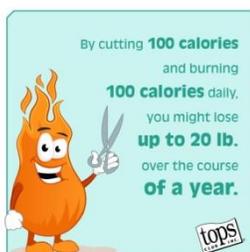


Middlesex County **MARCH** Officer Newsletter



Hi Leaders and Officers,

First of all, I wanted to wish you a HAPPY SPRING. Don't forget Day Lights Savings time on March 12th. Set your clocks ahead. I hope this year brings you and your chapter great weight losses together.



REMEMBER BARBARA CADY's challenge: Everyone's goal should be to lose **10 pounds** this year. Are you using the monthly goal setting chart? There are many tools available online to use to LOSE 10 pounds this year. There is also My Weight Tracker, My Health Status, My BMI, Activity Goals, a 25 week series on Self Care custom just for you, Get Healthy & Active plan. So take advantage of all the FREE tools they offer.

CHAPTER ANNIVERSARIES

MA 497 Arlington	Formed February 4, 2013	4 years old (just a baby)
MA 299 Townsend	Formed January 3, 1979	38 years old
MA 82 Reading	Formed February 15, 1966	51 years old
MA 107 Chelmsford	Formed March 14, 1966	51 years old
Ma 14 Wakefield	Formed February 28, 1963	54 years old

CONGRATULATIONS TO ALL THESE CHAPTERS BY KEEPING TOPS ALIVE.

NEW MEMBERS with TOPS

It's slow start in 2017. Invite back old members and advertise locally

<i>Michelle Generazzo</i>	<i>MA 82 Reading</i>	<i>2/2/17</i>
<i>Cheryl Callahan</i>	<i>MA 107 Chelmsford</i>	<i>2/2/7</i>
<i>Denise Fansel</i>	<i>MA 397 Dracut</i>	<i>1/16/17</i>
<i>Ann MacGiluray</i>	<i>MA 397 Dracut</i>	<i>1/16/17</i>

SOMETHING



Food Exchange Tracker App

NEW (Updated February 20, 2017) TOPS long-awaited [Food Exchange Tracker App](#), based on the popular Food Exchange Cards, is here! Now available for Android™ devices on [Google Play](#). Sorry, this app is not available on Apple products or iPhones at this time.

****REMINDER****

Please don't celebrate your division winners yet. Wait until you get the official word from Rosemary Smith along with your certificates from HQ.

Publicity ? PUBLICITY? PUBLICITY ??

We don't currently have anyone signed up for any PUBLICITY in ANY chapter in the Middlesex area. Would anyone like to volunteer just for your own chapter? How does your chapter let the community know that you meet on a weekly basis? There are many flyers from the section on the TOPS website that can help promote your chapter. I have advertised on the "PATCH" in the Middlesex area. Patch is a daily online newspaper that you can read. We have gotten a few hits from that. Reach out to your local newspapers and see if you can post an article. Let me know how your chapter is doing to spread the news about TOPS and the wonderful things you do. I can help if you are interested in some extra support and need some new ideas. HAVE an OPEN HOUSE with a good GUEST SPEAKER.

WEIGHT RECORDERS

Some items we (area captains) noticed when doing resumes:

- Weight charts not signed (have your members sign them now)
- Division # not filled in (can be done now; don't wait until Dec 2017)
- Enter beginning weights for this year
- Get goal slips from members who are getting closer to goal. Don't wait until the last minute
- Use black or red pen only (no blue) on weight charts.

- EX-excused, AB-there but not weighing in, NM-No meeting, ME- Medical Excuse. All weeks should be filled in for all members. Nothing else.

- Follow KOPS rules. A KOPS is not in the red if they are in leeway. Fill in dates for KOPS.

THEME: TOPS VISITS THE ROARING TWENTIES

The second letter has been sent out regarding SRD this week. Beverly Enos is the chairperson. She is looking for volunteers to help out. If interested, please contact her directly. Her contact info is:

978-807-2643 or purpledragonarts@verizon.net

Don't forget Barbara Cady will be with us for the whole weekend. I think everyone knows who she is.



SPRING FORWARD (Program possibly)

Spring *seems* like the best thing ever — all the showers and flowers — and it actually is, because the season actually magically makes you lose weight. You can't argue with these facts, actual proof that spring is all the things:

1. Beautiful weather makes you want to be more active as long as your idea of playing outside involves moving your legs, you're going to get more exercise — you have to! And you don't even have to join a gym.

2. Revealing spring clothes zap your desire to overeat. Are you more likely to go for seconds in a ski jacket or a sundress?

3. Warm-weather drinks have fewer calories than cold-weather ones, so you automatically cut back. A Starbucks [hot chocolate](#) with all the fixin's contains 400 calories. Calorically, you're better off with a classic [Frappuccino](#) (240 calories), an [iced tea](#) (80 calories), or one of those citrusy [Refreshers](#) (60 calories).

4. The season's most delicious foods are so freaking healthy. In the dead of winter, cold weather makes everyone crave comfort foods — the richer and gooier, the better. But in spring, berries and asparagus hit the market, and your plate miraculously gets lighter.

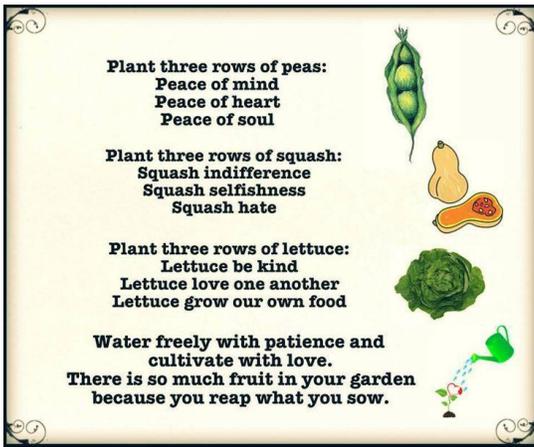
5. Green stuff is abundant in the spring — and green stuff burns fat. High insulin levels cause your body to store fat, so they're the real culprit in weight gain and obesity, explains Dr. Charles Nguyen, Ph.D., co-author of *The Thinsulin Program: The Breakthrough Solution To Help You Lose Weight And Stay Thin*. Fun fact: The greener the leaf of a fruit or vegetable, the more powerful it will be in helping to lower your insulin levels, which helps you burn fat. And it just so happens spring is primetime for seasonal veggies like arugula, artichokes, spinach, watercress, and green-leafed berries.

6. Daylight savings time makes you sleepier earlier. You lose an hour in the springtime, so when 9 p.m. rolls around, it feels like 10 p.m. — and it gets much easier to stick to some semblance of a bedtime because of it. The good news: The more you sleep, research [suggests](#), the more *natural* energy you'll have, and the less you'll crave less fat and carbs for fuel.

7. You get more waking hours of sunshine. That feeling when you get out of work and it's STILL SUNNY OUT?! It doesn't just warm your heart. That sunshine helps your body generate vitamin D. If you're low on the nutrient from spending too much time indoors (hello and welcome to the hell that is winter), replenishing your D levels while you diet and exercise can promote more weight loss than diet and exercise alone, according to an influential Fred Hutchinson Cancer Research Center

8. Just about anything leftover from the holiday season is probably unsafe to eat now. All the usual suspects (i.e., leftovers) "went bad" (aka, were eaten) ages ago. But all the random stuff you bought for baking and entertaining — like [butter](#), [cheese](#), and packaged [cookies](#) — they all age out of the safety zone after two to three months on the shelf. So you don't have to feel tempted by (or guilty about trashing) the relics of Christmas (and V-day) past. It becomes a matter of safety rather than willpower.

9. You naturally watch less TV — and that's good for your waistline. It's not TV pilot season or awards show season — the warmer the weather, the less new stuff there is to watch. And the less TV you watch, the less food you mindlessly shovel into your mouth while you watch it — [science](#) says.



(good closing)

Be sure to check out : www.matops.com for all Massachusetts events including upcoming SRD 2017 and news. Also check out: www.topspower.org for ideas on contests, programs, games, skits, meeting ideas.

All my best in 2017,

Diane Trayah

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FACEBOOK: MASS TOPS