

# January 2010 News!

*Ami L Heesch*

738 Ottawa Avenue

St Paul, MN 55107

[aheesch@countryhedging.com](mailto:aheesch@countryhedging.com)

651.292.8625 / 651.355.6549 / 651.247.5430

**S**

Start Today!

**U**

Use Your Head!

**C**

Cut Back on Portion Sizes!

**C**

Calories Count!

**E**

Exercise!

**S**

Sip Your Water!

**S**

Support Each Other!

## 2010 Calendar

### January

2009 Resumes are due now! Please complete and send to your Coordinator

**Shari Kieper**

**PO Box 112**

**Lamberton, MN 56152**

### March

Election of Officers

1<sup>st</sup> week

### April

Officer Installation &  
Recognition

1<sup>st</sup> week

Spring Workshop & Officer  
Training

Date & Place TBD

### May

SRD

May 21-22

"TOPS 2010 Olympics!"

### July

IRD

Halifax Nova Scotia

July 15-17

"Set Your Sights on Harbor  
Lights"

### August

Open House Month

"Join TOPS & Take a Stab  
at Removing That Summer  
Flab!"

### October

Fall Rally

Date & Place TBD

### December

Resume Time

Royalty & Division Winner  
Preparation

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If you did not like the weight that the scale showed for the first weigh in of the year...Don't be discouraged  
Make a fresh start using this weight as the highest weight that you will have for the year 2010  
Think Positive!  
You can make a difference!

Think !

Before indulging in that craving for something fattening or high in calories  
A nutritious, low-fat food item will help you keep your focus and stay on track  
Fill up on Fiber not Fat!

Use a smaller plate and don't go for seconds!  
Start out your 2010 journey by measuring your food!  
No more a little of this and a little of that!  
Don't Guess....Go for Quality not Quantity!

Keep a food journal !  
Be aware of just how much food and drink you consume on a daily basis!  
Know what kind of food choices you are making for yourself  
Are you a help or a hindrance to your success!

Find a way to be active!  
Even if you can only walk for 10 minutes before exhaustion takes over!  
Do a little ...rest a little ...do a little later on!  
Before you know it, you will be able to increase your activity level and you will see success in taking off the unwanted pounds!

Stay Hydrated!  
Don't Dry Up!  
Drink your water daily!  
Start with a glass when you get up in the morning, another just before breakfast, another with a snack, another just before lunch, another with a snack, one more just before dinner and one final glass before you go to sleep at night.  
You did it!....7 glasses for the day!  
Now keep going day after day!

TOPS is here for you!  
We are all in the "Battle of the Bulge" together!  
Are you being taken over by Temptation?  
Who ya gonna call.....your TOPS weight gain busters....that's who!

Take the 2010 Plunge!  
If not Now .....When!