

South Central Area – TOPS

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November - December Newsletter

Fall Rally

Fall Rally was held on October 22 and was well attended. A big thank you to all the chapters who participated! MT 547 - Billings did a great job hosting the event, and we had a delicious lunch. We had some magnificent raffle baskets and lively participation in the 50/50 raffle.

We met our new State Coordinator, Deb Pier, who did a very visual representation of how she (and we all) wear many hats as we progress through our lives and need to adapt to changes.

The attendees participated in a problem solving activity as we try to live our busy lives and still stay in control of our health – especially our food and exercise. Some down-to-earth as well as some creative looks at how to win those battles. And a program by Alberta Langel on how to get “back on track” after we have fallen off.

At the left margin of this newsletter are a series of pictures of the rally participants. I was pleased with the number of participants in the hat fashion show, not to mention the skit and the line dancing.

Holiday eating and winter exercise

As I write this I have just returned from a week of family fun and food – and not much exercise. A 1,000 mile round trip and lots of visiting around the table. The only exercise I got was when we were shopping. Yikes. I know I didn't lose last week – and may have had a gain. I can't afford this behavior during the month of December. So what will I do differently?

I found a great list of suggestions in the November, 2010 TOPS NEWS (p.24). Here is an abbreviated version of the article: **Plan ahead!**

Based on that article, I need to be honest with myself. I need to acknowledge those temptations. I have advance notice when I will be attending a holiday party. I know that there will be “treats” at work. I know in advance when I will be making my traditional holiday goodies. So what can I do differently this year? **Plan ahead.**





I need to do the following:

- Eat healthy meals and snacks at home.
- Ask the host/hostess what type of treats will be at the party – if I don't know already – and adjust my food earlier in the day to accommodate.
- Eat a piece of fruit and drink a glass of water prior to the party.
- Skip the potato chips, etc. I can have them any time.
- Prepare some healthy snack alternatives. Not everything tasty and festive is a bad food choice.
- Once my holiday baking is done, get it portioned out, mailed and/or delivered and out of the house. (Except for enough for a special treat)
- SWAP and STOP. Make at least two healthy choices per occasion. I can feel good about myself and feel better physically.

Chapter news

I have been traveling around the area visiting TOPS chapters this fall. As of this writing, I am 3 short of 100% of my chapters. December is a crazy month for everyone, so I plan to postpone the remaining chapters until 2012. The three I haven't been to yet will be my first ones for next year. I have enjoyed meeting everyone at the chapters. Every meeting is a little different, but all of us have the same goals. Let's remember to celebrate our successes and look at our failures- then put them away, and move to another success.

Both Livingston chapters reported no-gain meetings in September. And MT 134 reported a no-gain MONTH! Great job.

Open house

January is usually a great time to plan an open house. After the holidays, and with New Year's resolutions, it is a good time to promote TOPS in your community. Talk it over as a group, and start laying some groundwork now.

Spring Workshop

I am looking for a chapter willing to host the spring workshop. It is less work than the Fall Rally. So please contact me if you are interested. The sooner I have a host, the sooner we can start planning.



**PLAN
AHEAD**

