

DECEMBER 2013 - TOPS Norfolk and Bristol Counties
Gail Lewis – Area Captain

Hey Everyone.....I think I start each newsletter off with “I can't believe.....” and here I go again. When did it get to be December already? I hope everyone had a wonderful Thanksgiving and could find lots of things to be thankful for. Christmas is just around the corner – don't let all your hard work this year be sabotaged this month. Stay focused and healthy – you'll find the holidays will be JUST AS MUCH FUN. Blessings on all of you and your families and have a Happy and Healthy New Year. Talk to you then.

Thought for the month (especially for after the holidays).....
Don't cry because it's over, smile because it happened. (Dr. Seuss)

INSPIRATION WORKSHOP

This is a little premature for this news letter, but we're working on February 8th for the next workshop – We'll be travelling to Carver this time – address in January newsletter. Please put this date aside for a little 2014 inspiration. For sure, it will be a good time.

NEW MEMBERS

Just a reminder (again this month) about a special drawing for new members at SRD this spring....read on. Rosie Smith, our Massachusetts Coordinator, has a special drawing she will be doing at SRD in the Spring. For every new member you have at your chapter, a ticket will be entered for your chapter at a special drawing being held at SRD. For example, if your chapter has 5 new members, your chapter will have 5 tickets put into this special drawing that is worth \$100 dollars (it's cash people) that will be given to your chapter to do as you want. What a great way to raise money for your chapter. Get the word out to your community about TOPS and see if you can get some new members in.

TOPS WEB site:

Make sure you visit the Massachusetts WEB site - www.MATOPS.com - lots of great things posted out there.

RESUME WORKSHOP We will be having a resume workshop again in January – the date will be January 4th in East Bridgewater (at my house) and January 5th in Buzzards Bay (at Barbara's house). You can go to either workshop – we will both be there to help. As we did last year, we can double check your calculations on the computer so we encourage everyone to come. If you want to do your own resume, that is great – I would love it if you send (or drop off) your chapter's resume and I'll just double check your figures to help Rosie out. Let me know either way – we're pretty

flexible. Thanks in advance for your cooperation.

January 4th – 9:00 AM to 11:00 AM

Gail's House

46 Elm Street

East Bridgewater, MA 02333

508-378-0459

January 5th – 9:00 AM to 11:00 AM

Barbara's House

7 Autumn Way

Buzzards Bay, MA 02532

508-833-8805

SRD

SRD next year will be very close to our area.....it will be at the Sea Crest Hotel in Falmouth on March 29 and 30. Barbara Pacheco and I are the chair people for this convention and are hoping to have a great representation from our area. Now is the time to think about some kind of fund raising events that you can do to raise some money to either send people from your chapter or pay part of the registration for your members. Any kind of fund raising can be done – be creative and work at it. Hey, it may keep you out of the refrigerator for a while!!!

I also will be looking for some help to run this convention. Are you willing to give a little time at SRD to help? Please let me know – I'll be asking until March for help. Please consider it and send me an email or call. Thanks.

TOPS WALKING CHALLENGE OF ONE MILLION MILES

I would like everyone to pull out their TOPS News from August/September of this year and check out this challenge. It's on pages 25 – 28. It's a great program AND you can log your miles walked. Walkers are encouraged to track their miles from IRD in Calgary to IRD in Milwaukee. Can we count on you?

INSPIRATION

This is a great article – I encourage you to use it at one of your meetings this month – there is a lot to think about and change and occur in your daily lives. I think this can help you get through the month without a gain. Try it – I think you'll like it.

SEASON'S EATINGS

Strategies to maintain – not gain – weight during this holiday season

It is reported that the average American experiences at least a 4 to 6 pound gain between Thanksgiving and New Year's, then spends the next several weeks trying to lose as much of the excess weight as possible. Unfortunately, many people are unsuccessful in their weight reduction efforts and wish that they had not added the holiday weight in the first place. Most would agree that it is better to prevent unwanted weight gain than to try to remedy the situation later.

How can we approach the festivities and abundant food supplies so prevalent throughout November, December and January to avoid overeating? Here are a few suggestions for sensible eating and exercise over the holiday season.

1. Drink plenty of water. Our bodies consist mostly of water and it is unquestionably

our most essential nutrient. Drinking cold water serves as a mild appetite suppressant and burns calories as it warms to body temperature. I have made it a habit to take a drink every time I pass a water fountain. If water dispensers are not available, try keeping an insulated water bottle nearby and drinking from it at regular intervals.

2. Eat low calorie fruit and vegetable snacks rather than high calorie foods such as doughnuts, muffins, pastries, sandwiches, fast foods or vending machine selections. Although apples, oranges, pears, carrot sticks, celery sticks, pepper slices and cherry tomatoes may not be your first choice, they can be highly satisfying and prevent the calorie overload that might otherwise occur with standard snacks and large holiday meals.
3. Choose high fiber foods such as prunes to aid gastrointestinal transit processes. These and other dried fruit such as figs, dates, apricots and raisins are ideal for satisfying the sweet tooth and have an extremely low fat content. Abundant in the winter, dried fruit presents an excellent alternative to less healthy and more fattening foods such as cookies, cakes, pies, pastries and candy.
4. Eat less for lunch on days that you have dinner events. While you don't want to reach the dinner party semi-starved, it makes sense to eat somewhat less for your noon meal when you are likely to eat somewhat more for your evening meal.
5. Make wise decisions in your food selections especially at parties. Don't be afraid to be different. Choose less fattening entrees such as broiled fish or baked chicken. Select healthier soups and salads and consider lighter salad dressings. Use butter and cheese sparingly and request your meals without gravies or rich sauces.
6. Say no to dessert sampling. Many holiday gatherings and parties come with a variety of delicious desserts and you may be tempted to sample several of them, even if just to please the people who make them. Be polite but adamant. Simply say that all the desserts look superb but you have vowed to eat just one dessert per day to avoid too much of a good thing and resultant weight gain. Most of your friends will understand and many may even follow your wise example.
7. Exit food laden events at a reasonable hour. In addition to sleep deprivation that runs rampant during the holiday season, staying longer at gatherings unusually leads to greater food consumption and unnecessary calories. Participate fully in the festivities, but be one of the first to call it a night for your health's sake.
8. Avoid or at least limit alcohol consumption. With all the other high-calorie foods typically eaten during the winter months, alcoholic beverages can only make matters worse. Keep in mind that alcohol contains almost as many calories per gram as fat so the fewer alcoholic drinks the better from a weight gain perspective.
9. Do some daily aerobic activity to condition your cardiovascular system and burn extra calories. For example, a 30 minute walk requires about 200 to 250 calories depending on your body weight and walking pace.
10. Do 2 or 3 sessions of strength exercise each week to condition your muscular system and burn more calories. Although 30 minutes of strength training also requires about

200 to 250 calories, the greater benefit is an accelerated metabolism all day long. In a Tufts University study, strength training produced a 7 percent increase in resting metabolic rate and a 15 percent increase in daily calorie requirements among the senior men and women who participated.

11. Find a family member, friend or co-worker who will agree to help you implement your workout program for avoiding weight gain. Your partner in prevention should be someone who not only talks the talk but also walks the walk. Ideally, this individual should be both an encourager and an example with respect to nutrition and exercise behavior.

While it is tempting to say that the holiday season comes once a year and rationalize that you can lose the extra weight through your 2014 resolutions, the reality is a more serious health problem.

Most people don't lose all the extra winter weight, which is one reason 75% of all Americans are overweight and almost 35% are obese.

Because overweight individuals are more susceptible to many physical problems, including low back pain, heart disease, diabetes and some types of cancer, we should take preventive measures during the holiday season. So, please consider a sensible approach to eating and exercising from now to January and continuing through the New Year.

LEADERS CORNER:

You received a letter from Barbara Cady and in one of these letters, it talked about how long you need to save things. I've reprinted this here – if you missed it, here it is.

A WORD ABOUT RECORDS

Be sure to get together with your officers and review the chapter records turned over to you. Remember:

- ⤴ LEADERS should destroy any outdated materials given to new members including Membership Applications (L-003) older than 2012 and versions of MY DAY ONE and TOPS Rules older than 2013. Also be sure to have copies of the latest chapter bylaws to share with new members.
- ⤴ TREASURER may destroy (shred) financial records more than 7 years old.
- ⤴ SECRETARY may destroy chapter minutes more than 2 years old.
- ⤴ WEIGHT RECORDER may destroy TOPS weight charts that are more than 1 year old. Retain all weight charts for current KOPS members for as long as they retain their KOPS status. KOPS weight charts for members who have lost status may be destroyed after one year.

That's it for December – have a great month and a Happy New Year.

Gail Lewis – gailistops@verizon.net