



MONROE COUNTY COMMUNICATOR



Newsletter Issue 11 December 2009



NOTE FROM YOUR AREA CAPTAIN

Holiday Greetings!

Christmas is just a few days away, and another year is coming to a close. Hopefully, many of you had a good year, but I know there are some who are glad to see it end and are hoping for a much happier, healthier 2010!

Thank you for a wonderful year as your Area Captain. I thoroughly enjoyed visiting your Chapters, seeing you at Workshops, KOPS Luncheons, Rally Day, and SRD, and hearing from you all year long.

I am especially thankful to those who served on the Rally Planning team and to all who helped in any way to make our Rally successful. Thank you from the bottom of my heart.

I am so proud of all who were honored at Rally Day and SRD. We have some wonderful success stories right here in Monroe County and shining examples set by 78 KOPS. My congratulations to all of you!

I look forward to seeing everyone in 2010, and I hope it's a year of weight loss, improved health, and success for all of us.

This is the season of "food everywhere." We are constantly tempted with office parties, Christmas gatherings, and even at home. Please remember that **NOTHING TASTES AS GOOD AS THIN FEELS!** And after one bite, the other bites all taste the same, so try to control portions and quantities of goodies.

I wish you all the peace and joy of the holiday season and many blessings in the year ahead.

Love and Hugs,

Sandy Friedday



Sandy Friedday, Area Captain

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WELCOME NEW MEMBERS

I'd like to offer a warm welcome to these new members who have recently joined our Monroe County TOPS family! I look forward to meeting all of our new members during my 2010 chapter visits.

- TOPS NY 0037 Spencerport - **Jan McCullough, Eileen Weinpress**
- TOPS NY 0054 Fairport - **Ally Kier**
- TOPS NY 0233 Rochester - **Sandy Auer**
- TOPS NY 0250 Rochester - **Linda Rice**
- TOPS NY 0288 Rochester - **Victor Denysenko**
- TOPS NY 0301 Rochester - **Frances Pickens, Harriet Silverberg**

Welcome to our TOPS Family! We are happy to have you with us, and we are here to support you!

REMINDERS

- Your **Annual Chapter Resumes** are due to **Marcia Jackson** no later than **January 8th**. Please call me if you have questions or need help with completion of the forms. Please **DO NOT** send the forms to Marcia via special delivery with a signature required. **The envelope should be sent via normal First Class mail.**
- Make sure that none of your Chapter members have an **expired TOPS Membership**. People should not be allowed to weigh-in if their membership expired and was not renewed.
- Judy Pettit's **Gimme 10 Contest** ends soon. Please be sure to send Marcia your list of members who lost 10 or more pounds from the first weigh-in of January through the last weigh-in of December. All those who attend SRD 2010 will be honored on stage.
- The Rally to Rally weight loss contest began with the first weigh-in of October 2009 and ends with the last weigh-in of August 2010. It's not too late to get started and compete for the title of **Monroe County Best Loser 2010!**
- All Chapters are encouraged to have an **Open House** in January or February of 2010. Please let me know when your chapter is holding their Open House, and I will attend if possible. One of our **Rally Awards in 2010** will be for the Chapter with the most **NEW** members joining during the time period of January 1st to August 30th.



HOW WELL DID YOU STAY ON COURSE FOR A YEAR OF GOOD HEALTH?

December finds many people reflecting on the past year. It's a good time to review your achievements and celebrate your successes, big and small.

Did you move closer to a healthy weight or diet goal? Are you exercising more often or managing stress better? Whatever the case, set your sites on a healthy course in the new year - it will present many opportunities for continued success.

Remember, good health is up to you. Every day provides you with another opportunity to take a more active role in your health that will have a positive impact on you now and in the future.

Three Healthy Moves before Year-End

1. Spend time with family and friends. Most people look forward to being with friends and family during the holiday season. Having a satisfying home and social life is key to feeling positive and working your best, so it pays to create a healthy balance. Quality time is invaluable.
2. Help others. People who help others tend to enjoy greater satisfaction in life. What can you do? Check on your elderly neighbors. Read books to children during your library's story hour. Volunteer at a hospital. Get involved in your church or community. When you give to others, you benefit, too.
3. Enjoy life more. Rather than filling all your off-work hours with items from your to-do lists, leave some time for fun, relaxation and creative hobbies. At least once a week, turn off all communication and spend time with people and activities that bring you pure enjoyment.

Source: Personal Best; as quoted by Xerox Health & Fitness

*The information provided here is not intended to take the place of medical advice.
For more information, contact your health professional.*



**Wishing you
good health and
many blessings
in the New Year!**