

TOPS LONG ISLAND CONNECTION



Dear TOPS Friends,
As the ball dropped in Times Square we welcomed in a New Year.

I hope that you and your families enjoyed the holidays. I know, I did,

too much.

With the New Year comes a new beginning. The slate is wiped clean. This is music to my ears. Everyone likes a second chance.

2012 brings us a new Coordinator. As Judy mentioned in her letter, effective January 1, Katrina Abel will resume the role of Coordinator of Long Island and parts of the New York area. We welcome Katrina aboard. Our thanks and appreciation to Judy Pettit for all her hard work and dedication over the past years. We couldn't have done it without her. I look forward to working with Katrina. Join me as we welcome her with open arms to our area. We will have the opportunity to meet Katrina at our Officer's Workshop. (Date to be announced).

In TOPS Friendship & Caring,

Margie



I love a new year. It almost seems like we can start all over, finally become that wonderful, productive, healthy, happy person we've always wanted to be. The trouble is, the enthusiasm to make changes, especially with exercise and diet, tends to fade once we realize we

can't change everything overnight. If you want to make lasting changes, there are three things you can do to make your resolutions work all year long: Adjust your attitude, change your lifestyle and come up with a plan for success.

If you have the wrong attitude about fitness, you're already setting yourself up for failure. Most people look at exercise as:

- Punishment for bad eating



Have you stopped by the TOPS website lately? If not, you are in for a big surprise. Like the new year, it has a new face.

As you become familiar with this new presentation of this area of the website, you will notice that the navigation functions are now more intuitive and finding various materials is easier than ever.

You have all the information you need at your finger tips.

- An obligation
- Painful
- Time consuming
- Impossible to sustain a long period of time.
- Boring

If any of these sound familiar, how long do you think you'll stick with your program? Nobody wants to do something painful, boring or obligatory.

Before you throw yourself into weight loss, suss out your attitudes about exercise and

figure out whether these attitudes are true or just lies you've been telling yourself for years. Then, try a different perspective and look at exercise as:

- A break from a stressful workday
- A way to boost energy and mood
- The only time you'll have to yourself all day
- mind rest
- A chance to reward your body for working so hard
- A chance to get totally physical and let your mind rest
- A way to improve your quality of life immediately.

Never forget that losing weight and maintaining that weight loss is a lifetime prospect. You will never stop working to maintain your fitness and weight. So, before you start that same old diet or exercise program, ask yourself this question:

Can I sustain this diet for the long term? Is this exercise program something I can do every day?

Once you recognize the gravity of permanently losing weight, you'll need to change your lifestyle to accommodate this goal.

Figure out your bad habits. Keep a food/activity journal for an entire week. Do it

- without judgment or shame--you're simply trying to figure out what you're doing every day that may be hurting your weight loss goals.
- Replace those bad habits, one at a time, with different habits. Experts know that you can't break bad habits without forming new ones. If you take away your daily Egg McMuffin and don't replace it with something else you'll drift right back into the old McDonald's habit.

This may sound simplistic, and it is. Giving up something yummy for something healthy isn't easy. You have to change your environment to make it impossible to have or even want that Egg McMuffin. Get started with these ideas:

- Decide what you'll eat instead of fast food. Stock up on breakfast foods you like, keep meal replacement bars in the car or try healthy fruit shakes or smoothies.
- Eat before you get in the car so you won't be starving and, therefore, tempted to hit the drive thru.
- Change your driving route to work so you don't even pass by McDonald's.
- Don't carry cash in the car (even if you DO have the urge to indulge, you won't be able to), write down your weight loss goal and tape it to your steering wheel or your glove compartment so, when you're reaching for your wallet, you're immediately reminded your goals.

Your best chance at making your resolutions last is to make a plan for success. A few simple steps taken ahead of time can save you time and energy.

Make a Plan

You've figured out how to change your bad eating habits by replacing them with good ones and you've learned to create an environment that doesn't allow those bad habits to exist. Now, you need to make a plan for what you really want.

Set Your Goals

Write down specific goals you have (not just 'I want to lose weight.'). List everything, for example:

- How much weight you want to lose. Make sure the amount of weight you want to lose is reasonable for your height and frame. Your [BMI](#) will give you a starting point for setting your goals.
- A target date to reach your goals. Make sure you've given yourself a reasonable time to reach that goal - (a safe bet would be to lose a pound a week)
- Why you want to lose this weight (i.e., I want to look good in a bathing suit for summer)
- What you think will happen if you reach your goal
- How you'll maintain your weight loss once you reach your goal (remember, it's a lifetime thing--even when you reach your goal, you can't quit!)

REMINDER

HAVE YOU SENT IN YOUR 2011 RESUMES?

Resumes are due January 8th and MUST be sent to Katrina Abel, 4 Pulaski St., Auburn, NY 13021.

MEMBERSHIP DUES

Effective January 1, 2012 Membership Dues have increased to \$28. Per year. Send all new Memberships to Katrina Abel,.

COMING EVENTS



Election of Officers—First week in March.
New Officers —First regular meeting in April
Officer's/Inspirational Workshop—To Be Announced



You are your own greatest asset--there is nothing you cannot do. No one can keep you from dreaming your dreams, and only you can prevent them from coming true. Your achievements are not determined by your ability alone, but by the desire you possess to reach them. There are no worlds outside of those you create for yourself, and the only boundaries are those you establish and choose to live within.... Never be afraid to defend your decisions, regardless. No one can possibly know what is best for you other than yourself.

NOTE: I will be away from January 30th thru March 2nd. If you have any questions you can reach me by e-mail and I will get back to you.

