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TOPS Area Captain, Sally Gonyer, 58102 Meadowlark dr., Elkhart In, 46517
Phone (574) 674-1559, email sjgonyer@comcast.net

HAPPY NEW YEAR EVERYONE!

Now that the holidays are over, I am sure that everyone is anxious to get back to the business of life. That includes our goals for weight-loss. As for New Year's resolutions, here are some facts:

If you're bent on making changes in your life for the next year, then you must know that setting New Year's resolution would need a really strong will, discipline and utmost desire. It is important to know as well that this decision made at the turn of the year is like goal setting. It must be based on a deep-seated aspiration where you know its achievement will make life better. Your success at setting New Year's resolution should also provide you that sense of completion and self satisfaction. Thus, it is crucial that the decision comes from within you and not pressure upon you by others. This is to say that while there are general forms of setting New Year's resolution, it is important that the one you make addresses your foremost life concerns.

SMART Weight loss goals

Setting goals is an art. In order to see the best results, the goals must be Specific, Measurable, Attainable, Realistic, and Timely, SMART. The weight loss goal cannot be an exception to this rule. Following the SMART guidelines enables us to achieve our goals, feel happy and repeat the exercise setting higher and more ambitious goals.

How can a weight loss goal be SMART?

In order to explain the idea let us assume that at the end of the summer period after a lot of abuse, you have gained 11 pounds and you are now 187 lbs. You want to lose 11 pounds, this is **Specific**. You do not state I want to lose weight. Can you **Measure** the goal? Yes, you can. Every Monday morning you get on your scale and measure your weight, noting it down on a board so that you can easily see it. Is it **Attainable**? This depends by when you want to lose those 11 pounds. If you say by tomorrow this is impossible, if you say in a month almost impossible but if you say by next summer, that is in 8 months then this is achievable and attainable by anyone. It is at the same time **Realistic** because 11 pounds out of 187 is 6% of your weight but if you were 100 lbs then 11 lbs would have been 11% of your weight, which is less realistic. Surely, this goal is **Timely**. It should be completed in 8 months for a specific reason.

You have set your SMART weight loss goal and now you need to monitor it and ensure that you are within this goal. Since a goal cannot be achieved once in a big chunk, it has to be measured and monitored so that we achieve it in small but steady increments. Therefore, we measure our weight, week after week and we record the readings in our computer or a board where we can see and monitor the progress.

The above is some of the things that we as Tops members do every week. So let us all set small goals that we can achieve and make 2012 a great LOSS year for all of us.

RESUMES: I hope that all chapters have been working on or have finished with their chapter resumes and they are or soon will be on their way to Ruth. Remember, if you don't feel comfortable doing the resume, just mail all the paperwork to Ruth and she will gladly do it for you. January 8 is the **DEADLINE** for this.

SRD: Watch the mail for news about SRD, 2012. It will be coming sometime this month. Lots of exciting things will be happening this year.

Members: If members have stopped coming, email, call or drop them a line and find out if there is a problem. Let them know that you care.

Yarn: Just to let you know that I am still looking for yarn to work on some projects for Tops. Call or email me if you have some, I will gladly come and pick it up.

Contest Points: I have not heard from a lot of chapters. I know that December is a busy month. To the ones that have gotten their points to me. Thank you. I am putting them on a chart as I receive them. I only heard from four chapters so far. If I have more before next month's newsletter, I will include them. Otherwise, I will just keep putting them on the chart.

QUOTE FOR THE MONTH:

"January a new month, a new year, A NEW YOU!"

Never lose sight of your dreams.

Hugs

Sally