

JUNE 2015 - TOPS Norfolk and Bristol Counties

Gail Lewis - Area Captain

Hey Everyone: Summer is just around the corner if you can believe it. Is everyone ready for bathing suit season? Well, not me but I don't' think I'll ever be that ready for it!!! Get out and enjoy the great weather out there and get some exercise fun in.

INSPIRATION WORKSHOP

Thank you to everyone who came out and made this spring's workshop a success. I consider it a success when you all come out, get something out of it, and bring that enthusiasm back to your chapters. For any chapter not at the workshop, I will give you a couple hand outs from it when I come to visit your chapter with the AC Program. Thanks for your support. We are planning our next one in September....more news on that next month.

AC PROGRAM

OK - I'm planning my visits, have a few already booked - let me know what's best for you....or give me a couple dates.....and we'll make your visit happen. This is my favorite part of being an AC - it's getting to see all of you. Email me or call me on my cell.....thanks!!

ELECTIONS

It's funny to say this time of year, but it's coming up on Election time. Elections should be held in July and new board takes over in August. TOPS News has a big article in the June/July magazine on elections. Please take the time to check it out and if you have any questions, please ask BEFORE you have your elections. Thanks again.

INFORMATION

I think every time I turn around, someone else is talking about Clean Eating and it gets a little overwhelming to me. What do I do? What don't I do? I just throw up my hands and say the heck with it. Well, I read this short little article in a Health News Letter that I receive from my Insurance company every month that talked to me in a way that I got it. I'm sharing this little article with you - hopefully it will give you a few tips to help you out as well.

THE EASY WAY TO CLEAN EATING

Clean eating isn't some new fad diet - it is a lifestyle based on cutting out processed products and consuming foods in their whole and intended state.

Almost all processed foods contain flavor enhancers, which have been extracted and isolated from their natural state, refined and added to these manufactured foods. Ingredients such as monosodium glutamate (MSG) and high fructose corn syrup are two examples.

The idea of clean eating is to stick to foods with few ingredients and focus on low-fat proteins, fruits and vegetables; and fermented foods such as yogurt and sauerkraut. Many clean eating plans also include complex carbohydrates, such as brown rice, quinoa, buckwheat, sweet potatoes and whole-grain pastas and breads.

Things to avoid include refined sugar, high-fat meats, processed foods, candy, soft drinks and trans and saturated fats.

What is the possible benefit of clean eating? Your blood sugar levels may remain on a more even keel which may cause less strain on your body's systems and help you to feel fuller longer.

Small steps toward clean eating can make a big impact. Choose:

- A fresh apple instead of juice or sodas
- A salad with avocado, nuts and vinaigrette instead of a sandwich on white bread.
- Sweet potatoes instead of white potatoes.

That's it for June (yes, short and sweet).

Have a great month. Let me know if you need anything.

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