



January 2012 Newsletter

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Save the Date

March 5-9
Officer Elections

April 2-6
Installation
of officers

March 24
Spring Workshop

May 4-5
SRD Hinckley

July 5-7
IRD San Diego

September ?
Fall Rally

December
Chapter Resumes

It's a Brand New Day For You and Me!

It is a new year, a new day, a new beginning for many of us in TOPS.

By now we have all had our first weigh-in of the year and we all now have our very own "Dirty Little Secret".

Because of our first weigh-in we now have a start point and we can begin to strategize how we are going to proceed throughout the year.

The goal here is the same....to become healthy individuals for

the rest of our lives.

Barb Cady's (president of TOPS) 10-pound challenge may have come to an end but yours certainly should not have.

If you are still traveling down that "Road to Success" keep on going and show your self what you can really do...for you.

This winter has been mostly wonderful so far, so we should not be able to use nasty, cold, miserable weather outside, as an excuse for not getting

out and about and moving around (in whatever form or fashion that works for you).

Take this first month to plan your next destination on your journey to achieving your dreams and goals.

There are so many options out there for us to take advantage of.

Fire up those pencils, dust off the journals, get out the pedometer and make a difference in you.

Helpful Tools Toward Successful Weight Loss

Cut out soda

Stop eating at least 3 hours before bed

Move for 10 minutes each day

Exercise portion control

Weigh yourself every day

Take a vitamin B complex every day

Take your vitamins

Recipe makeover

Know your serving sizes

Conquer your cravings

Don't go to a party of function starving

Don't eat snacks larger than your fist

Eat your planned meals sitting at the table

These were taken from the Dr Oz "Just 10 Challenge"

You can find more information on this at the website listed at the bottom of the page.

Speaker

From the
Rochester area

Debra Kaldenberg

507.282.3059

or

507.289.3333

Brennen Family
Chiropractics

and

Nutrition Services

This lady has interest in speaking to TOPS chapters in and around Rochester

If you are looking for program ideas give her a call and see if she has something that would fit your group's interests.

From Embarrassed To encouraged To Empowered

I grab my purse and run to the door.....
Off to my TOPS Club meeting once more
With smiles, my pals give me a greeting
And I am glad I came to the meeting.

I find my place among my friends
Then I slip off my shoes and begin
To walk toward the weighing room door
To have my weight checked out once more

The weight recorder (so kind and true)
Says, "Step up. Let's see if there's less of you."
A quarter-pound gain. "Oh, no!" I say.
I step off the scales and turn away

"Don't lose heart, dear" urges she, as I go
Back to my seat with my head bowed low.
I'm very embarrassed about my weight
But my friends say, "Oh, it's not too late."

"You can't give up! Just keep trying
And soon a new wardrobe you will be buying."
The meeting is good; tomorrow's a new day.
This week, on my program I will stay.

My weight is stuck to me so tight,
That to get it off will be a fight.
But I am willing to go to war
Just to see my feet once more!

