

## **APRIL 2015 - TOPS Norfolk and Bristol Counties**

### **Gail Lewis - Area Captain**

Hey Everyone: Happy SPRING!!! The temperature doesn't prove spring but it's really here. I can finally see some grass under mountains of snow and my I am confident that my crocus will come up soon!! Enjoy - hope to see so many at SRD and at upcoming workshops. Have a great month.

### ***INSPIRATION WORKSHOP***

First, thank you to everyone who attended our workshop on Saturday, March 7<sup>th</sup>. Fun was had by all. The weather was pretty good, considering how snowy this winter was. I do hope and pray that is all behind us now.

New Inspiration Workshop news: AM will be focus on Officers and the PM will be inspiration - in between is LUNCH. Plan on coming - it will be fun.

**SATURDAY MAY 30, 2015**

**PLACE: COMMUNITY COVENANT CHURCH**

**400 PLEASANT STREET EAST BRIDGEWATER 02333**

**TIME: 8:30 REGISTRATION 9:30 START**

**COST: \$7.00 PER PERSON (LUNCH INCLUDED)**

We will be serving lunch. If you need a special type of food please feel free to bring it. Plan to join us !!!!!

**Please let us know by May23rd how many will be attending from your chapter so we have an idea how many lunches to prepare.**

**Wavering Wanda.....gailistops@verizon.net 1-508-378-0459**

**Sensible Samantha.....bptops@aol.com 1-508- 833-8805**

At this workshop we are planning to have a panel discussion with members sharing their success and weight loss tips with us.

If you would like to talk about your journey from then until now please contact either Gail or myself. If anyone else would like to share their story contact us.

There will also be an officer's workshop. We will break into groups and answer questions and give you handouts. We will also be talking about how to make our chapters GREAT. Everyone is welcome - you do not need to be an officer to attend.

### ***AC PROGRAM***

Thank you all for inviting me to your chapter the past 4 years - I have to say visiting is my favorite part of this job. I've been able to visit every chapter every year since I started this position.

Now....I'm asking you again. I'd like to schedule a visit when it's convenient with you....and just give me a chance to make sure I can honor it.

Sometimes it requires me to change my schedule for work but so far no huge issues.

Let me know what's best for you....or give me a couple dates....and we'll make it happen. Thanks again....you are all a pleasure.

### **INFORMATION**

I loved this article that I cut out of a calendar TOPS put out a few years ago. It still applies today.

### **DON'T LET A LITTLE SLIP DERAILED YOU**

When you are making a healthy lifestyle change such as starting to exercise regularly, adopting a new habit is only half the battle. The other half is sticking with it for the long haul. A little backsliding now and then is common but an occasional slip doesn't have to turn into a total relapse.

*OOPS - YOU SLIPPED* - When a stressful or demanding situation comes up, resist the temptation to fall back into an old habit;. An example would be sticking to an exercise routine that's thrown off track by an illness or a vacation.

*GET BACK ON TRACK* - Don't let a slip undermine your faith in yourself. A study found that relapse among ex-smokers was linked to low self-

confidence about their ability to stay smoke-free. Try asking yourself what went wrong. Use that information to plan for future challenges. For example, if you broke your diet plan after a bad day at work, plan a healthy way to relieve stress in the future, such as taking a walk. The next time you run into a similar situation, you'll be better prepared to cope with it successfully.

**That's it for April - have a great month!!!!**

**Gail Lewis - [gailstops@verizon.net](mailto:gailstops@verizon.net)**