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Dear Chapters,

With summer being upon us now and the weather being nice, I hope you all are getting out and enjoying it with bike rides, walks or even swimming. These are all great exercises for this time of year.

I know a lot of you travel during this time of the year so here are some strategies for traveling.

Traveling presents particular problems because you are thrown off your normal schedule, you're in unfamiliar places, and your normal exercise routine may be disrupted.

Remember, a golden rule of managing high-risk situations is never go hungry. For that reason, it is important to have healthy snacks available at all times.

If you are traveling by car, especially on a long trip:

- Take along a cooler in which you can keep water, diet soda, fruit, low fat yogurt, and other healthy snacks. Pretzels make a good snack as does dry cereal.
- Plan your stops. If you are going to stop at a fast food restaurant, plan ahead of time what you will order.
- Stop every couple of hours to fight off fatigue and prevent stiffness.
- Watch out for gas station food. Ninety-five percent of it is high fat.
- Make sandwiches to take with you.

If you are traveling on a plane:

- Take snacks with you. You never know when, where, and for how long you may be delayed.
- Watch out for in-flight snacks.

When in an unfamiliar place:

- Find out in advance as much as possible about local restaurants.
- Ask the locals about places that serve healthy food.
- Even on vacation, there is no reason to abandon your usual sensible habits.

1. Specify portion size
2. Keep sauces and dressings on the side
3. Minimize the fat; ask for grilled foods
4. Watch out for desserts
5. Request bottled mineral water in places that don't have diet soda.
 - Cruises offer a wonderful selection of fruits and vegetables as well as vegetarian cuisine.
 - Many hotels offer a buffet breakfast with fruit, cereal, and a selection of breads.

Here are the chapter visits I have planned for July:

510 Sturgeon Bay- July 12

780 Wapaca- July 14

1405 Oconto- July 15

If these dates don't work for you please call me to reschedule.

Please remember that the summer quarterly is July 10 in Kimberly at 9am. We will be having Wayne Vandenberg from the biggest loser show. This means I need the quarterly weight forms to me no later than the 5th of July please.

Something to ponder: A bad habit never disappears miraculously; it's an un-do-it-yourself project.

TOPS HUGS,
Sharon