



TAKE OFF POUNDS SENSIBLY

Weight-Loss Support • Accountability • Recognition

South Central Area – TOPS

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Fall Rally

Save the Date! **Saturday, October 22.** Official invitations and registration forms will be sent to the leaders shortly.

MT 547, Billings has volunteered to host the Fall Rally. It will be held on **Saturday, October 22** in Billings. Be prepared to wear or bring a hat for an informal fashion show. It can be stylish, outlandish, or silly.

Chapter News

Has your chapter done anything special? Do you have any on-going incentives or activities going on? Please share them with me so I can share them with other groups.

TOPS advocates which of the following?

Your food choices should include

A – Only pre-packaged food that costs a lot of money.

B – No pre-packaged food. If it comes frozen or in a box or can, you can't have it.

C – A balance of foods with good nutrition and eaten in reasonable portions.

Exercise should be

A – Totally boring, and you should hate doing it.

B – At least 5 hours per day.

C – A variety of aerobic and strength activities that you can work into your day and enjoy doing.

Hopefully, you knew the answer to both questions was C. TOPS is designed for real people; and as real people we need to work at changes in our lives that we can maintain for our improved health.

Chapter visits

My intention to start chapter visits in August was one of those great intentions that didn't work according to plan. Between work and class, I am going to try to squeeze in a few visits in September.



Remember, you didn't gain the weight overnight, and it will take time, effort, and consistency to get it off.