



Newsletter Issue 7 July 2010

NOTE FROM YOUR AREA CAPTAIN

I guess summer is really here ! Hope you are all staying cool ! It's been pretty hot and I'm sure lots of you have been working outside. Our gardens are really starting to produce and all of those fresh vegetables taste so good ! There always seems to be enough to pass around and share with your TOPS friends. My chapter has a basket on the table and those who put something in it get to put their name in a drawing for the contents of the basket....somebody goes home from the meeting every week with loads of fresh vegetables ! Can you think of a better way to encourage your TOPS friends to eat healthy ???

2010 Area Captain's Program

The Area Captain's Program on "Stress Management" will be presented to the following chapters as listed.....

- August 11th...#NY 1082 Canandaigua
- August 18th...#NY 656 Red Creek
- September 1st...#NY1147 Canandaigua
- September 21st...#NY 238 Phelps
- October 5th...#NY 1244 Canandaigua
- October 13th...#NY 244 Walworth
- November 9th...#NY 360 Victor

I am happy to visit your Chapter on other occasions and always excited when Chapters invite me to share in a time of special recognition for your members!



IMPORTANT! PLEASE PAY YOUR CHAPTER MAINTENANCE FEE PROMPTLY WHEN YOU RECEIVE THE INFORMATION FROM MARCIA



Carol Walker, Area Captain

8841 Lyons Marengo Rd.
Lyons, NY 14489
315-946-4648

scrapwalker@hotmail.com

Your Community

We have a Reinstated KOPS in our community ! Patricia Ayres of #NY1082 Canandaigua...congratulations Patricia !

NEWS FROM TOPS HQ

IRD in Halifax was a great success ! There were 2,385 in attendance.



There were less than 20 responses to the couples retreat survey. Therefore a retreat will not be pursued at this time.

TOPS Theme for 2010-2011 is "The Road to Success"

RALLY DAY 2010
Saturday, October 23rd at the Ramada on the Lake in Geneva.
This year's Rally Theme is.....
"CAMP YOUGOTTAWANNA"
Don't forget about the new Area Captain's challenge this year ! For TOPS it's 4 weeks in a row having a weight loss and staying for the meetings and for KOPS aiming for 4 weeks in a row of being at or below goal along with staying for the meetings. How many times do you think you can meet the challenge before the Rally in October ???

Important Dates

KOPS Honor Society Cruise
Aug. 7th, 2010

SRD 2011... "Happy Days
with TOPS" in Milwaukee,
Wisconsin, July 7th-9th...

Rally Day... October 23, 2010
at "Camp Yougottawanna" in
Geneva N.Y. at the Ramada
on the Lake,

DONATIONS

Remember this year we will be collecting school supplies for FLCC (Finger Lakes Community College) GED program at our Rally. The college has GED classes in all of our counties. Here is a list of items to choose from.....pocket folders, pens, pencils, highlighter markers, rulers, protractors, compasses, erasers, spiral notebooks (especially needed!), assignment pads, notebook paper, notebook binders, pencil sharpeners, pocket dictionaries...almost anything a student could use. Let's collect lots of things for these students! We have almost 3 months left to stock up for our donations the day of our Rally! Thanks to all of you!

Closing Thoughts

My thoughts for you this month have to do with "Plateaus". Fitness trainer Jillian Michaels says...Don't be discouraged. Plateaus are a way your body protects you for survival. Plateaus occur because your body thinks there is a famine and slows your metabolism to conserve calories. A plateau usually breaks on it's own after 3 weeks or so but there are several ways to get your metabolism back on track quickly. Exercise Tips :

Variety : Often we fall into a routine and do the same regimen for weeks at a time. Think of this: if you do 10 push-ups after not working out for months, you will be sore, but if you do 10 push-ups a day for 10 days in a row, you will no longer be sore. This is because your body adapts to your exercise program and the routine becomes less challenging and less effective. The solution is variety. Mix up your exercise routine to consistently shock your system. Here are a few ways to mix up your workout....

- 1) Change the number of repetitions. This usually goes hand in hand with the amount of weight you are lifting: one week heavy weights, low reps; the next week light weights, high reps.
- 2) Alternate the weight-one week lift heavy, and the next week lift light.
- 3) Change the exercise: One week do a chest press, the next week a chest fly, and the next week push-ups

INTENSITY

The best way to speed up your metabolism is to boost the intensity of your training. By picking up the intensity, you'll burn more calories, challenge your body, and literally force your metabolism to burn a little brighter because of all the energy your body needs to complete your exercise regime.

FOOD TIPS

- 1.) Eat more: Ninety percent of the time plateaus are caused by your body's survival mechanism, of protecting against famine, which is triggered by calorie reduction. The best way to fix this quickly is to give your body a little more food so it feels secure. Varying your calorie intake is my best advice for keeping your body from plateauing: For the next three days vary your calorie intake between 1,800 and 2,400 calories. I know this may sound crazy, but trust me...I know what I'm doing. Then after three days, drop back down to the calorie allowance that you have set for your program.
- 2.) REDUCE YOUR SODIUM AND DRINK LOTS OF WATER: Keep your sodium under 1,500 mg a day at most for as long as you can manage. You can achieve this in part by cutting all processed food out of your diet for two weeks.

Jillian Michaels assures that if you follow these tips to the letter, your plateau will be broken by the end of week 2!

Until next month, continue to make good choices, take advantage of those fresh garden vegetables and enjoy the summer days ahead!

HUGS,
Carol Walker, TOPS Area Captain