

Chapter Chit-Chat January 2017
Barnstable & Plymouth Counties
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Leaders please read to your members



Resume workshop dates are Sat. Jan 7th at Gail's house 9:00 AM 46 Elm St East Bridgewater and Sun. Jan 8th at my house 7 Autumn Way, Buzzards Bay 10:30 AM. Please call or e-mail and tell me which one you will be attending contact information above. If you are doing your resumes on your own please mail to me so we can put your information in the computer and forward everything to Rosie. Thanks!!

I thought you would like an update on our chapter challenge. As of right now we have 110 who have decided to join. If you decide to join in let me know after your first-weigh in January. I will be sending information and sign up sheets soon for your weight recorders. Please print and pass along to them

A new year a new start, did you get closer to your goal last year??? Below are a few ideas you can discuss at your meeting. Let this be the year you take charge and focus on a healthy lifestyle change....because you are worth it!

MAKE PEACE WITH YOUR TRIGGER FOODS

Old resolution: That's it, no more chocolate—ever!

Banning your favorite treat—whether it's chocolate, soda, lattes, or french fries—is bound to backfire. Dieters will eat it, binge on it, feel bad, and then throw in the towel and revert back to their old eating patterns.

Makeover: Make peace with your trigger foods, Don't have them at home staring you in the face, but allow yourself to have them once or twice a week.

REJOICE IN THE LIFELONG HEALTH BENEFITS

Old resolution: Those holiday parties went straight to my hips. I'm going to have to starve myself to undo the damage.

When somebody says diet, they're thinking deprivation. If your weight loss plan feels like a drag, you're going to feel punished and abandon it.

Makeover: Rejoice in the lifelong health benefits you'll be creating instead of getting down about dieting. Think health and longevity, losing weight becomes easy when you invest your mental energy in making positive, healthy changes for yourself.

SET A GOAL

Old resolution: I am going to lose weight—somehow.

People often will just set a weight-loss goal, but they don't have a good plan on how to get there. Without a detailed plan, you're likely to go back to previous eating and exercise patterns.

Makeover: Set a goal that is "specific, measurable, realistic, and trackable. Walk for 15 minutes three times a week after work, or add aa serving each of fruits and vegetables. Focus on changes that you can make a part of your lifestyle seamlessly so you'll be able to sustain them for the long haul.

START WORKING OUT AT HOME

Old resolution: I'm signing up for my gym's lifetime membership plan.

Finding a gym you really like is a good start, but simply signing up won't help you lose weight.

Makeover: Start working out at home or schedule a regular walking routine. Get in the habit of moving a little more every day. March in place during commercials on TV. Find an exercise that works for you and stick with it.

MAKE SOME BASIC ALTERATIONS

Old resolution: I'm going to lose 30 pounds—by March.

Drastic resolutions like this are simply not realistic. I can do it all—eat better, lose weight, *and* start exercising. This resolution may sound good, but it is a high bar for most people to achieve. If your goals are too lofty, you'll have trouble accomplishing them, and you're likely to give up.

Makeover: Make some basic alterations to your lifestyle. These changes don't all have to happen at once, but changes in what you eat, when you eat it, and how much you move your body will ultimately cause you to lose the weight. People who aren't willing to change their lifestyle will never be successful with weight loss. If nothing changes...nothing changes

HAVE A TOPS FRIEND HOLD YOU ACCOUNTABLE

Old resolution: I can do it all—eat better, lose weight, *and* start exercising. This resolution may sound good, but it "is a high bar for most people to achieve. If your goals are too lofty, you'll have trouble accomplishing them, and you're likely to give up, she says.

Makeover:. Focus on attending your TOPS meetings on a regular basis. We all need support and encouragement as we travel the road to weight loss success.

TOGETHER, WE CAN TAKE OFF POUNDS SENSIBLY.

Thought for the month:

Here's to a year of
Better habits
Positive thinking
Healthy eating
& most of all
Loving yourself!