

FEBRUARU 2017 - TOPS Norfolk and Bristol Counties
Gail Lewis - Area Captain

QUOTE FOR THE MONTH:

Happiness starts when you stop comparing yourself to others.

HELLO FEBRUARY

Please, be good to me

CHAPTER NEW MEMBER COACH

Does your chapter have a Chapter New Member Coach? If you are asking yourself, "What is Gail asking us now?", then your answer is probably no. This is an awesome job for someone in your chapter that loves people, can easily talk to new people, and help those with questions get answers. This position is assigned by the leader - it is not an elected office. Is there someone in your chapter that fits the job? To know more about this job, see page 36 in your **MAKING YOUR CHAPTER GREAT** Chapter Manual. It will tell you all about it. I'd really like to see a new member coach in all chapters over the next month. Can you do that?

JUDY PETTIT CHALLENGE - THE BLUE RIBBON CHALLENGE

How is your chapter doing with Judy's challenge? There are so many ways you can get credit and it's a fun way to help your chapter be successful. I've attached it to this newsletter - check it out and see where you stand. I will attach the form AND it will be copied at the end of this newsletter.

PUBLICITY IN YOUR AREA

What does your chapter do to let people know that you are there? Have you used any items from the section on the TOPS website that helps you promote your chapter?

In speaking with Barbara P, she has had some really great success stories about new articles that hit the papers AND the internet. Reach out to your local newspapers and see if they are interested.

Let me know what your chapter is doing to spread the news about TOPS and the wonderful things you do. I am here to help you also. If you are interested in some extra support and some new ideas on how to promote your chapter, please get in touch with me. I am here to help! I can help!

COMING THIS MONTH

The Chapter Manual is currently under revision. Upon completion, each chapter will receive a free copy. A coupon for a second free manual shall be included in the February chapter mailing that goes to Chapter Leaders. Don't forget to return your coupon to TOPS Headquarters by the deadline so you can receive your additional free copy to be available for use by the Weight Recorder and other members of the chapter. Free is always great!!

INSPIRATION

This is a great publication that came from TOPS - please share with your chapter.

February is Heart Month, but your heart isn't the only thing you should be taking care of. This month we want to shine the spotlight on loving yourself. Take care of your heart, your body and your mind.

5 Tips for a Healthier Heart, Body and Mind

- Watch your sodium intake. When cooking a meal, replace salt and sodium with herbs and spices to add flavor.
- Mix up your routine. You don't have to do the same thing every day. Just 30 minutes of regular, moderate exercise like walking, biking or water aerobics can help.
- Eat more fruits and veggies. Focus on berries and leafy green vegetables such as spinach and broccoli.
- Pamper yourself. Take time to relax in the tub with some Epsom salts. This can also help relieve sore muscles.

- Dress up. Looking good makes us feel good and you don't even need a special reason to do it. Put on your favorite outfit, look in the mirror and tell yourself how fabulous you are.

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

Gail Lewis (508) 577-9460 gailistops@verizon.net



BLUE RIBBON CHAPTER AWARD
 All participating chapters will be recognized at SRD 2017
 From January 1, 2016 thru December 31, 2016



Chapter name and number # _____

Return form to: Judy Pettit, 523 N. Main St., Gloversville, NY 12078 by 1/31/2017

We welcomed new members this year. Yes ___; How many? ___; No ___

We have an active new member coach who welcomes, supports, and answers questions for new members. Yes ___ No ___

We provide each new member with a copy of "My Day One" and the TOPS Rules and explain how to use these great tools. Yes ___ No ___

We presented TOPS Chapter Programs. The following were used:

We used the following TOPS materials and certificates from the TOPS Website

We awarded weight loss achievements: Weekly _____ Monthly _____ Yearly _____

We called "No Meetings" only when forced to do so by weather, problems with meeting space or holidays. Yes ___ No ___

We have KOPS in our chapter Yes ___ No ___

We award our KOPS regularly by _____
 (If more space is needed, please use back of form)

We include our KOPS in contests Yes ___ No ___

Our newest KOPS reached goal on _____

We invited our Area Captain to participate in our meeting on _____

We invited our Coordinator to participate in our meeting on _____

We attended and took part in the following area events:

Walks Yes ___ No ___

Health Fairs Yes ___ No ___

Fall Rally Yes ___ No ___

Inspiration Day/Workshop Yes ___ No ___

Officer Workshops Yes ___ No ___

SRD Yes ___ No ___