

Newsletter Issue 2 February 2010

NOTE FROM YOUR AREA CAPTAIN

Greetings!

I hope you all had a wonderful Valentine's Day and were able to avoid the Russell Stover chocolates that seemed to be available in great quantities in every department store and drug store! Hopefully, you indulged in the love of your family and friends, rather than the chocolate.

You should have all received the SRD Registration Package by now and the Souvenir Pre-Order Form. Please note the deadlines and be sure to send in your completed forms on time. Let me know if you have any questions. I hope to see you all in Saratoga Springs in June and hope to see many of you being recognized on stage!

Stay warm and safe. Every day that passes brings us closer to the end of winter. We will be out walking and enjoying the sunshine and fresh air again soon! ☺



Sandy Friday

NOTE TO CHAPTER LEADERS: Please send the payment for your Annual Chapter Maintenance Fee to Marcia Jackson, Area Coordinator, if you haven't already done so. Thank you!



KOPS NEWS!



The next Lilac KOPS Honor Society Luncheon will be held on May 1st at the Dutch Mill Restaurant in Greece. This luncheon will be for Monroe County KOPS only. We have 78 KOPS in Monroe County, but only about 20 who attend the quarterly Lilac KOPS Honor Society Events. It is our hope that by holding the event closer to the Rochester area, more KOPS will take advantage of this opportunity to network with other KOPS and become a member of this very prestigious group.

More details about the luncheon will follow in late March/early April. I hope to see all of our KOPS there! TOPS members within 10 pounds of goal are also welcome to attend.

CONGRATULATIONS!

Congratulations to Carol Van Atta of NY 0292 Webster on her reinstatement as a KOPS! We're so proud of you, Carol! ☺



Sandy Friday, Area Captain

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I'd like to offer a warm welcome to new members who have recently joined our Monroe County TOPS family!

TOPS NY 0054 Fairport - Marty Maloney, Ginny Palumbos, and Connor Robinson

TOPS NY 0241 Rochester - Agnes Annechino, Elizabeth Burgwardt, Joanne Reeder, and Deanna Schwartz

TOPS NY 0288 Rochester - Nancy Brown and Gayle Fleming

TOPS NY 0292 Webster - Roberta Partilla

TOPS NY 0632 Hilton - Mary Moore Frisbee

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

OPEN HOUSE / HEALTH FAIRS

Please let me know if you are planning an Open House or participating in an upcoming Health Fair. I would also like to know if you do any publicity or are planning to participate in any TOPS Walks.

I am interested in starting Chapters in Brockport and Gates. If you know of anyone in those areas that might like to join TOPS, please let me know.

I'M WAITING TO HEAR FROM YOU!

Please email me your Chapter News for inclusion in our monthly Newsletter (contest winners, KOPS anniversaries, celebrations, new KOPS, etc.). I would love to join your chapter meeting for these events whenever possible.

**MY TIME YOUR TIME
TOPS TIME!**



DID YOU MAKE A NEW YEAR'S RESOLUTION TO GET HEALTHY?

TOPS Says Focus Makes New Year's Resolutions Stick

Many of us set health-related goals for the new year. Patricia M. Amborn, M.S.M., educator, wellness author, and expert for TOPS Club, Inc. says New Year's resolutions offer a fresh start for those with self-improvement intentions. "With a resolution, it's a commitment to take care of what you value," Amborn shares. "Start with self-love. If you value yourself, you will make a concerted effort to take care of yourself."

Visualize Changes

When forming individual New Year's resolutions, start by dreaming a little. Amborn cites research that shows people are most productive and creative when relaxed. She suggests taking advantage of a daydream state to visualize weight-loss success. To be most effective, she recommends, write resolutions down. "Scientists have proven that 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. I am getting appropriate rest,'" Amborn explains.

Change, even positive, can be overwhelming, so start small, she advises. One way to kick off a new resolution might be to assertively state it to your household. Your announcement could be as simple as, "I want to make 2010 a healthy year." List expectations of how family members can support this goal. Amborn adds, "A week or two later, repeat the statement. Those words sound assertive and represent boundaries and expectations being established."

Develop an Action Plan

Define core values as you work to set and attain goals. Amborn says, "One way to define your values is to visualize yourself at the end of your life, thinking of the legacy you want to leave behind. 2010 is a fresh start. Ask yourself: How do I direct myself to build a foundation for my legacy? The action plan has to become specific." To develop a plan of action, set a weight-loss goal and establish it as a priority. Recognize obstacles and double your resistance to them. Build determination. For example, if pressured to eat tempting, high-calorie treats, say, "Thanks, but I'm not hungry right now." Visualize saying this in present tense, and rehearse turning down tempting food.

Take Concrete Steps

Practice new "small picture" habits while keeping a focus on the "big picture," to fuel motivation. Make the following changes that can add up to big improvements by the end of the year.

- Place workout gear by the front door to minimize excuses about exercising.
 - Find a supportive workout buddy who has also resolved to live a healthier lifestyle. Make regular appointments with each other to exercise.
 - Maintain a food log and keep track of everything eaten during the day to reflect on your eating habits and assess your diet.
 - Toss out or give away treats from the holidays that are lingering in the house.
 - Post a "healthy living" tally on the refrigerator door. List pounds lost, miles walked, inches lost, and other measurable progress. It's a powerful reminder of what's been accomplished and a deterrent to raiding the refrigerator.
- In addition, follow these recommendations from Amborn to make your resolutions stick and promote motivation.
- Don't mourn the past, when weight was gained. It wastes time to be mired in regrets. Simply start your 2010 action plan.
 - As weight comes off, look for hidden rewards. Every few pounds will yield additional health benefits.
 - Confront negative beliefs held by both you and others. Each of us has "a rebel inside us" who urges us to give in to temptations. Even if we failed in the past, that doesn't necessarily mean we'll fail again.
 - 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.

•Believe in yourself. Don't be afraid to ask for help. TOPS chapter meetings each week are a treasure trove of support.

"Remember this is for your benefit. You have to love yourself enough to do it," says Amborn. **"It's about the kind of life you want to live in the new year and in the years ahead."**

(Note: Information obtained from a TOPS Press Release)

