

**JANUARY 2014 - TOPS Norfolk and Bristol Counties**  
**Gail Lewis - Area Captain**

Hey Everyone.....Welcome to a brand new year - a brand new you. What a great time of year this is so full of hope and promise. No matter what you've done in the past, it's all behind you and you can start over again. Let's make it a great year.

**My Moto for the month (and year)**

**Two - Zero - One - Four - No excuses any more!!!!**

**Here is Barbara Pacheco's prayer for 2014:**

Dear God,

My prayer for 2014 is for a fat bank account and a thin body.

Please don't mix these up like you did last year.

**AMEN!**

***INSPIRATION WORKSHOP (copied directly from Barbara's letter)***

Our first Inspiration Workshop for 2014 will be Sat. February 8th, at the Carver Library, 108 Main Street, Carver. Registration will be \$3.00. Don't forget your weight slips if you attended our last workshop on Nov. 2<sup>nd</sup>.

Sue Pye, the leader in Halifax and a nurse at the VA Hospital in Brockton will be talking about heart health and other topics. Tracy Shea, the leader in Haverhill will also be doing a fun program. The library does not open until 10:00 AM. Registration will start at 10:00 and the program around 10:30-10:45. Wavering Wanda and Sensible Samantha hope to see you.

***AREA CAPTAIN PROGRAM FOR 2014***

The Area Captain program this year is an exciting one. As most of you know, I do my walking DVD with Leslie Sansone every morning (well, at least 5 times a week) faithfully. I was so excited to see she help co-write this program on exercise. I would like to visit your chapter this spring so that everyone can benefit from this program BEFORE the summer arrives. I know it will help all of you. Let me know when it's good for you.....I'm thinking April, May and June!!

***MAINTENANCE IS DUE***

Our Coordinator, Rosie Smith, sent all chapters their maintenance "bills". She has requested that all chapters pay this by the end of January, 2014. Please be sure this is sent directly to her. Thanks in advance for your cooperation.

***INFORMATION FROM BARBARA CADY.....***

Barbara sent this email a couple weeks ago - looks like there is a Retreat Director position that is open. If you have always been interested in do this job, here is your opportunity. This letter from Barb will give you all the details.....

Dear TOPS Members:

Recently, several individuals have indicated that they are interested in filing an application for Retreat Director if an opening becomes available.

To apply, please send

- △ Letter of interest
- △ Education
- △ Resume
- △ TOPS history
- △ Work history
- △ Volunteer work relevant to the position.

In addition, please include:

- △ a set of five menus
- △ an outline of session topics

Attach a recent photo of yourself.

Email to Executive Assistant Hortensia Contreras [hcontreras@tops.org](mailto:hcontreras@tops.org),

Subject: Retreat Director Application or mail information and photo to:  
TOPS Club, Inc.

Attn: Retreat Director Application

P.O. Box 070360

Milwaukee, WI 53207-0369

If you have applied for this position more than two years ago, you may wish to review and update the application.

TOPS will keep you application on file for reference if an opening becomes available.

Thank you for your interest in this rewarding aspect of the TOPS program.

I Care, Barb

### ***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](http://www.MATOPS.com) - lots of great things posted out there.

### ***SRD***

SRD 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. The first letter went out with all the forms included. I expected have a lot of emails BEGGING me for a job to do.....I'm still waiting!! Let me know if you or your chapter would like to help out either before or during SRD. Many hands make the load light. Let me know if you want to help. Thanks

### ***CHANGE OF ELECTION TIME***

Just wanted to make sure everyone knew about the change of election month from March to July. Rosie sent all leaders the information on that back in December. If you are scratching your head and don't remember it, let me know and I can resend it to you. 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**

Here are some great tips to stay on track in 2014.....Use these for a couple meetings - they are really good.

### **Tip No. 1: Drink plenty of water or other calorie-free beverages.**

Before you tear into that bag of potato chips, drink a glass of water first. People sometimes confuse thirst with hunger, so you can end up eating extra calories when an ice-cold glass of water is really all you needed. If plain water doesn't cut it, try drinking flavored sparkling water or brewing a cup of fruit-infused herbal tea.

### **Tip No. 2: Be choosy about nighttime snacks.**

Mindless eating occurs most frequently after dinner, when you finally sit down and relax. Snacking in front of the TV is one of the easiest ways to throw your diet off course. Either close down the kitchen after a certain hour, or allow yourself a low-calorie snack, like a 100-calorie pack of cookies or a half-cup scoop of low-fat ice cream.

### **Tip No. 3: Enjoy your favorite foods.**

Instead of cutting out your favorite foods altogether, be a slim shopper. Buy one fresh bakery cookie instead of a box, or a small portion of candy from the bulk bins instead of a whole bag. You can still enjoy your favorite foods -- the key is moderation.

### **Tip No. 4: Eat several mini-meals during the day.**

If you eat fewer calories than you burn, you'll lose weight. But when you're hungry all the time, eating fewer calories can be a challenge. "Studies show people who eat 4-5 meals or snacks per day are better able to control their appetite and weight," says obesity researcher Rebecca Reeves, DrPH, RD. She recommends dividing your daily calories into smaller meals or snacks and enjoying most of them earlier in the day -- dinner should be the last time you eat.

**Tip No. 5: Eat protein at every meal.**

Protein is the ultimate fill-me-up food -- it's more satisfying than carbs or fats and keeps you feeling full for longer. It also helps preserve muscle mass and encourages fat burning. So be sure to incorporate healthy proteins like seafood, lean meat, egg whites, yogurt, cheese, soy, nuts, or beans into your meals and snacks.

**Tip No. 6: Spice it up.**

Add spices or chilies to your food for a flavor boost that can help you feel satisfied. "Food that is loaded with flavor will stimulate your taste buds and be more satisfying, so you won't eat as much," says American Dietetic Association spokeswoman Malena Perdomo, RD. When you need something sweet, suck on a red-hot fireball candy. It's sweet, spicy, and low in calories.

**Tip No. 7: Stock your kitchen with healthy, convenient foods.**

Having ready-to-eat snacks and meals-in-minutes on hand sets you up for success. You'll be less likely to hit the drive-through or order a pizza if you can throw together a healthy meal in five or 10 minutes. Here are some essentials to keep on hand: frozen vegetables, whole-grain pasta, reduced-fat cheese, canned tomatoes, canned beans, pre-cooked grilled chicken breast, whole grain tortillas or pitas, and bags of salad greens.

**Tip No. 8: Order children's portions at restaurants.**

Ordering a child-size entree is a great way to cut calories and keep your portions reasonable. This has become such a popular trend that most servers won't bat an eye when you order off the kids' menu. Another trick is to use smaller plates. This helps the portions look like more, and if your mind is satisfied, your stomach likely will be, too.

**Tip No. 9: Swap a cup of pasta for a cup of vegetables.**

Simply by eating less pasta or bread and more veggies, you could lose a dress or pants size in a year. "You can save from 100-200 calories if you reduce the portion of starch on your plate and increase the amount of vegetables," says Cynthia Sass, RD, a spokeswoman for the American Dietetic Association.

**Tip No. 10: Always eat breakfast.**

It seems like an easy diet win: Skip breakfast and you'll lose weight. Yet some studies show the opposite can be true. Not eating breakfast can make you hungry later, leading to too much nibbling and binge eating at lunch and dinner. To lose weight -- and keep it off -- always make time for a healthy morning meal, like high-fiber cereal, low-fat milk, and fruit.

**Tip No. 11: Include fiber in your diet.**

Fiber aids digestion, prevents constipation, and lowers cholesterol -- and can help with weight loss. Most Americans get only half the fiber they need. To reap fiber's benefits, most women should get about 25 grams daily, while men need about 38 grams -- or 14 grams per 1,000 calories. Good fiber sources include oatmeal, beans, whole grain foods, and a variety of fruits and vegetables.

**Tip No. 12: Clean the cupboards of fattening foods.**

If you have chips in the pantry and ice cream in the freezer, you're making weight loss harder than it has to be. Reduce temptation by purging the cupboards of fattening foods. Want an occasional treat? Make sure you have to leave the house to get it -- preferably by walking.

**Tip No. 13: Lose weight slowly.**

If you're losing weight but not as fast as you'd like, don't get discouraged. Dropping pounds takes time, just like gaining them did. Experts suggest setting a realistic weight loss goal of about one to two pounds a week. If you set your expectations too high, you may give up when you don't lose weight fast enough. Remember, you start seeing health benefits when you've lost just 5%-10% of your body weight.

**Tip No. 14: Weigh yourself once a week.**

People who weigh themselves regularly tend to have more weight loss success. But most experts suggest weighing yourself only once a week, so you're not derailed by daily fluctuations. When you weigh yourself, follow these tips: Weigh yourself at the same time of day, on the same day of the week, on the same scale, and in the same clothes.

**Tip No. 15: Get enough sleep.**

When you're sleep deprived, your body overproduces the appetite-stimulating hormone ghrelin but under-produces the hormone leptin, which tells you when you're full. Getting enough sleep may make you feel rested and full and keep you from doing unnecessary snacking.

**Tip No. 16: Understand portion sizes.**

We're so used to super-sizing when we eat out that it's easy to carry that mind-set home. To right-size your diet, use a kitchen scale and measuring cups to measure your meals for a week or two. Use smaller plates and glasses to downsize your portions. Split restaurant servings in half -- making two meals out of one big one. Portion out snack servings instead of eating them directly from the container.

**Tip No. 17: Eat more fruits and vegetables.**

The best "diet" is one where you get to eat *more* food, not less. If you eat more

fruits and vegetables, you shouldn't feel as hungry because these nutrient-rich foods are also high in fiber and water, which can give you a feeling of fullness. Snacking can be a good thing as long as you choose smart snacks.

**Tip No. 18: Limit alcohol to weekends.**

Alcohol contains empty calories: a five-ounce glass of wine has 125, a bottle of beer about 153. Because our bodies don't use those calories well, they usually get converted directly into fat. If you enjoy an occasional drink, consider a compromise. Enjoy your favorite alcoholic beverage on weekends only, with just one drink for women per day, two for men.

**Tip No. 19: Chew sugarless gum.**

The next time you want to grab a fattening snack, reach for some sugar-free gum instead. Chewing some types of gum gives you fresh breath and can also help manage hunger, control snack cravings, and aid in weight loss. (Keep in mind, however, that excess sorbitol, a sugar alcohol sometimes used in low calorie gums, can have an laxative effect in some people.) Although gum might make you eat less, it doesn't mean you can stop eating right. A good diet and exercise are still important.

**Tip No. 20: Keep a food diary.**

A simple pen and paper can dramatically boost your weight loss. Studies show the act of writing down what you eat and drink tends to make you more aware of what, when, and how much you're consuming -- leading you to ultimately take in fewer calories. One study found that people who kept a food diary six days a week lost about twice as much as those who only kept a diary one day a week or less.

**Tip No. 21: Celebrate success (but not with food).**

You lost five pounds this month and walked every other day? Time to celebrate! Rewarding weight loss success really can encourage more success, so revel in your achievements. Buy a CD, take in a movie, and set a prize for the next milestone. Just don't celebrate with a sundae or deep dish pizza.

**Tip No. 22: Get help from family and friends.**

Getting support can help you reach your weight loss goals. So tell family and friends about your efforts to lead a healthy lifestyle. Maybe they'll join you in exercising, eating right, and losing weight. When you feel like giving up, they'll help you, keep you honest, and cheer you on -- making the whole experience a lot easier.

**LEADERS CORNER:**

Our Coordinator, Rosie Smith, sent this information to all leaders - I wanted to make sure you all saw this - if you are ok with all the information below, great. Please check and make sure.

**Coordinator Notes: To All Officers and Members of TOPS and KOPS of MA**

**Resume: Year End Resume's are due on or before January 8th each year. Please make FOUR Copies of the Resume and TWO Copies of Division Winners and Royalty Weight Charts. If you need help with your resume please call myself or your Area Captain.**

**Treasurers:** Please make all **Checks Payable to Rosemary Smith** not TOPS Club Inc. All Chapter checks must have two signatures

**Weight Recorders** Please use **the Chapter Guide Book Pg #49** for Rounding Digital Scales round **only** the **FIRST WEIGH-IN of the YEAR AND THE LAST WEIGH-IN**. Please check that all the information is completed on Weight Charts -Membership Applications,dates, Weights Etc.

**Leaders:** Please fill out the **L-001 Officers Charts** after the Chapter Election in **JULY**. Do not wait until the new Officers are installed. I am strongly encouraging all leaders to fill out a Chapter Designate Form so that you or the Designate member can use their computer to access to the TOPS Web page **Leaders Corner** for Information, Programs and Forms that made are needed immediately. Please let your Area Captain know if you are having any problems getting on line.

**Secretaries** Keep **accurate records and a copy of all correspondence** for the chapter with your weekly minutes. Bring all letters to each meeting for a quick reference of due **dates of events and registration for SRD and Fall Rally**.

**Co-Leaders** Look at all Checks, Forms and Member Application before they are mailed. You are a very **important tool** of your chapter. You have to remember all of the above notes.

**All Members** Please **sign your weight charts** and check them often for accuracy. All TOPS and KOPS need to weigh-in at least one week during the month of December to be eligible for Recognition and Awards.

**KOPS** Please make sure your weight chart is correct before your Chapter sends it to me with the Year End Resume. Check Goal weights and Changes starting dates and starting or highest weights in TOPS Check that your Membership Number and December weights are correct and signed.

**That's it for January - have a great month and a brand new beginning.**

**Gail Lewis - gailistops@verizon.net**