

February, 2014

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MA TOPS and KOPS

February is Heart Health Month. Do something good for your heart and take a brisk walk.

Thank you to all the Chapters that sent me there Resume's on time. It was a great help to have enough time to make sure I got all my Winners calculated and sent to Judy Pettit.

Congratulations to all our MA members who contributed to our 4,829.75 pound weight loss.

Attached is a form the Seacrest Hotel for reservations for SRD March 28 and 29, 2014.

If you need a cot in your room, it will be an additional \$15 per night. Please request one with your hotel reservation. See you all very soon "Where Dreams Come True" with TOPS.

Heartfelt Hugs,
Rosie



Top 10 Habits That Can Help You Lose Weight

"Change your habits today! Making these small adjustments to your daily lifestyle can add up to lost calories and pounds, helping you achieve your weight-loss goals." *

Making Little Changes Can Make a Big Difference

"Weight control is all about making small changes that you can live with forever. As you incorporate these minor adjustments into your lifestyle, you'll begin to see how they can add up to big calorie savings and weight loss. This slideshow looks at 10 habits to help you turn your dream of weight loss into a reality." *

1. Evaluate Your Eating Habits

"Are you eating late at night, nibbling while cooking, finishing the kids' meals? Take a look around, and it will be easy to identify a few behaviors you can change that will add up to big calorie savings." *

2. If You Fail to Plan, Plan to Fail

"You need a strategy for your meals and snacks. Pack healthful snacks for the times of day when that you know you are typically hungry and can easily stray from your eating plan." *

3 Always Shop With a Full Belly.

"It's a recipe

for disaster to go into the grocery store when you are hungry. Shop from a prepared list so impulse buying is kept to a minimum. Eating right starts with stocking healthy food in your pantry and refrigerator and resisting impulse purchases of unhealthy foods." *

4. Eat regular meals

"Figure out the frequency of your meals that works best in your life and stick to it. Regular meals keep you feeling full, prevent dips in blood sugar, and help prevent bingeing." *

5. Eat Your Food Sitting Down at a Table and From a Plate

"Food eaten out of packages, while doing something like talking on the phone or reading, or while standing is forgettable. You can wind up eating lots more than if you sit down and consciously enjoy your meals." *

6. Serve Food Onto Individual Plates, and Leave the Extras Back at the Stove

"Bowls of food on the table beg to be eaten, and it takes incredible will power not to dig in for seconds. Remember, it takes about 20 minutes for your mind to get the signal from your belly that you are full. It can be helpful to fill a plate with your desired portion size and not put extra food on the table." *

7. Eat Slowly, Chew Every Bite, and Savor the Taste of the Food

"Try resting your fork between bites and drinking plenty of water with your meals. You'll slow down your eating time and allow yourself to feel full before you overeat." *

8. Don't Eat After Dinner

"This is where lots of folks pack on the extra pounds. If you are hungry, try satisfying your urge with a noncaloric beverage or a piece of hard candy. Brushing your teeth after dinner helps reduce the temptation to eat again." *

9. If You Snack During the Day, Treat the Snack Like a Mini-meal

"The most nutritious snacks contain complex carbohydrates and a small amount of protein and fat." *

10. Start Your Day With Breakfast

"It is the most important meal of the day. After a long night's rest, your body needs the fuel to get your metabolism going and give you energy for the rest of the day." *