

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

QUOTE FOR THE MONTH:

..... **Christmas Gift Suggestions**.....

To your Enemy.....forgiveness

To your Opponent.....tolerance.

To a Friend.....your heart.

To a Customer.....service

To all.....charity

To a child.....a Good Example

To yourself.....respect

CUTE JOKE for the Month:

Question: What kind of music do Santa's Elves love the most?

Answer: WRAP!!

RESUME WORKSHOP

We are holding a resume workshop again this year - the first weekend of January. We are giving everyone the choice of where to go - makes it easier on you (and your time) and us (so we can help everyone individually where needed).

Saturday, January 7th - 9 AM to noon - it's like a "Come When You Want" - not everyone needs to be there at 9 - pick the time best for YOU.

Saturday will be at my house - 46 Elm Street in East Bridgewater
(508)378-0459 in case you get lost.

Sunday, January 8th - 10 AM to 1 PM - same rules - come when it's best for you - Sunday is at Barbara Pacheco's house - 7 Autumn Way in Buzzards Bay
(508)833-8805

Both Barbara and I will be at both workshops so feel free to go to the closest or most convenient. We do need to know where you are going. If you are a pro and have done the resume for a long time, you can do it at home but please send it to either Barbara or myself. We would like to make sure they are all complete, we calculate the totals to help Rosie and send them all to her together. This helps our MA Coordinator a lot to get them all on time. Please call or email if you have any questions.

INSPIRATION

Here is something I received from TOPS - I thought it was excellent. Feel free to share with your chapter.

The holiday season can make staying on track difficult. Many of us become so busy that it can be easy to lose focus on ourselves and our goals. Having a plan is a great way to stay focused and keep on track with your healthy lifestyle goals.

5 Tips for Staying on Track this Holiday Season

- Focus on maintaining your current weight during the busy holiday season. It's not only an attainable goal, but also a victory to make it through all the holiday hustle and bustle without gaining.
- Make a calendar and select the days you plan to work out. Also be sure to mark the days you have a party or event. This will help you plan ahead.
- Take some time each week to prepare some meals and snacks. This way, if your day becomes unexpectedly busy, you already have healthy meals and snacks ready to go.
- Fit in extra activity whenever and wherever you can to get more steps in your day. Choosing the bathroom farthest away and parking farther from entrances are just a couple of ideas.
- If you are attending a party or gathering, offer to bring something. This creates the opportunity to bring along a healthy option for yourself and others. If you are unable to bring something to share, be sure to stay on track with your meals ahead of time to give yourself a little wiggle room later

Have a Wonderful Holiday Season....Merry Christmas and let's plan on a Happy and Healthy New Year.

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That's it for December AND 2016. Let me know if you need anything.
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