

June 2016 - TOPS Norfolk and Bristol Counties
Gail Lewis - Area Captain

INSPIRATION WORKSHOP

Thank you to all who came to our last Inspiration Workshop. A special thank you to all our speakers - Robb Topolski, our 2015 Massachusetts King, Dale Powers, leader of MA 240 Abington, Diane Trayah, Area Captain from Middlesex County PM chapters and Marilyn MacNamara from Duxbury chapter (contests). We did have a good time.

If your chapter would like to host an Inspiration Workshop for early fall, please reach out to me - would love to visit another place for our workshops.

CHAPTER VISITS

Thank you, everyone, for making my visits an easy thing. I do also appreciate your generous "gas money" from your chapter. Every little bit helps. Hopefully I'll get to all chapters by the end of June.

OFFICERS CHART

Form L-001 is the Officers Chart that all chapters will need in July for elections. I will copy that to you in July as well. Please be sure to hold your elections in July and as soon as they are done, please be sure to fill out the attached form and send into Rosemary Smith. To save postage, you can scan and email it to me - I will make sure she receives it. Very important to be sure you fill it out and send it in. Please also be sure to include your chapter scale maximum weight on that form. Also include your chapter Designate and their email address. All chapters should CAN have another person added to have access to the leader's information. Take advantage of that - it's a great tool. Headquarters is looking for that information as well. Thanks in advance.

INSPIRATION

Healthy Summer Cookout Tips

Summer is here, and we all know what that means: cookouts, road trips, and long days at the beach! Americans are outside more hours and exercise more often during the summer. And when our bodies are happy, we're more likely to be.

So why do we find ourselves so tired in the summer? Why the almost irresistible urge for a Sunday afternoon nap - even on a gorgeous day? The problem is many of us are so focused on what's *outside* that we just don't think about what we put *inside* our bodies in the summer!

The key to staying energetic and healthy is to ensure that everything you put in your body lines up with the "Four H's" . . . it needs to be **Hygienic, Healthy, Hydrating** and **Hearty**. By observing the Four H's, you give your body the fuel it needs to stay both healthy and energized. When you start to let them slip, you'll notice a decline in energy ... and maybe even your health.

Do you need just a little more energy to enjoy these waning days of summer? Are you itching for long-term energy, so you're not living from energy boost to energy boost? In this column, we'll help you do just that - to maximize your summer fun!

KEEP IT HYGIENIC

According to the National Cattlemen's Beef Association, consumer beef demand increased 10.4 percent from the first to second quarter of 2004. And although eating beef in moderation is not a problem for your body, make sure you keep it hygienic. A little contamination here and there may not send you to the hospital - but it will keep your body fighting back, sapping precious energy away from the loved ones you need it most for.

- Never let food sit out for more than two hours. When the temperature is over 90 degrees, put it away after one hour. It's easy to forget the leftovers - but when the food comes off the grill, start your timer!
- Wash, wash, wash! Your hands, your utensils, your plates - keep everything clean. Never use the same plate to hold raw and cooked meat.

- Preheat your grill at least 20 minutes before using it. Not only does this warm up the grill - it kills germs lingering from last week's barbecue.

KEEP IT HEALTHY

It goes without saying that a healthy diet is important - but somehow, that's the last thing on our minds when we make our way to the cookout. Like most Americans, when you geared up for that last trip, you probably filled your picnic basket with potato chips and cookies...

- Vegetables taste great and go with any meal - particularly a barbecue. (No, potato chips don't count!) Make sure you have plenty of lettuce and tomato for your burger buffet, and fill up on salads as much as the beef.
- Supplement your food - even the most well-planned diet can fail to supply all of your body's needs. Find high quality vitamin and mineral supplements to complement your diet. And, try Royal Jelly, a natural substance from the beehive many people use for added energy, stamina, and vitality.*
- Be creative! Instead of a steak-and-burgers cookout, grill lamb with vegetable Kabobs. You'll be surprised at what works - and keeps the summer mood strong.

We are what we eat - no matter what time of year! If you keep your intake Hygienic and Healthy, you'll give your body the fuel it needs to be its best.

KEEP IT HYDRATING

When we get tired, the last place we point our finger is dehydration. And yet, dehydration is one of the leading causes of fatigue. Water is the most important nutrient (yes, nutrient) your body needs, and those hours in the sun make it even more important to get that water.

- Don't mistake thirst for hunger. Next time you think you want another round of potato chips, grab a glass of water instead. Chances are that's what your body really wants.

- Avoid sodas and coffee. An ice-cold Coke might go perfectly with that medium-rare Angus burger you've just sunk your teeth into... but the caffeine and sugar detract from the hydrating value of the water. If you can't bear the thought of going without, try a caffeine-free alternative.
- Avoid alcohol. Like caffeine, it doesn't give your body the water it needs.

KEEP IT HEARTY

Too many Americans are overeating. The solution is not forcing yourself to eat less! Rather, you need to eat more *hearty* meals. Here's why: your body craves good nutrition, whether you're eating well or not. If you eat less hearty food - snack foods, junk foods, or low-protein foods - your body is not satisfied for long. That's when you reach for the snack food - the food that holds your appetite off but doesn't really satisfy. So if you're not in college . . . don't eat as if you are!

- At work or play - reach for the salad, not the potato chips. "Junk snacks" will fill your stomach without feeding you, and you'll be worse off for it.
- At home - break out the crock pot! If you find yourself "on the go", stews and other crock pot meals are quick and easy to throw together in the morning, and satisfy in the evening. The slow cooking process locks the flavor in with the nutrition.
- Anywhere - supplement your food! Even a hearty stew doesn't give your body all that it needs. Taking vitamins and nutritional supplements daily will help you sustain a "hearty" diet. And, try joining the hundreds of thousands of people who use Royal Jelly, a natural substance from the beehive that can help provide added energy, stamina, and vitality.*

Make the Four H's a habit to enjoy sustainable energy. A healthier lifestyle helps you feel alive! Make a habit of the Four H's . . . today!

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