

Put the Spring Back in Your Step! Seasonal Tips for Weight Management • By Your Weight Matters Campaign (OAC)

Spring has sprung, and new beginnings are all around us! It's a season of fresh opportunities, so why not give your weight management journey a new beginning too?

Start Fresh with Weight Management

Every now and then, it's a good idea to pause and reflect on your current goals, actions and rate of success. What are you trying to achieve? How are you trying to get there? What's working and what's not? These questions, although simple, are fundamental.

You'll probably notice that there is plenty of room for growth and change. Switching things up can not only keep things fresh, but also productive. For example, let's say you're knee-deep in a current workout routine that's producing minimal results. If your goal is to improve energy levels and gain muscle, you might consider examining what needs work. Maybe it's time to try different cardio and strength training exercises, or maybe you need a change of environment.

The good thing is that your weight management journey is a process. You will always be learning, changing, adding and subtracting. You won't get anywhere without change and adjustment.

Spring into Action – Seasonal Tips for Weight, Health and Wellness

What can you or should you change? What does spring have to do with it?

You're probably familiar with the term "spring cleaning." It's about taking the season of spring to de-clutter your life and physical space so that you can focus on yourself, your surroundings and responsibilities.

There's no reason why spring cleaning can't apply to your weight management journey! Consider these tips for starting fresh, starting new and implementing change:

Clean-out Your Kitchen – Look through your refrigerator, cabinets and pantry. Toss out any tempting treats that won't help you with your weight management goals.

Add One New Change to Your Workout Routine – Maybe it's working out in a new place, such as the park instead of the gym. It could also be the amount of time you exercise, or the particular exercises you're doing.

Try Something New – This could be a new exercise, fitness class, after-work activity or even a new kind of food to add to your cookbook. Don't be afraid to stretch your wings and get creative!

Create a New Workout Playlist – Add some new songs to your workout playlist for a spark in motivation! New music can be very inspirational.

Visit the Farmer's Market – Spring produce is now in season, and they're great options for filling up your plate!

See Your Healthcare Provider – Check-in with your healthcare provider for an annual exam to keep tabs on your weight and health. Healthcare providers make excellent accountability partners, and can provide clear direction!

So, this spring, don't be afraid to switch gears and make small differences in your weight management journey!

Please try to at least have one member attend workshops. Lots of information is shared. Light lunch is provided.

SHARE THE DATE

April 28, 2018 Next workshop!

Invite was sent Separate 1-3 PM
Grandview United Methodist
2315 Phelps Avenue, Cuyahoga Falls

2019 IRD

July 12-14, 2018
Montreal, Canada

Fall Rally

October 13, 2018
Damascus

2019 Ohio SRD

April 4-6, 2019
Hilton Inn Fairlawn, OH

2018 ANNUAL workshop fee of \$15.
Thank you to all chapters who have already sent me their 2018 workshop fee. There are 3 workshops per year. Please start calling me to set up your first half 2018 AC Visit-I am looking forward to doing the AC Program for your chapter. Please note it is not necessary to give me travel expense money for any of my visits if it is a hardship to the chapter

Laurene Neval, Area
CaptainSummit/PortageCounties
216-832-1106
huey15@roadrunner.com
8963 N Bedford Road
Macedonia, OH 44056
www.topspride.org -Region site
www.tops.org – National site

Informational:

Area Coordinator: Barb Rettinger
PO Box 426, N. Kingsville, OH 44068
Reddog3222@yahoo.com
(ALL KOPS FORMS, audits and transfers)

Memberships/Renewals to-(top copy):
TOPS Headquarters
PO BOX 070360
Milwaukee, WI 53207-0360

If you have any questions or need any help, please feel free to contact me. I will always ask Barb if I do not know. I am here to help her help you!

Section of Success-Kudos To You!

(Don't forget to report any no gainer weeks)

KOPS

Cumulative Years (Based on original KOPS date or last reinstatement date, if applies-March)

Colleen Whitacre OH 0220 Akron 7 years
Beverly Lino OH 0595 Norton 7 years
Shirley Wilcox OH 2204 Mogadore 1 year

Chapter Anniversaries:

OH 1182 Green 46 years

No Gainer

OH 0551 Sagamore Hills 5+ weeks

Members over 40 years (By renewal date:

Norma Schlabach OH 0883 Akron 47 years

New Members-February

Sheila Kisamore OH 0883 Akron
Beth Palmer OH 1182 Green
Deborah Pitrone OH 0300 Cuyahoga Falls
Michele Kline OH 2204 Mogadore
Margaret Schillmiller OH 2204 Mogadore
Bobby Makin OH 2204 Mogadore
Lorraine Francis OH 0220 Akron
Susan Moore OH 0883 Akron
Kathy Mather OH 0220 Akron
Helen Pemberton OH 2256 Ravenna
Kathy Kocik OH 0551 Sagamore Hills
Maria Stewart OH 0220 Akron
Barb Travis OH 1523 Ravenna
Eloise Jarvis OH 0595 Norton

KOPS SOCIETY #2 OH - 2018 Schedule:

March 3, August 4, December 1 at 11:30 am

All KOPS, members within 10 lbs of goal and Leaders are welcome

Belgrade Gardens South Restaurant, 3476 Massillon Road, Uniontown

Call Ann Sloan for details 330-794-8311