



REGIONAL DIRECTOR NEWSLETTER - DECEMBER, 2017

HOLIDAY GREETINGS TOPS PALS:

The holidays! That magical time of the year! Everywhere I go I see many TOPS friends sharing the holiday spirit. 'Tis the season for shopping and parties. Spending time with family and friends is super special. Keep in mind that this is also the season where we find ourselves over indulging with sweets or high caloric foods. 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 get off during the year.
2. Drink liquids and I don't mean "spirits". Drinking plenty of water will keep you feeling full and avoid becoming dehydrated.
3. Enjoy your favorite holiday foods **BUT** with moderation.
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.

TIMELY WORDS OF WISDOM

Remember, it is not what we eat between Christmas and New Years that matters. It is what we eat between New Years and Christmas that makes the difference! Give this comment some good thought!

KUDOS KORNER

YEAH! Our first "KUDOS KORNER! You may be asking yourself what is our "Kudos Korner? In my August Newsletter, I asked chapters to send me any notable and/or special accomplishments of your chapter or individuals in your chapter. I promised to share these achievements in our new "KUDOS KORNER." I know there are many chapters and TOPS members out there accomplishing great things. Let me hear from you...let's inspire each other. Also, feel free to share any special contests, challenges or other things you do in your chapters to keep them spiced up and fun.

- TOPS NH 0131 Nashua wrote and said they appreciate the RD's informative newsletters and they wanted to share that they had one "No Gain" meeting in 2017 and that was achieved on February 4,

2017. One step at a time! Way to go NY 0131 Nashua. I am confident you will beat your own record in 2018 with more than one “no gain” week. Keep up the good work.

- The Leader of NH 0008 Keene shares that they give an award to any member who loses 10 pounds and keeps it off for one month. They have a member, Marion Frazier, who did just that. She lost 10 pounds in the first two months of 2017 and kept it off for a month and actually weighed in in April with an additional loss. The award for this accomplishment is two weeks free chapter dues. Congrats Marion! This is a great motivator for our chapter members. Something to work for!

MILLION POUND MISSION AND REGIONAL DIRECTOR 2017 CHALLENGE

How are you all doing with our Million Pound Mission? It is almost time to brag about those in your chapters that met this challenge. Don't forget that I have offered all members in our region a personal challenge as well. To refresh your memories, in the centerfold of the April/May issue of TOPS News is a page to add the Burni stickers to as TOPS members lose weight and KOPS maintain their status. TOPS get to put one sticker on the page for each pound lost and KOPS earn a sticker for every two weeks they maintain their KOPS status.

I will personally recognize every TOPS who loses at least 10 pounds and every KOPS who maintains their status all of 2017 at the 2018 SRD's. I asked each chapter to submit the names of those members who accomplish these goals after the last weigh in in December. Must report to me by the deadline to be eligible. The rules are simple.

- Any TOPS who lost at least 10 pounds during 2017 is eligible
- Every KOPS who **did not go out of leeway at any time during 2017** is eligible.
- I need the list of the successful members sent to me by January 31, 2018.
- The members also **must be present** at their 2018 SRD in order to be recognized.

NOTE I know some coordinators challenged you also but they are separate challenges from mine.

I have attached a form to this newsletter to use in reporting your success. Remember, deadline is January 31.

REMINDERS

The most important time of the year! Resume time. This is a reminder to chapter officers that the annual resume is to be sent to your coordinators no later than January 8, 2018. For help in preparing your resumes, please see Chapter 10, Determining Annual Winners, beginning on page 65 of the Chapter Guidebook. If you have questions, your field staff is standing by ready to help.

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 you all will find a renewed spirit and determination to continue moving in the direction of your dreams in 2018! As we end 2017, I wish each and every one of you and yours a healthy, happy and successful New Year!!

YOURS IN TOPS FELLOWSHIP,
“JUST JUDY”
Regional Director

HAPPY HOLIDAYS!!

If you no longer want to receive TOPS Newsletters, please send me an email at muffjunior@aol.com or call me at 518-461-3329