

**January 2016 - TOPS Norfolk and Bristol Counties**  
**Gail Lewis - Area Captain**

**QUOTE FOR THE MONTH:** No one can ever stop you from setting a goal....and keeping it.

Happy New Year to all - think of a new year as a new book in your life, each month a new chapter, and you are in control of what is written on every page. Make it exciting, fun, fulfilling and worth repeating!!!!

***RESUME WORKSHOP***

Just a reminder on Resume Workshops.....this weekend.

**Sat. Jan 9th at my house 9:00 AM**

**Sun. Jan 10th at Barbara's house 11:30 AM**

This workshop is for everyone that has to do a resume for the chapter. If you come (or get your resume to us), we need it no later than January 10<sup>th</sup>. If you are not planning on coming, you need to have your resume sent to Rosie by Friday, January 8<sup>th</sup>. Let me know what you'll be doing. Hope to see all of you at one of the workshops.

***SRD UPDATE***

Everyone here is in the same boat.  
Take up your anchor and stay afloat.  
Together we all can succeed.  
TOPS provides the support we need.

Tops SRD Buccaneer Bash- Friday APRIL 1 & Saturday APRIL 2.  
Sea Crest Beach Hotel, 350 quaker road, North Falmouth, MA

One eyed jack, peg leg pete and all the scallywags

Will be awaiting your arrival

don't be late...or ye walk the plank!!!

Packets will be mailed out in January

IF YOU WOULD LIKE TO BE INVOLVED, PLEASE EMAIL ME OR CALL -  
WE WOULD LOVE TO HAVE YOUR HELP. Thanks in advance.

## MESSAGE FROM BARBARA CADY REGARDING TOPS PLEDGE

This facts sheet was created by Barbara Cady in December to clarify any questions members had on changes for the TOPS and KOPS Pledges.

### Facts on Change to TOPS & KOPS Pledges

☑ The TOPS Club Inc. Board of Directors receives feedback of all kinds regarding the TOPS and KOPS pledges on a regular basis and has been discussing the pros and cons of the pledge in light of this member feedback for many, many years.

☑ Members were invited to participate in a survey regarding the pledge in the June/July 2015 issue of *TOPS News*.

○ Notices regarding the pledge survey were emailed and/or snail mailed to all Field Staff for dissemination to chapter Leaders and/or Web Designates.

○ Links to the survey were also posted prominently in the Members Area of the website for more than two months and posted to the Official TOPS Club Facebook page on multiple occasions.

☑ Results of the survey were published in the October/November 2015 *TOPS News* alongside an article about the history of the TOPS Pledge. Two representative member responses regarding the pledge were also published in the Members Voice section of that issue.

☑ 75% of survey respondents indicated they were open to changing/updating the pledges.

☑ The survey sparked many member comments, which members shared by posting on the Official Facebook page and by mailing or emailing comments to Field Staff, the Board of Directors or Headquarters.

☑ Every single comment from members was read and taken into consideration by the Board of Directors, along with results of the member survey done earlier this year.

☑ Based on this feedback, the Board voted to remove the phrase "Although I overeat in private, my excess poundage is there for all the world to see" from the pledge during the regularly scheduled Board meeting in November 2015.

## INSPIRATION

### GO FOR GOALS IN 2016

Clearly stated goals provide focus and motivation for helping you be the healthy best you can. Set some realistic and achievable wellness goals.

- Make your goals specific and measurable. For example, "Exercise five days a week for at least 30 minutes" instead of "Get more fit".
- Write down your goals and an action plan. See examples below.
- Track your progress in a calendar, planner or journal.

## SETTING GOALS FOR WELLNESS

Setting goals and creating action plans for them help you determine your priorities and provide you with direction. Goals are just as important for wellness as they are for other aspects of your life such as work or finances.

- Be realistic when setting goals. Losing 50 pounds in a month is not realistic but perhaps losing 50 pounds in a year is.
- Remember to set goals that are specific and measurable.
- State each goal in positive terms. For instance, instead of saying "My goal is to not have high cholesterol", say, "My goal is to get my cholesterol levels within the recommended ranges."
- Write down your goals and action plans.
- Set some challenging but reasonable milestones along the path toward your ultimate goal. If your goal is to run a 5K race, have one kilometer be your first milestone, then two, and so on.
- Determine a healthy reward for eaching each milestone that you set.
- List any obstacles that might come up during your journey and think of ways to overcome them. For example, if you travel for business, a solution would be to bring healthy snacks with you as well as read restaurants' menus online ahead of time to find the best options.
- Think about what you will gain by accomplishing your goals. Put these thoughts in writing and look at them when you feel you could use a morale boost.
- Be aware of triggers that cause you to slip into old habits and try to stay away from them.
- Review your goals on a regular basis. Give yourself permission to change them based on changing circumstances. You even might be able to expand the goals.

That's it for January. Let me know if you need anything.

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