

JANUARY 2015 - TOPS Norfolk and Bristol Counties

Gail Lewis - Area Captain

Hey Everyone: HAPPY NEW YEAR TO ONE AND ALL - Let's start the year off right and make a little New Years Resolution.....like weighing a little less next year at this time!!! We can do it - a brand new year is ahead of us and we are worth it. Are you with me?

RESUME WORKSHOP

Hope to see EVERY chapter either at one of the two meetings!!

You can come to either meeting or send your resume to me before the 10th.

Saturday, January 10, 2015 9AM to noon At Gail Lewis' house

(46 Elm Street in East Bridgewater, 02333)

508-378-0459

Sunday, January 11, 2014 10AM to noon At Barbara Pacheco's house

(7 Autumn Way Buzzards Bay, MA 02532)

508-833-8805

Clarifications - for TOPS News

Just a few clarifications, in case you were wondering:

- E-cigarettes are considered as smoking and thus, are not allowed at meetings.
- If a chapter does not wish the Leader and Treasurer to reside in the same household, the chapter should not elect them. This qualifier may be placed in the chapter's bylaws.
- If a chapter of fewer than ten members does not wish one member to hold two officers, members should not elect the same person to the offices. This qualification may be placed in the chapter's bylaws.
- Adult members who are not spouses or legally blind may not enroll or renew without TOPS News at half price.
- Because so many people have respiratory allergies, chapters may want to consider adding to their bylaws a statement requesting members not wear scents and fragrances at meeting.

INFORMATION

Here are results of a poll on the internet- where do you fit?

Happy 2015, everyone! Every year we conduct a poll on New Year resolutions and most of us have pledged to become slimmer and fitter. Last year 41% said they would exercise more, this year 57% want to lose weight.

Here are the results of our poll:

57% say they intend to lose weight & become fit

20% hope to find a better work-life balance

12% want to make people they care about realize that they are special

7% want to watch less TV and read more books

5% want to spend less time on social media

INSPIRATION

Ok - now, for those of you that may want to make a new years resolution, here are some helpful hints on how to be successful in what ever your resolution may be. Read on.....

Chances are at some time in your life you've made a [New Year's resolution](#) — and then broken it. This year, stop the cycle of resolving to make change and then not following through. If your [resolution](#) is to take better care of yourself and [get healthy](#), you will have a much better year if your resolution sticks. Here are 10 tips to help you get started.

1. Be Realistic

The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to NEVER eat your favorite food again is setting you up to fail. Instead, strive for a [goal that is attainable](#), such as avoiding it more often than you do now.

2. Plan Ahead

Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mindset that particular day. Instead, it should be planned well before December 31 arrives.

3. Outline Your Plan

Decide how you will deal with the temptation to skip that exercise class or have that piece of cake. This could include calling on a friend for

help, [practicing positive thinking](#) and self-talk, or reminding yourself how your “bad” will affect your goal.

4. Make a “Pros” and “Cons” List

It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

5. Talk About It

Don't keep your resolution a secret. Tell [friends](#) and family members who will be there to support your resolve to change yourself for the better or improve your health. The best-case scenario is to find a buddy who shares your New Year's resolution and motivate each other.

6. Reward Yourself

This doesn't mean that you can eat an entire box of chocolates if your resolution is to eat a better diet. Instead, celebrate your success by treating yourself to something you enjoy that doesn't contradict your resolution. If you have been sticking to your promise to eat better, for example, reward yourself with [new fitness clothing](#) or by going to a movie with a friend.

7. Track Your Progress

Keep track of each small success. Short-term goals are easier to keep, and each small accomplishment will help [keep you motivated](#). Instead of focusing on losing 30 pounds, focus on losing the first five. Keep a food journal to help you stay on track, and reward yourself for each five pounds lost.

8. Don't Beat Yourself Up

[Obsessing over the occasional slip](#) won't help you achieve your goal. Do the best you can each day, and take one day at a time.

9. Stick to It

Experts say it takes about 21 days for a new activity to become a [habit](#) and six months for it to become part of your personality. It won't happen overnight, so be persistent and patient!

10. Keep Trying

If you have totally run out of steam when it comes to keeping your resolution by mid-February, don't despair. Start over again! Recommit yourself for 24

hours. You can do anything for 24 hours. The 24-hour increments will soon build on each other and, before you know it, you will be back on track.

What are your 2012 goals? Share them in the comments section below, and start getting support now!

That's it for January - have a great month!!! HAPPY NEW YEAR

Gail Lewis - gailstops@verizon.net