

IT'S A TOPS, KOPS WORLD

December, 2011

Ellen Ashcraft, Area Captain

Leadership Skill of the Month

As you examine your vision and strategy, you may identify areas that would benefit from change of some kind. Change is one of the things we can count on, but it is often difficult for most of us to accept. To be successful, our organization has to be adaptable so it can be flexible and innovative, but it also needs to be stable and dependent on its core values and principles. TOPS should rely on its mission, which is more relevant and important to society than ever, but it should also be able to adapt to changes in technology, medical breakthroughs and customer needs. Being adaptable allows an organization to be competitive.

TOPS Tips for Healthy Holidays

Eat a snack before the party – filling up a bit with a bite to eat before browsing the buffet can help curb the urge to sample a bit of everything.

Drink water instead of soda or alcohol – Soda and alcohol provide extra calories that add up all too quickly. Sparkling waters come in a variety of flavors and can provide calorie-free alternatives if bubbles are a must. Alcohol can also signal the urge to overeat.

Use a small plate – People use visual cues so a smaller plate filled with food will “trick” partygoers into thinking they’re eating more.

Eat breakfast – Studies have shown that eating breakfast curbs the urge to binge later in the day. Another bonus is that consistently eating breakfast can mean a 10-pound weight loss by the end of the year.

Enjoy a treat – Overindulgence tends to be the result of severe restriction. It’s okay to indulge just a bit in the best of holiday treats that aren’t available throughout the year.

Spring Workshop

I am looking for chapters to host the spring workshop. The facility should hold about fifty people. Marion has volunteered to host for the north and Clarksville has volunteered for the south, but I need places for the east and central.

Correction

One of the Quick and Easy Programs I mentioned in my Christmas letter should have read, “Enjoying Holiday Celebrations without Regret.”

Chapter News

New KOPS

IN 1005 Indianapolis Mary Jane Biro

No Gain Meetings

IN 0413 Muncie	November 8	14 members
IN 1460 North Vernon	November 9	6 members
IN 1523 Greenwood	November 11	8 members
IN 0570 New Castle	November 21	8 members, 8.5 pounds lost and November 28 10 members 7.5 pounds lost (Monday after Thanksgiving)

Please continue to send me your news at eashcraft2@aol.com. Other chapters are encouraged by your successes.