

## July 2016 - TOPS Norfolk and Bristol Counties Gail Lewis - Area Captain

### THOUGHT for the Month:

"People say that losing weight is no walk in the park. When I hear that, I think, yeah, that's the problem". Chris Adams

### JOKE of the Month:

Why did the Bicycle fall down?

It was Two Tired..... (whaaa, whaaa, whaaa)

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

### ***OFFICERS CHART - ELECTIONS***

NOTE: The form indicates you send this to headquarters - please DO NOT send there. Send all completed forms to Rosemary Smith - she will in turn get a copy to me and to headquarters. Thanks in advance for that.

ALSO - current leaders are able to run for another year without permission from Coordinator Rosemary Smith. Please know they DON'T HAVE to run, but may without any additional permission.

Form L-001 is the Officers Chart that all chapters will need in July for elections. 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 CAN and SHOULD 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.

***10 losses in a row***.....Congratulations go out to Debbie Simpson at MA 212 Weymouth with 10 losses in a row...and counting. Gave me incentive

to string some together as well.....how about you? Deb, when you read this, I've got 5 in a row....and counting. Thanks for the push!!!!

## ***INSPIRATION***

This article was part of two emails I received from Headquarters (I signed up for it, it goes weekly to my email address and I find tips always help me). I wanted to share them with all of you as well.

It's summertime and the cookouts are in full swing. Typically, you can expect some not-so-healthy foods and calorie-rich treats. However, there are ways to make your cookout plate lighter while still enjoying some delicious foods.

### **5 Tips for a Healthier Cookout**

- Start off by filling your plate with half fruits and vegetables.
- Remember portion sizes matter. You can save around 180 calories if you choose a 1/2 cup of potato salad instead of one cup.
- Bring a healthier dish or side you know you can enjoy. It never hurts to give yourself and others another healthier option.
- If you plan on enjoying a brownie or potato chips, skip the bun for your burger.
- Most people tend to eat a little more at gatherings and cookouts, so plan ahead. Squeeze in some extra activity or enjoy a lighter breakfast, for example.

Staying on track with your healthy lifestyle in the summer can be difficult. But there are several things you can do to help set yourself up for success.

## **5 Tips to Stay on Track This Summer**

- **Set goals for each month.** Goals may include being active at least 3 days a week, keeping a food journal (including one weekend day) or trying a new exercise or meal every week.
- **Stick to a routine as much as you can.** Go to bed and get up at the same time every day.
- **Plan for exercise.** If you know you have an event after work, and can't make your normal evening workout, make time to exercise in the morning. Don't skip it altogether.
- **Partner up!** Ask a friend to stay on track with you this summer. Check in weekly with one another and exercise together whenever possible. Having a partner can make exercise more enjoyable and can help hold you accountable.
- **Plan out meals ahead of time.** The summer can be very busy and you may be in a rush with little time to make a healthy snack or meal. Preparing some healthy foods, like pre-cut veggies, to have on hand will help keep you on track.

### ***SPECIAL NOTICE ABOUT AN UPCOMING RETREAT:***

Dear Leaders,

*Thanks for talking with your members about attending this retreat!*

This TOPS Co-Ed Retreat has openings for 22 additional members - men or women 18 years of age and older. Cost: \$475.00. Please register by September 1<sup>st</sup> if possible.

**October 9-14, 2016**

**Rockfish Camp Retreat Center**

**Parkston, NC**

**[www.camprockfish.org](http://www.camprockfish.org)**

Summer is almost upon us and fall will be here before you know it.

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Give yourself or a TOPS friend what could be a life-changing gift by attending this TOPS Retreat near you.

Retreat Director: Deanna Bies

Phone: (605) 390-0812

Email: [tops4ever@svtv.com](mailto:tops4ever@svtv.com)

*Don't delay... Register today!*

*Complete details on the retreat and registration form may be downloaded from TOPS website: [www.tops.org](http://www.tops.org) or by sending or faxing the coupon from TOPS NEWS to:*

**US Registrar: Laurie Blada**

**Email: [lblada@tops.org](mailto:lblada@tops.org)**

**Fax: (414) 482-3955      Phone: (414) 482-4620**

**TOPS Club, Inc., P.O. Box 070360**

**Milwaukee, WI 53207-0360**

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