

# October 2011 News Letter

Freeborn, Mower, Faribault, Olmsted, Dodge, Fillmore, Goodhue, Wabasha, Winona, Dakota,  
Scott, Le Sueur, Blue Earth, Steele & Waseca counties

## *Good Health Does not come from a Pill, Potion or Lotion*

Where does health and healing come from? You need to decide to change. It doesn't just happen because you say you want it to.

The "Super Foods" program that I have been presenting goes along with this idea. The key here is to try to eat lots of fruits and vegetables....with a splash of nuts and chocolate....and finish it off with a nice salmon filet. Your brain is said to be made up of 70% fat.....so let's try to make all that fat....healthy fat and keep the old noggin in tip top shape and thinking straight.

## *Build Yourself a Healthy Plate*

From pyramid style to plate style! The government has changed the way the way they now look at food categories. Check out [www.choosemyplate.gov](http://www.choosemyplate.gov) and see for yourself. Their 10 tips to a Great Plate are as follows:

1. Balance Calories....how many calories do YOU need on a daily basis
2. Enjoy your food....just eat less of it...avoid oversized portions
3. Avoid oversized portions.....stay away from the "Super Sized" at the fast food joints
4. Eat more fruits, veggies and whole grains.....more work for the body to process...keep you feeling full longer
5. Let fruits and veggies make up the lion's share of your plate at meal time
6. Choose 1% or skim over 2% or whole milk
7. Eat more whole grains....should be listed as one the first 3 ingredients on the labels
8. Cut back on foods that contain lots of fats, added sugars and salt
9. Choose lower sodium versions of foods like the frozen meals....read your labels
10. Choose the TOPS choice of drink....."WATER" versus sugary sodas and energy drinks

Be more active....your way.....do what you like....what you will stick with for an extended period of time....what you can do for at least 10 minutes at a time.....try for physical activity (in some form or another) every day.....

## *Fall Rally*

Thank you all for attending fall rally in September.....It was amazing to see all your successes out there.....congratulations to all who in the winner's circle.....congratulations to all of you for staying the course day after day.....you will make it to your destinations with your continued determination towards better living.....and healthy habits

Thanx again to the fall rally host chapters.....your help was greatly appreciated by me and all who were in attendance that day

## *And Yet another Year of TOPS Successes*

As we move on toward the end of the year....start thinking now about your chapter resumes.....are you up to date with all your member weight sheets.....do you have everything filled out that you possibly can at this time.....do you have the member's signature on the bottom.....everything you can do today will help you out at the end of the year....don't let these things bamboozle you as the holiday season is just around the corner.....and we all get very busy.....

Best to you all

Have a safe and happy Halloween.....and the candy....it's not for you....it's for the goblins that come knocking at your door....

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