

June News 2010
Ami L Heesch
TOPS MN Area Captain
738 Ottawa Avenue
St Paul, MN 55107
aheesch@countryhedging.com
651.247.5430

Thanks!!!!!!

To all of you who attended SRD. I enjoyed seeing all of you there and I especially enjoyed seeing you all having a good time. Make plans now, to join us next year in St Cloud at the Kelly Inn for a "Rooten Tooten Good Time!!!"

The Welcome Spot

I want to extend a warm welcome to all the new members of our respective TOPS chapters, congratulations to all those TOPS members who have achieved their dreams by obtaining their individual desired goal weights and a special congrats to those who have turned on the determination and have regained their KOPS status.

Save the Date

*IRD, Halifax, Nova Scotia.....July 15-17, 2010
Fall Rally Day, Owatonna, MN....Saturday,
September 18, 2010 9AM-12PM
2011 SRD, St Cloud, MN....May 14-15....Kelly Inn*

Energy Savers

It's been a great year so far....many opportunities to take advantage of the great outdoors. Now is the time to invest in making those delicious, low-cal, no-bake entrées and desserts. Reduce your energy bill this summer by cooking light and with no heat...there are plenty of great salads, veggie and fruit plates to

get those taste buds woken up! Put your ovens on hold until the holiday baking season comes around again.

Time to Get Focused!

Now is the time to take inventory of you and your surroundings. Are you where you want to be? Are you able to do the things that you would like? How hard is it to get up in the morning? Do you stay up all night because you can't get to sleep? Utilize that commercial break on the TV to examine just where you fit in the whole scheme of things. Jot down a few things that you could do for yourself that would make a difference for the better in your lives. Take one step at a time and work on just one of the items that you wrote down. When you are ready to take on more, go back to your list and select the next item on your list to add to your program. Make a plan....everybody needs a plan....even me! Put that plan into action and see what you can do with it. Why? Because YOUR body deserves it.....look how long it has been carting you around all this time!!!! 2010....Take the Time to Begin Again!

Come Along With Me!

I would like to invite you all to come along with me on my adventure. I had a great time hosting a workshop and the Friday Night / Saturday Morning "Sing along" sessions at SRD. It was a busy time and I really did not stop to think about much other than what was at hand for the two days. I enjoyed the time spent with the other field staff....late nights out a Perkins....end of SRD cool-down at the Green Mill. The next week was Memorial Day weekend with lots of good eats outside on the grill.

The results of all that, and much more from before, is that I weighed in the first week of June at the highest weight I had ever been. I made

all kinds of excuses like “these pants have always been tight on me, not sure why I did not bring them back to the store from the get go”, “I’m just tired because I did not sleep well last night” or, “there’s nothing wrong with me, the hurt in my leg and ankles will go away, it will just take a few days”. REALLY!!!!

Bottom line here is that I actually looked at myself in the mirror when I got out of the shower the day after my chapter meeting. I gotta tell ya...it was not a pretty sight! No wonder I am tired all the time...no wonder my ankles hurt....no wonder my pants do not fit any longer. If I had bothered to notice beforehand (what I actually looked like) I never would have gotten up on that stage, in front of all those people, at SRD!!!!

“Practice what you preach”.....we have all heard it before and will no doubt hear it once again in our lives. For me, right now, “I am” going to practice what I preach to all of you. I have started to work on my motivation....motivation towards a much healthier lifestyle. I am also banking on the fact that I will wind up being a much happier individual as well.

I am not good at writing things down (journaling), but I have given many food items a second look before making my final decision as to whether or not I want to eat it. It has to be about “I don’t want” rather than “I can’t”. It never pays to deny yourself things in life because that encourages the creative juices to start flowing and we find a way to have it. I don’t like water....it is boring....not near as much fun as an ice cold brewski!

So, Wednesday morning, June 2, 2010 I began my adventure to something better and more fun....i know there will be a lot of battles between me, myself and I.....some days will be simple and easy....some days will be hard and

overwhelming.....I, like all us know what to do, it is the follow-through that can wind up being the kicker! I accumulated enough courage to walk back through the door to the health club....even though I knew the owner would be there and recognize me and the fact that I have not been there for quite some time. I have begun to eat one item for breakfast....one for a snack.....one for lunch.....one for dinner....and I drink a little bit of water.....”All things in good time”

I do not know if I can keep this going for the time it will take me to get to where I want to be.....but, I do know that I never want to weigh what I weighed the night of Tuesday, June 1, 2010.

If there is anybody else out there, that is currently in my camp, I invite you to come along with me....and see if we can’t get there together!

(After proofing my newsletter, my coordinator (Shari Kieper) has joined me on my adventure. Now is the time with the summer contests up and going! We hope to make a difference!

Thanks Shari...glad to have you along!

Sing -Song Sing-Along!

TOPS & KOPS

(Reuben / Reuben)

*KOPS, KOPS, I've been thinking
What a grand thing it would be
If these pounds would all just vanish
Down in to the deep blue sea*

*TOPS, TOPS, you know better
Things don't come so easily
You must watch those daily portions
And drink water faithfully*

*KOPS, KOPS, what a nuisance!
Why can't we just take a pill?
Watch the pounds drop off so neatly
While we sleep, or just sit still*

*TOPS, TOPS, that's no answer
Pills don't help us change our ways
We must eat less, be more active
To keep weight off all our days*

*KOPS, KOPS, why not speed up
With a rapid weight-loss plan?
Then we'd all be finished losing
And could eat our fill again*

*TOPS, TOPS, Here's our lesson
We must change our daily style
Live the things we know are helping
Or the weight will surely pile*

*Yes, we know although they're tempting
Easy ways don't work for TOPS
Just be patient, watch the calories
Then we'll all be happy KOPS
(Elsie Seaman TOPS #AK 189, Kenal)*