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Dear Chapters,

I hope this warm weather is finding you all well and is not too hot for you to get out and going for those daily walks and bike rides. I know sometimes when the weather is too hot it can be exhausting and you don't want to get out and exercise.

I want to thank all of you who came out to the Summer Quarterly to support Wayne, who was our speaker. I know from some of those who did attend, I heard a lot of positive comments. I want to thank all of the chapters who got their quarterly reports in on time and for attending the quarterly. You made my job easier.

In keeping with our theme for fall "SEE YOU LIGHTER," I am going to touch on weight control, 14 tips to help you lose the belly.

1. Keep a journal of what you eat. Record what you eat, the amount, you eat, where you eat, and what you're doing when you eat. Note patterns you may want to change.
2. Set achievable weight goals. Understand that gradual weight loss is healthier and makes it easier to keep the weight off. Three to six pounds every three weeks is a good rate of weight loss.
3. Avoid crash dieting and skipping meals. You can jeopardize your health by trying to lose too much weight too quickly. Skipping meals actually slows down your metabolism; this undermines your weight-loss efforts. It also tends to make you feel hungry late in the day when your metabolism normally slows down.

4. Trim the fat from your daily diet. Limit your daily fat intake to no more than 30 percent of your daily calories, with only 10 percent being saturated fats. Dairy and pork fats are highly saturated.
5. Drink at least eight glasses of water every day. Water is an excellent appetite suppressant, and it helps the body rid itself of excess fat and waste. It also helps relieve constipation, a common problem when dieting.
6. Plan your meals ahead of time. By planning your meals you can more easily avoid too much fat or too many calories.
7. Pay close attention when you're grocery shopping. Enter the store with a complete list in hand and buy only what's on your list. Shop only when you're not hungry and look for low-fat alternatives to typical high-fat choices. For healthy snacks, choose fresh fruits and vegetables instead of chips and cookies.
8. Eat slowly. Give your body enough time to let you know it's full. Take a break about halfway through each meal.
9. Eat smaller portions. Know how much you're eating. It's easier to see how many crackers you're eating if they come out of a bowl you counted them into rather than out of a box.
10. Exercise frequently and pick activities you enjoy. A little as 30 minutes of aerobic activity three to five times a week can really make a difference in your weight.
11. Mix up your fitness activities to prevent boredom and burnout. Aerobic activities (cycling, running, swimming and walking) should be done at least three times a week for weight loss. Coordination activities (basketball, volleyball or racket sports) and weight training can be done up to three times a week every other day.
12. Trade one bad habit for one good one. If you have a tendency to munch while watching TV, try riding a stationary bike to keep you occupied while watching TV. Be on the lookout for situations that trigger bad eating habits and change or avoid them.
13. Make problem foods unavailable. If you have a hard time staying away from ice cream, don't keep it in the house.

14. Reward yourself for your hard work. When you meet a weight loss goal buy a new sweatshirt or a new CD to listen to when you're exercising.

Remember these may sound like easy things to do but they are hard to do and must be worked at to achieve your goal. I have faith in each and every one of you that you can achieve whatever you have set your goal to be this year.

The only person standing in the way of what you want to achieve for yourself is you.

See you lighter,

Sharon