

Hi TOPS Friends;

January 2010

Happy New Year! Isn't it great that we get a fresh chance each January? Let's all get this year off to a great start. If you have been struggling this is the perfect time to start over. I know I am going to try to do better this year, as I had a few setbacks at the end of last year. Last year I asked everyone to believe in themselves, this year I want you to believe in yourself and in your Dreams. What are the Dreams that you want to achieve this year in TOPS. Do you want to lose 10 pounds, or stay under goal, be more active and in better health. Let me know what your "Dreams" are. I want to help you reach those dreams. I know we can do it if we just believe in ourselves and those dreams. If we all work together and support each other we will succeed. Here are some ideas to help you with this year's resolutions.

1. Write resolutions down, when you write something down in the present tense, your brain thinks you've already done it and believes it. For example, "I am eating better. I am exercising more."
2. Visualize yourself at the end of the year reaching your goal for 2010.
3. Develop a plan of action, set a weight-loss goal and establish it as a priority.
4. Recognize obstacles and double resistance to them. For example, if pressured to eat tempting, high-calorie treats, say, "Thanks, but I'm not hungry right now." Practice saying this in the present tense, and rehearse turning down temptation. (Practice saying NO.)
5. Make small goals instead of looking at the big picture. Start with a food log for a month with calorie count, then when you've got that, includes the fat grams. Start exercising 10 min. a day 2 times a week, then increase to 10 min. 4 times a week. Then increase the time to 20 min. a time.
6. Do a "spring cleaning" of your kitchen NOW. Get rid of the snacks and tempting high calorie high fat foods. (Give those to a food bank instead of throwing them away.)
7. Post a "healthy living" tallies on your refrigerator door. List pounds lost, miles walked, inches lost, and measurable progress. It's a powerful reminder of what's been accomplished and a deterrent to raiding the refrigerator.

8. Don't morn the past, when weight was gained. It's a waste of time. Simply start your 2010 action plan now.
9. Take responsibility for each day. Reflect on how the day went. If you ate too much food, recognize it, move on, and plan for tomorrow. This is a great way to journal your emotions.
10. Believe in yourself. Don't be afraid to ask for help. TOPS chapter meetings each week are a great way to find support.

Remember "It's your Time" and you have to believe in yourself enough to do it.

This year I have come up with a chapter challenge for all my chapters. I hope it will help encourage you to reach your dreams. I know my chapters are the best in TOPS now is the time to prove it. I will have a reward for the top 3 chapters and the end of the year. The Chapter with the most points (tie breaker is weight lost per member) at the end of December 2010 will receive \$40.00 cash from me. Second place will receive \$20.00 and third place will receive \$10.00. This money is for you to us in any way that will help your chapter. You may use it for prizes or awards it is up to you. Enclosed is a copy of the challenge. What chapter will be no 1? Will it be yours?

Do you have an e-mail? Do you have it registered with TOPS? The reason I ask is if TOPS has you e-mail then I (as well as TOPS) will able to notify you directly when important information occurs. You will find a space for it when you renew. TOPS only gives this information to field staff (for example Randy and me). They do NOT give it to anyone else. Help us get information to you as fast as we can.

SHINE TIME

I am excited to let you know Missouri had an international winner for "TOPS greatest improvement". John Spinola is the MO 2009 State King and now the 1st place winner for Greatest improvement. Congratulation to John for this honor.

Cindy Story

Believe in your Dreams

CHAPTER CHALLENGE 2010

1. Bring in a new member.
(1 point per new member 1-1 to 12-31-2010) _____
 2. Have a New KOPS.
(1 point per new KOPS in 2010) _____
 3. Attend Area Captain Function.
(1 point per event Officer Workshop, Fall Rally etc.) _____
 4. Attend SRD or IRD.
(1 point per event) _____
 5. Set up chapter visit with Cindy.
(1 point if I do a chapter program) _____
BONUS: 1 point if you have a chapter walk
on the same day as visit. _____
 6. Extra visit by Cindy.
(1 point if you invite me to an open house, awards
program, health fair etc.) _____
 7. Participate and turn in summer contest forms.
(1 point) _____
BONUS: 5 points if your chapter has a loss during contest _____
 8. Cut & Burn.
(1 point if chapter does Barb Cady's challenge) _____
BONUS: 1 point for each person who lost 10lbs or more _____
 9. Send Cindy a chapter shine time for newsletter.
(1 point per month) _____
 10. Walk with Cindy.
I plan to have a Saturday walk in different areas this
year. I'll let you know the date and time.
(1 point per walk chapter attends) _____
 11. 5 lb. or more chapter loss for the year (2010)
10 points _____
- TOTAL POINTS _____
- 2010 average loss per member _____
(from 2010 resume)