Accept yourself as is. One of my good friends always said, “You Gotta Wanna “The question and answers segment was so exciting how the members there got involved. I’m continuing my battle 19 weeks without a gain, I signed up for the pool and Dave went back to the gym. (This is my opinion) Thanks Robb



Remember

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



Terri

Area Captain Program



Leominster MA 9236



Fitchburg MA 0184



Brookfield MA 0489



Greenfield MA 0395



Northborough MA 0248