



## TOPS Area Newsletter

Aug//Sept

Anoka, Chisago, Isanti, Ramsey & Washington

Dear TOPS Friends,

**IRD.** Last month I told you about IRD and some of the high lights. However at that time I was unable to share the picture of our own Minnesota State Queen. Enclosed is the formal picture of Gloria Goble who is a member of MN 524, Stillwater. She did a wonderful job representing our state.

Gloria joined TOPS in 1967. For a number of years she struggled with her weight, even gaining a few pounds on her little frame of 5'1". But if one word best describes Gloria it is her perseverance. She never gave up and eventually lost 103 pounds to her goal. Somewhere along the line, she found the spark that motivated her and she began her weight loss journey by losing over 100 pounds. That makes Gloria not only our Minnesota State Queen for the year 2010 but also a century award winner as long as she keeps off her 100 pound loss. Way to go Gloria, we're so proud of you.

### Journey to Good Healthy:

This year I'm determined to regain my KOPS status that I so foolishly lost in 2005. But like you I have to deal with life's challenges which results in Yo-Yoing. TOPS gives us all the tools to achieve our goal, but we have to find the motivation and make the life style changes to find better health. So let get together and use those tools to become the best we can be.

### How do we get started on our journey?

**First,** watch portions. That means keeping an honest food diary and measuring portions so that we stay under that 1500 calorie limit. The book I'll use is called "**Daily Do it.**" This little gem of a book will help to make sure our diet is balanced.

**Second:** Be aware of major downfalls. One downfall is allowing processed carbohydrates in our diet. Those processed carbohydrates cause swings in our blood sugar. The second downfall is getting tired and bored in the evening. To overcome this problem try pre-cleaned vegetables to snack on.

**Third:** Exercise. Any 20 minutes of continuous activity is exercise. You might consider adding steps by using the steps whenever possible or parking further from the store. It all helps.

**Finally,** we must acknowledge the emotional issues in our life. In many cases we blame other for sabotaging our efforts to lose weight. Remember when we point the finger of blame at another, there are still three fingers pointing back at us. We must take charge of ourselves and then set our own **boundaries**. Eventually people will get the point that you have control over what you desire for yourself.

**Fall Rally** is just around the corner on October 1<sup>st</sup>, at Christ the King Lutheran Church. This year we have two dynamic speakers, a dietitian and a motivational speaker. This is the spark we've been waiting for and only \$6.00 per person. So don't miss this event.

Send your registration form, chapter check and contest results to me by September 15<sup>th</sup>.

I hope I get a new contest from every chapter that attends so we can all share in some successful and motivating contest. I will put the submitted contest in book and give a copy to each chapter that has submitted a contest. If and when we share ideas, it helps us all.

As mentioned earlier, you may use your chapter table to display items for sale to help raise money for your chapters SRD fund. There will be no extra tables so we don't inconvenience the support staff who so kindly set up the room. In addition we will have a bigger room for the rally.

**Chapter Visits:** I so happy to report that of my 40 chapters, I've been invited to visit 20 as of the end of this month. I'm still waiting to hear from the rest of my chapters for their annual visit and presentation of **Super Foods Program**. So please call, I'm happy to visit at your convenience.

Regarding chapter visits. As we all know, today's gas prices are just terrible and just like you I cringe every time I have to fill up. So I'd like to give a big thank you to the chapters that were so generous and gave me money for gas. It is always a big help.

In closing, I'm looking forward seeing you all at Fall Rally.

TOPS Hugs,

*Diane Carmichael, Area Captain*

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