

HAPPY, HEALTHY NEW YEAR

**That is what I wish for each of you in 2010!
January 2010.**

Dear TOPS MEMBERS,

It is a new year. Neva Coyle said “Our job is not to straighten each other out, but to help each other up”. How about making this the year to help each other up in your chapter. With the start of a new year, we start out with a clean slate. Change is difficult for all of us. Society puts focus on our bodies and not our personalities and our weight is always an issue. Ask yourself “What can I do today?” How about trying the “CUT & BURN” program TOPS is using now? How about using a new strategy if your old ones don’t work? Gloria Gaither said “We may run, walk, stumble, drive, fly, but let us never lose sight of the reason for the journey, or miss a chance to see a rainbow on the way.” The key to attaining better health is developing a strategy to incorporate healthy decisions into your daily life. Instead of planning to lose 50 lbs, start out slow by adding simple modifications to your daily schedule. Plan your daily workout sessions by starting with 10 minutes in the morning and 10 minutes in the afternoon. We all know we can do the balloon exercises or chair exercises. Then after a week, add another 10 minutes. Here are some other strategies you could use.

PLAY – Add more joy and play to your life. Laughter is the best medicine for happy and healthy persons. Play games with your children or grandchildren.

EAT BREAKFAST. Studies show people who eat breakfast feel better, think more clearly and can manage their diets better than those who don’t

ADD COLOR TO YOUR MEALS. Another tip for good everyday eating habits is to “add color to your meals.” Most people need more fruit and vegetables in their diet and they are colorful.

CUT DOWN ON PORTIONS. NEVER “supersize” anything! If you would just learn portion sizes, eat that and wait a bit, you’ll find that you feel full. Also never starve yourself. Studies show that eating six smaller meals a day keeps the cravings away.

CHOOSE HEALTHIER DRINKS. You don’t have to give up sodas and caffeine entirely, but at least try to have a healthy beverage (milk, juice, or water) at meal times. Go easy on the juices – make sure they are 100% juice.

QUIT SMOKING. If you smoke, stopping is by far the most important thing you can do to improve your health.

MOVE THAT BODY. You have all heard this advice before. How many have done it? Like I said before, small 10 minute sessions to start out. Just remember to keep it safe and fun.

Remember to reinforce, encourage, and motivate yourself to keep moving forward towards you goals. YOU CAN DO IT!!!

Dates to put on your calendars:

March

Election of Officers 1st Week

Spring Workshop: March 27, 2010 in Pennock, MN

Community Center (hope for no bad weather)

Hosted by Chapter 703, Willmar

Information to come in next letter and looking for any new ideas

Health Fairs in your area, please let me know if there are any that I can participate in.

April

Officer Installation & Recognition

May

SRD May 21-22 "TOPS 2010 Olympics!"

July IRD Halifax Nova Scotia July15-17 "Set Your Sights on Harbor Lights"

Open House's can be held any time, please let me know when you plan on having yours. If it works into my schedule, I will plan on being there.

"Join TOPS to CUT & BURN using TOPS Tools to Get Healthy, What are you waiting for!"

October

Fall Rally: October 16, 2010 in Pennock, MN at the Community Center. Looking for a Host Chapter to help me out with it.

"Believe" Hope is to believe, and what an opportunity to renew our commitment to Taking Off Pounds and Keeping Off Pounds. Let's all reconnect with members who have dropped out by inviting them to come to our open house. Have you scheduled yours yet? Let's be part of the team that moves TOPS forward to membership growth and weight loss through our support. We need to implement a belief system of Attitude, Accountability, Goal setting, Expectations and Achievement - only then will we grow and lose those unwanted pounds and keep them off.

If you believe, then you can achieve all of your dreams.

If you can see it then you can do it; if you believe it, you can achieve it.

It is up to you. You can make your dreams come true.

There's absolutely no reason you won't succeed! We can all come up with reasons we won't get our heart's desire. But it's time to cast those doubts aside, because there's no stopping a dream fueled by hope, hard work – and you! Believe in yourself and your potential (you have so much) and watch what you want most in life happen!

Have a Happy, Healthy New Year.

TOPS Hugs,

Vicki Schreiner-Kaiser
mnacvicki78@mchsi.com
320-587-8155