

SEPTEMBER 2014 - TOPS Norfolk and Bristol Counties

Gail Lewis - Area Captain

Hey Everyone.....Imagine Labor Day is here once again and the cool days of Autumn are upon us. As I always say, it's a great time to go for a walk - the cool breeze and crisp fall leaves are here. Enjoy the season.

QUOTE FOR THE MONTH

True courage is facing danger when you are afraid.

- L. Frank Baum

TOPS WEB site:

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

TOPS WALKING CHALLENGE OF ONE MILLION MILES

You will see an update in your next TOPS news as to the total miles that were walked. Thank you to everyone that participated - and to those who did not, maybe next time. Let me just say we went WAY OVER the million miles. Congratulations to everyone.

FALL RALLY

Fall Rally this year will be Saturday, October 18th at the Westford Regency. MA 397 Dracut will be your host chapter - Beverly Sullivan is your chairperson. What fun this will be with the theme, "LET'S GET PHYSICAL". Plan now. If you have not received your chapter packet, you can go on the MA TOPS WEB site and download from there. Let me know if you need help with that. The deadline is in September - time to get those registrations in.

If you are sending in for charms, Ginny Garvey's address has changed to:

96 Richardson Road

No. Chelmsford, MA 01863

CHAPTER NEWS

Did you know our area has 2 Publicity people? Let me tell you who they are: Faith Flaherty from Franklin and Lori Gehan from Somerset. They are working on publicizing TOPS in their areas, a new volunteer position to TOPS (along with them both being leaders). Just a thank you from me to these hard working ladies.

Judy Pettit, our Regional Director, has given us a **GRAT PUBLICITY OPPORTUNITY**. If you know of a place that could use an attractive display box and features stories about successful members in TOPS along with recipes, articles on eating better and moving more, this is for you. Put your thinking caps on. Where could you, as a member, place these? In waiting rooms of clinics, beauty shops, libraries and many more places. If you know of a place, **GET THEIR PERMISSION** to send them this information and send it to me. I will make sure Judy receives the name and address and TOPS will send it directly to the place. This is a great way to get more people into your chapters!!!!

WALK ON THE CANAL

Barbara P and I have planned another walk on the canal - this time it's in September so please make it a point to come. It's a time you can give to yourself and enjoy the company of other TOPS members. Here's the scoop.....

Sunday, September, 7 2014
Cape Cod Canal Walk 10:30 A.M.

We will be meeting at the Sagamore Recreation Area (right behind Friendly's) and walking towards the Herring Run. You can walk as far or as little as would like.

Can't walk a lot? Bring a chair and sit by the canal. If you would like to bring a lunch and a chair we can enjoy a picnic. Water will be provided

Hope to see you !!!!!!!!!!!!!!!

Gail & Barbara

OUR MILLION POUND CHALLENGE CONTINUES!!!!

Directly from Barbara Cady - If each TOPS member gives us a ten-pound loss and each KOPS maintains status for 2014, we will be over a million pounds lighter. Let's do this!!!

ESTER MANZ MEMORIAL GARDEN UPDATE

There is still time to help pave the Real Path of weight loss success!! The next group of engraved stone pavers will be placed in November. Deadline to order stones for this placement is September 29th (see TOPS News

April/May, page 34-35). The next group of engraved stone pavers will be laid in April, 2015.

OFFICER CHARTS

If you have not sent in your new officer master chart to Rosie Smith yet, please drop everything and send it in. SHE NEEDS THIS ASAP even if all officers are the same. Thank You!!!!

INFORMATION

In conjunction with the elections, I will highlight one officer each month and include a brief description of the office. This is all in your new Chapter Manual.....

CO-LEADER

1. The Co-Leader will assist the Leader in the performance of duties.
2. Preside at all meetings in the absence of the Leader.
3. Temporally assume the duties of the Secretary, Treasurer, Weight Recorder or Assistant Weight Recorder in the absence of such officers until a special election or appointment (whichever applies) fills a permanently vacated office.
4. If the Leader resigns, the Co-Leader may fill the slot or a new Leader is elected. Change of Leader/Advisor or Meeting Information (L-23) is to be completed and set to Coordinator immediately.
5. Fulfill other duties as decided by the chapter.

INSPIRATION

What DASH Can Do for You

The DASH Diet can help lower your blood pressure and cholesterol levels, which is good for your heart. In fact, DASH stands for Dietary Approaches to Stop Hypertension, or high blood pressure. Even if you don't have high blood pressure, the DASH Diet is worth a look. It may help you lose weight because it's a healthier way of eating. You won't feel deprived. You'll have lots of vegetables, fruits, and low-fat dairy products while cutting back on fats, cholesterol, and sweets.

Cut the Salt

Too much salt causes fluids to build up in your body. This puts extra pressure on your heart. On DASH, you'll lower your sodium to either 2,300 or 1,500 milligrams a day, depending on your health, age, race, and any medical conditions. Here are some ways to cut back:

Choose low- or no-sodium foods and condiments.
Watch foods that are cured, smoked, or pickled.
Limit processed foods. They're often high in sodium.

Get Your Grains

Eating whole grains like whole wheat breads, brown rice, whole grain cereals, oatmeal, whole wheat pasta, and popcorn is a good way to get fiber. Some fiber helps lower your cholesterol and also keeps you feeling full longer. For a diet of 2,000 calories per day: Eat six to eight servings a day. One serving is a slice of bread, 1 ounce of dry cereal, or $\frac{1}{2}$ cup of cooked whole wheat pasta, rice, or oatmeal (about the size of half a baseball).

Load Your Plate With Vegetables

Vegetables give you fiber, vitamins, and minerals. They don't have a lot of calories or fat -- a good recipe for controlling blood pressure. Have four to five servings of vegetables a day. That's $\frac{1}{2}$ cup of cooked or raw vegetables, 1 cup of raw leafy vegetables, or $\frac{1}{2}$ cup of vegetable juice for each serving. Iffy about veggies? Start by adding a salad at lunch and dinner.

Don't Forget Fruit

Fruits offer lots of fiber and vitamins that are good for your heart. Many also have potassium and magnesium, which lower blood pressure. Have four to five servings of fruit every day. One serving is a medium apple or orange, or $\frac{1}{2}$ cup of frozen, fresh, or canned fruit. One-half cup of fruit juice or $\frac{1}{4}$ cup of dried fruit also counts as a serving. Try adding bananas or berries to your breakfast cereal or have fruit for dessert.

Have Some Yogurt

Low- and no-fat dairy foods are good sources of calcium and protein, which can help maintain a healthy blood pressure. Try to get three servings of dairy every day. Choose skim or 1% milk, buttermilk, and low- or no-fat cheeses and yogurt. Frozen low-fat yogurt is OK, too. One serving equals 1 cup of yogurt or milk, or 1 $\frac{1}{2}$ ounces of cheese -- about the size of three dice.

Go for Lean Meats and Fish

You can still eat meat. Just make sure it's lean. Meats are good sources of protein and magnesium. Skinless chicken and fish are also on the menu. Limit your servings to six or fewer a day. A serving is 1 ounce of cooked meat, fish, or poultry, or one egg. A good rule is to have no more than 3 ounces of meat at a meal -- the size of an iPhone. Limit egg yolks to no more than four in a week.

Add Nuts and Legumes

Nuts, legumes, and seeds are rich in magnesium, protein, and fiber. Walnuts are full of omega-3 fatty acids, which may help lower your risk of heart disease. Enjoy as many as five servings of these foods each week. That's 1/3 cup of nuts, 2 tablespoons of seeds, or a 1/2 cup of cooked dried beans or peas in each serving. Grab a handful of seeds or nuts as a snack. Or add beans to your salads or soups.

Cut Back on Fats and Oils

Eating too many fats can cause high cholesterol and heart disease. With DASH, you'll limit fats and oils to two to three servings a day. A serving is 1 teaspoon of margarine or vegetable oil, 1 tablespoon of mayonnaise, or 2 tablespoons of low-fat salad dressing. When cooking, use vegetable oils like olive or canola instead of butter.

Watch the Sweets

You don't have to skip all sweets. But you should try to have five or fewer servings a week. That's 1 tablespoon of sugar or jam, 1 cup of lemonade, or 1/2 cup of sorbet at a time. Choose sweets that are low in fat, such as gelatin, hard candy, or maple syrup. Instead of high-fat desserts, try having fresh fruit over low-fat ice cream.

Get Enough Potassium

Potassium is another important part of the DASH diet. Getting enough of this mineral may help lower your blood pressure. It's best to get potassium from food instead of supplements. Aim for 4,700 milligrams (mg) a day. Try these potassium-rich foods:

Potato: 926 mg

Sweet potato: 540 mg

Banana: 420 mg

Avocado (1/2): 345 mg

Cooked spinach (1/2 cup): 290 mg

Getting Started on DASH

DASH isn't hard to follow, but you'll have to make some changes. Start by keeping a food diary for a few days and see how your diet stacks up. Then start making changes. You'll aim for around 2,000 calories a day. It may vary some depending on your body and how active you are. Ask your doctor for advice.

That's it for September - have a great month!!!

Gail Lewis - gailistops@verizon.net