



May Chapter Chit-Chat
Barnstable & Plymouth Counties
Barbara Pacheco...7 Autumn Way Bourne, MA... 508-833-8805
..e-mail bptops@aol.com

SPRING FEVER

Four high school boys afflicted with spring fever skipped morning classes. After lunch they reported to the teacher that they had a flat tire. Much to their relief she smiled and said, "Well, you missed a test today so take seats apart from one another and take out a piece of paper." Still smiling, she waited for them to sit down. Then she said: "First Question: Which tire was flat?"

INSPIRATION WORKSHOP

SATURDAY JUNE 10th

PLACE: COMMUNITY COVENANT CHURCH
400 PLEASANT STREET EAST BRIDGEWATER 02333
TIME: 8:30 REGISTRATION 9:30 START

COST: \$7.00 PER PERSON (LUNCH INCLUDED)

If you need a special type of food please feel free to bring it.
Please let us know by June 2nd how many will be attending from your chapter
Gail (Wavering Wanda).....gailstops@verizon.net
1-508-577-9460
Barbara (Sensible Samantha).....bptops@aol.com
1-508-833-8805

We expect to have our State Queen Anne and runner-up Queen Louise to say a few words and they will answer any questions you may have.
348 Taunton will be performing a skit..... if their show is over in Las Vegas

I have gotten off to a slow start this year for my chapter visits. I will be contacting you all soon for our get together.

July is election month..... remember if your leader has served the last two years it is time to change. There are so many programs and information on the website it actually makes the job easy. Feel free to contact me with any questions you may have. The meetings should be fun, informative and upbeat. Give it a try you may surprise yourself with what you have to contribute to your chapter!

Two months left for our chapter challenge. I will be giving instructions in the June newsletter for the weight recorders

Let me know what your chapter is doing in terms of contests and programs.
I like to pass information along to all my chapters we learn by sharing.

Barb Cady's MILLION POUND MISSION.
Barb talked about this at SRD and also in the April/May TOPS news.
She is challenging every member to lose 10 pounds for the year.
This is certainly doable... start today....be part of the challenge....
be a winner for yourself...you are worth it!

When most people set out to lose weight, they know that eating healthier foods will have to be a part of the process. Unfortunately, this realization brings feelings of confusion and uneasiness for many. The truth is – developing a healthy eating routine is not as confusing or as restrictive as some may think. In fact, all it takes is a few important steps to start running in the right direction!

There are tons of tips, tricks and takeaways out there for managing your weight and health, so we've compiled a list of a few of them to give you some basic guidelines. Remember – the key is to be easy on yourself, develop behaviors that will turn into healthy habits and have FUN with the process!

BEGIN BUILDING A HEALTHY DIET WITH THESE EASY STEPS

- **Consume a variety of foods** – Eating the same healthy foods time and time again is a sure way to become bored with what's on your plate. And, if you're not careful, boredom can sometimes lead to overindulgence later on. Be sure to eat a wide variety of healthy foods to keep things fresh and give your body plenty of nutrition!
- **Be Mindful of Your Portions** – Whether you're preparing your own food or going out to eat, it's very easy to consume more food than your body actually needs. Consider the serving size recommendations for your meal, and try using that as a guideline.
- **Eat More Whole Foods** – Whole foods such as fruits, vegetables, whole grains, lean meats and legumes will give your body the powerful nutrition that it needs to function at its best. You'll want to stay away from processed and packaged foods as much as you can, as those are readily available, energy-dense and filled with empty calories
- **.Learn to Hear Your Body** – Your body's signals can tell you a great deal about your nutrition and your health. Feeling thirsty or a little lethargic? Grab some water. If

you're feeling weak and hungry, it may be time to grab a healthy snack. Likewise, your body can also tell you when it's NOT time to eat.

- **Balance Your Meals** – It's important to maintain a healthy balance between the types of foods you eat. That way, you can be sure you're getting enough nutrients. Similarly, balance can also help you develop a more strategic eating plan. If you prefer to eat lunch at a set time each day, but you're still full from breakfast, you may want to eat a little less in the morning to balance it all out.
- **Be Intentional with Your Meal Environment** – Environment affects everything – right down to your eating behaviors! You may consider sitting down more with your family during meals, or eliminating distractions such as electronics when you eat. Learn what types of environmental factors are more likely to steer you off course, and adjust your mealtime routine from there!
- **Slow Down** – Sometimes, our bodies can take a while to tell us that we're full. By slowing down while eating, you can give it enough time to send the right signals to your brain. This will also help boost your metabolism!
- **Eat Your Calories – Don't Drink Them All** – Keep an eye out for the calories you're consuming through drinks. Beverages such as juices, sodas and even alcohol can have lots of added sugar and calories. Even coffee can surprise you if you drink it with cream and sugar!

Making small changes to develop healthy eating habits may take some work, but throughout time, you'll be rewarded with improvements to your health! Just keep in mind that you don't have to make all of these changes at once – take your time and do what's best for YOU!

Thought for the month: Never let the things you want ... make you forget the things you have.