



**Chapter Chit-Chat 2016  
Barnstable & Plymouth Counties  
Barbara Pacheco...7 Autumn Way Bourne, MA... 508-833-8805...  
e-mail [bptops@aol.com](mailto:bptops@aol.com)**

A guy bought his wife a beautiful diamond ring for Christmas. After hearing about the extravagant gift, a friend of his said, "I thought she wanted one of those sporty four wheel drive vehicles" She did, he replied, "But where was I going to find a fake Jeep?"

Resume workshop dates are Sat. Jan 7<sup>th</sup> at Gail's house and Sun. Jan 8<sup>th</sup> at my house 10:30 AM. Please call or e-mail and tell me which one you will be attending contact information above.

**WEIGHT LOSS CHALLENGE.. SIGN UP THIS MONTH**  
**Leaders..... Please encourage your members to participate.**  
**I will have to cancel if I don't get enough members interested.**  
**Call or e-mail this month with the names**

Weight loss competitions are a good way to motivate people to lose weight. However, going strictly by pounds lost is not fair to all participants. We will be calculating an average percent weight loss among chapter teams.

**This is volunteer only....any number of members from a chapter can sign up. THE MORE PARTICIPANTS THE MORE MONEY\$\$\$\$\$\$**

Every participant puts in \$1.00 and I will match money received. The first weigh-in will be the first week of January 2017 and the last weigh-in will be the last week of June 2017.

**Invest a dollar in yourself and your commitment to lose weight in 2017. Your chapter could be the winners if you're the losers!!!!!!**

## HOLIDAY TIPS

One-off indulgences do not cause weight gain; weight gain is caused by gradual, sustained increases in daily calorie intake - an extra biscuit here, a large glass of wine there, and so forth. Here's some examples of the most common party-season habits that are conducive to weight gain so you can act now to avoid the extra pounds that seem to appear mid-January.

**Going to parties hungry....**A common mistake is overindulging on high-fat pastries, chips and dips while waiting for the "real" food to arrive. Avoid overeating at cocktail events by ensuring you do not arrive at an event starving. Have a filling snack 60 to 90 minutes before you go, such as an apple and cheese and wholegrain crackers or a handful of nuts.

**Ditching the exercise....**Make it a priority to maintain gym commitments, regular walks to compensate for the extra food you'll be eating.

**Overindulging too early in the season...**Try to differentiate "special" occasions from run-of-the-mill drinks with acquaintances. This way you can indulge when there is a truly special occasion but keep on track with good habits for the weeks beforehand.

**Buying too much food...**shelves stocked with excessive amounts of snack food, chocolates and candy are a recipe for disaster. Purchase only what you need and try to avoid large boxes.

**Snacking on poor-quality nibbles...**Good-quality cheese, seafood, nuts and chocolates bring much taste and enjoyment to the palate, while cheap crackers, pastries and chips do not. Savour the experience of eating good-quality food occasionally rather than stuffing your face with high-fat snacks.

**Eating everything on offer...**Next time you are at a party, pay attention when it comes to food choices. Each time food comes around ask yourself: "Do I really feel like eating this?" It's often all you need to keep in control.

**Overindulging in alcohol...**The festive season should not be seen as an excuse to forget your personal limits with alcohol. Try to have two alcohol-free days each week, drink plenty of water and avoid high-calorie mixers such as juice, soft drink and flavored drinks.

**Letting Christmas run until January...** Get back on track with your usual diet and exercise habits by January 2 or, before you know it, February will be here and the extra Christmas weight will be with you for the rest of the year.

**Choosing high-fat snacks...** While pastry-based treats, cheese and dips can be exceptionally high in fat and calories there is a range of lower-calorie snacks that still taste fantastic. Look for potato chips cooked in olive oil, low-fat dips and crackers.

**Developing an "all or nothing" attitude to dieting...** Rather than mentally writing off the next four weeks in terms of your food intake and activity patterns, think like a thin person. Enjoy good-quality, tasty treats in controlled amounts, but balance them with nutritious summer foods including salads, seafood and fresh fruits. Look as the time off over this period as an excuse to move your body more and you will be well on your way to a fitter and healthier 2017.

**Thought for the month: What is Christmas? It is tenderness for the past, courage for the present, hope for the future. It is a wish that every cup may overflow with blessings rich and eternal, and that every path may lead to peace.**

**Agnes Paliro**