



## GREETINGS FROM "JUST JUDY" December, 2015

### Happy Holidays TOPS Pals:

One year ending and another beginning! No matter what our age, status or situation, we are each blessed with a New Year and new hope on January 1. It is my wish that each and every one of you will find a renewed spirit and determination to continue moving in the direction of your dreams in 2016! As we end 2015, I would like to leave you with a few reminders and a bit of information.

It is looking a lot like Christmas! Everywhere I go I see my TOPS friends sharing the holiday spirit. It is the season for shopping, parties and spending time with family and friends. Keep in mind that this is also the season we find ourselves over indulging with sweets or high calorie foods. Beware of the buffet table! Here are a few tips for survival:

1. Take the time for exercise. It only takes 20 minutes, 3 times a week, to keep the weight off that we worked so hard to lose during the year.
2. Drinking plenty of water will keep you feeling full and avoid becoming dehydrated.
3. Enjoy your favorite holiday foods BUT with moderation. Remember, it is not what we eat between Christmas and New Years that causes harm, rather it is what we eat between New Years and Christmas that makes the difference.
4. Attend your weekly TOPS meetings. During the winter months, it is important to get the support we need to encourage ourselves and others to stay focused on healthier choices.
5. Give yourself the gift of a retreat in 2016. A Retreat Weekend is coming up in our region September 23-25, 2016. Weekend Retreats are great for those that can't get away for a full week retreat. This retreat will be at Roaring Brook Ranch, Lake George, NY. For more information you can go to [www.tops.org](http://www.tops.org) and click on retreats at the bottom of the home page. If this one does not work for you, there are many others.
6. Don't forget to spread the word about TOPS. Tell all who will listen what a great group we are and invite them to join us. Invite former members to return also. TOPS can provide you with publicity materials to distribute in your area. Just let your Coordinator know what you need. He or she will be happy to help you.

Just something for fun! I dream of a white Christmas. I know Santa Claus is in town because I saw mommy kissing him last night! Listen! I hear jingle bells. As I run to the window and pull up the sash, I see that Grandma got run over by a reindeer. This is far from a silent night. Ho Ho Ho! Happy Holidays!

Special people touch our lives and make us realize how beautiful our world is. They show us that our own hopes and dreams can be achieved by believing in ourselves. They give us the needed support we can depend upon. During the holiday season, what am I grateful for? For you special people who touch my life every day. This holiday greeting comes to you full of love and gratitude. Thank you for all you are and for all you do for me and your TOPS friends every day. I wish for you a happy and bright New Year! You are the best and I love you all!

Yours in True TOPS Spirit,

*"Just Judy"*

Regional Director Judy Pettit