

LONG ISLAND CONNECTION

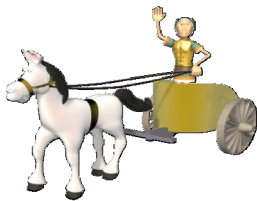
TOPS LOVE

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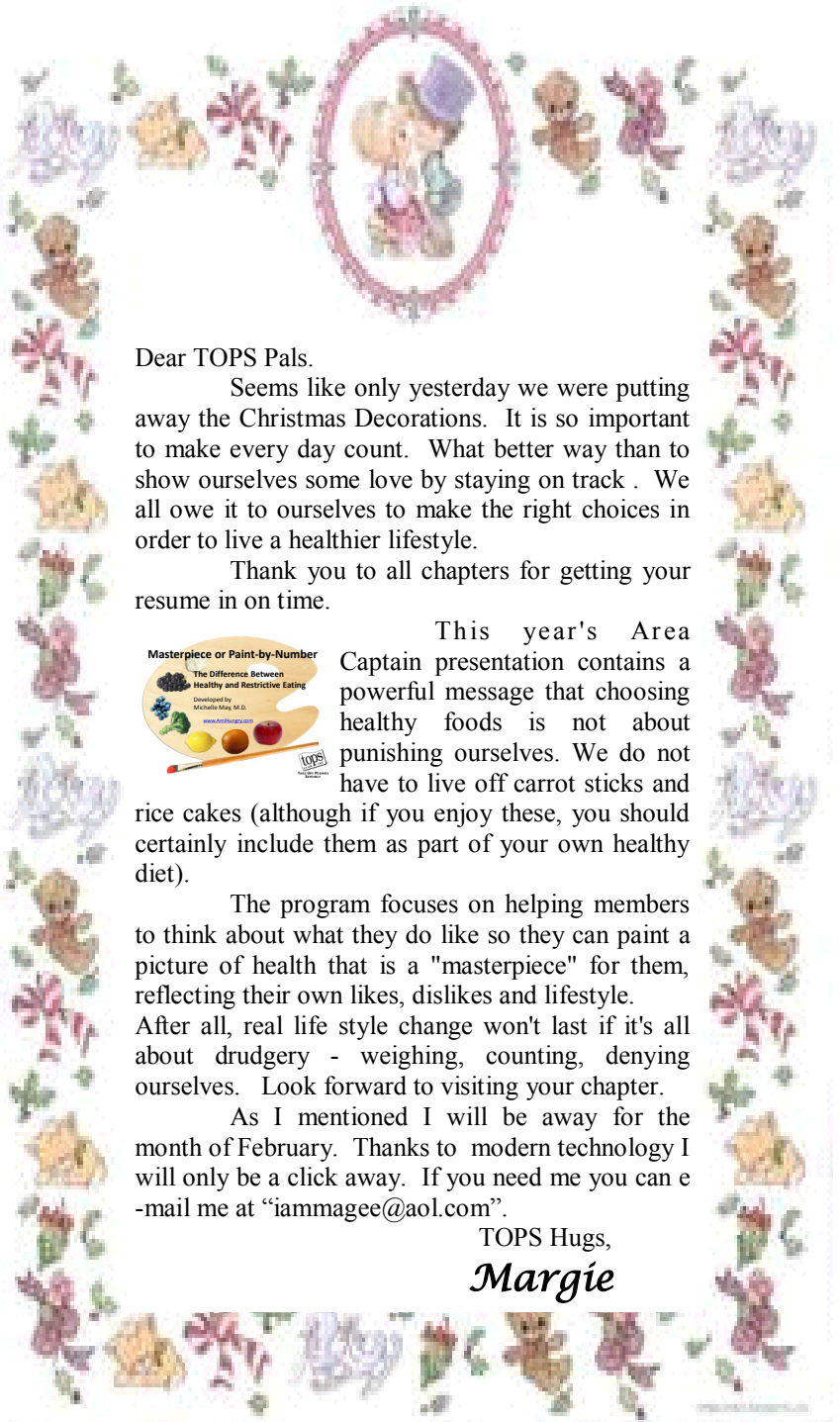
SAVE THE DATE
"TOPS CHARIOT OF FIRE"



New York SRD

June 8-9, 2012
Albany Marriott Hotel
189 Wolf Road
Albany, NY 12205

I hope you are making plans to attend. If you have never been to SRD, I know the experience will be motivating and inspirational. You will get to meet other TOPS members, listen to their success stories and observe the KOPS Circle of Light.



Dear TOPS Pals.

Seems like only yesterday we were putting away the Christmas Decorations. It is so important to make every day count. What better way than to show ourselves some love by staying on track. We all owe it to ourselves to make the right choices in order to live a healthier lifestyle.

Thank you to all chapters for getting your resume in on time.

This year's Area Captain presentation contains a powerful message that choosing healthy foods is not about punishing ourselves. We do not have to live off carrot sticks and rice cakes (although if you enjoy these, you should certainly include them as part of your own healthy diet).

The program focuses on helping members to think about what they do like so they can paint a picture of health that is a "masterpiece" for them, reflecting their own likes, dislikes and lifestyle. After all, real life style change won't last if it's all about drudgery - weighing, counting, denying ourselves. Look forward to visiting your chapter.

As I mentioned I will be away for the month of February. Thanks to modern technology I will only be a click away. If you need me you can e-mail me at "iammage@aol.com".

TOPS Hugs,
Margie



Interesting !!!!

Something I didn't know either! I asked my Doctor why do I and other people urinate so much at night time. Answer from my Cardiac Doctor = Gravity holds water in the lower part of your body when you are upright. When you lie down and the lower body (legs and other things) seeks level with the kidneys. It is then that the kidneys remove the water because it is easier. This then ties in with the last statement!

I knew you need your minimum water to help flush the toxins out of your body, but this was news to me. Correct time to drink water? ... very important.....From A Cardiac Specialist!:

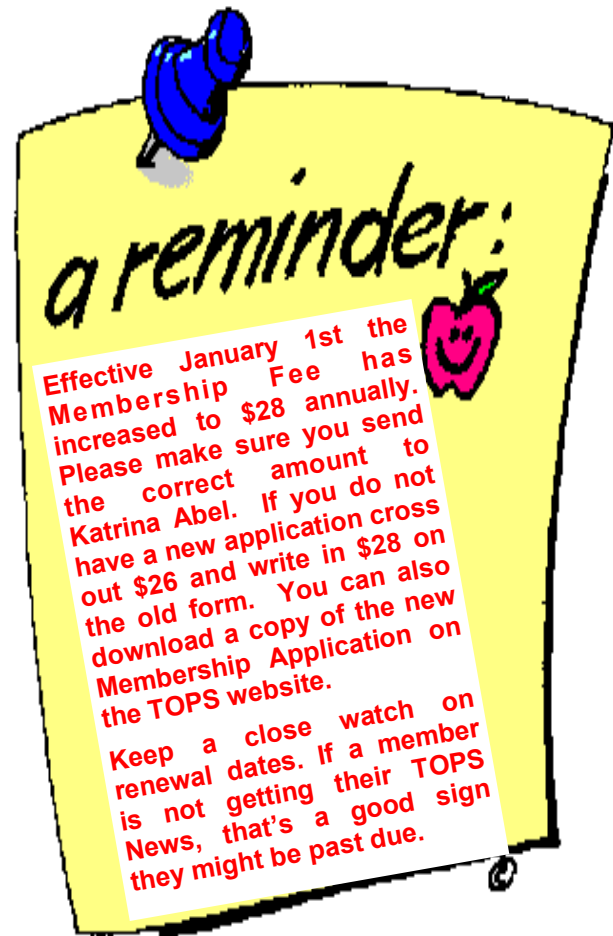
Drinking water at a certain time maximizes its effectiveness on the body

-- 2 glasses of water after waking up - helps activate internal organs

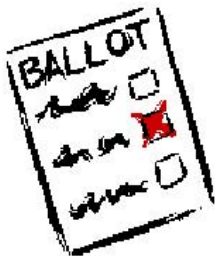
-- 1 glass of water 30 minutes before a meal - helps digestion
-- 1 glass of water before taking a bath - helps lower blood pressure

-- 1 glass of water before going to bed - avoids stroke or heart attack

Water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.



ELECTION OF OFFICERS



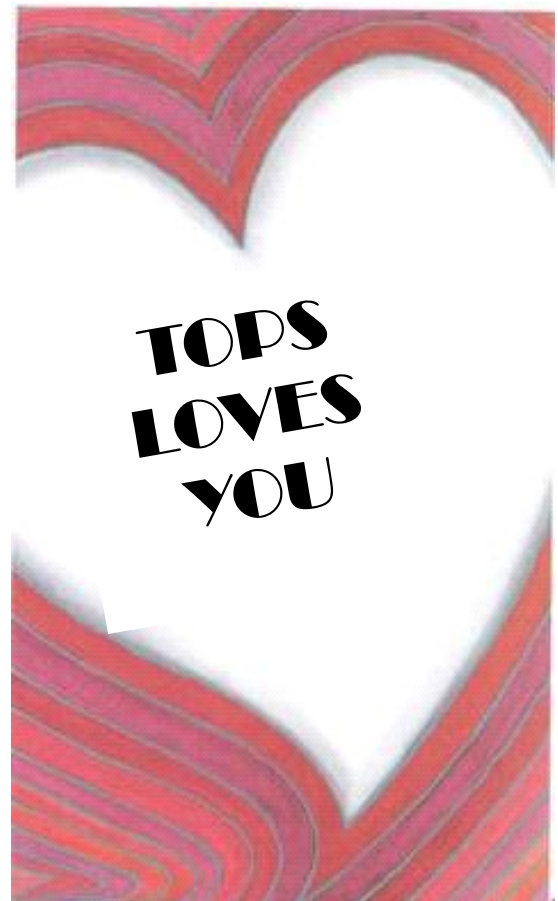
Elections of officers is coming the 1st meeting in March so we want to make sure you start thinking about who will be leading your chapter on the Road to Success. This is not something to wait until the last minute to do. Start discussing it now. If your leader has served several years, give her/him a break and have someone else step up to lead the group.

This doesn't mean she or he has not been doing a great job. They probably have or you wouldn't want them to stay. This is OUR Chapter, the more you put into it the more you get out of it. Give it some thought.

When the election is over, please fill out L-001 Officer Chart at the meeting. The form should be signed by the newly elected leader. The memberships of all officers must be current. Put the L-001 Officer Chart in the mail to coordinator Katrina Abel.



New officers take over the first week in April. Plan a special meeting for your installation of officers, there are lots of great ideas on the TOPS website to assist with this. **Make sure you send in your new OFFICER CHART form to Katrina Abel after the election.**



VALENTINE'S DAY CONTEST – "FIX YOUR HEART"

As with all contests – your chapter vote on rules and prizes.

Contest lasts 6 weeks.

Rules: Each section of your heart represents 1 week. Write the points you have earned

each week into the corresponding weekly heart section. If you complete all the weekly rules in one week, give yourself 5 bonus points. Possible points earned each week is – 24

1 POINT – lose/at under goal KOPS or lose if over goal

1 POINT – keep an accurate calorie sheet/food diary

1 POINT – sit in a different chair, or area or place at the table

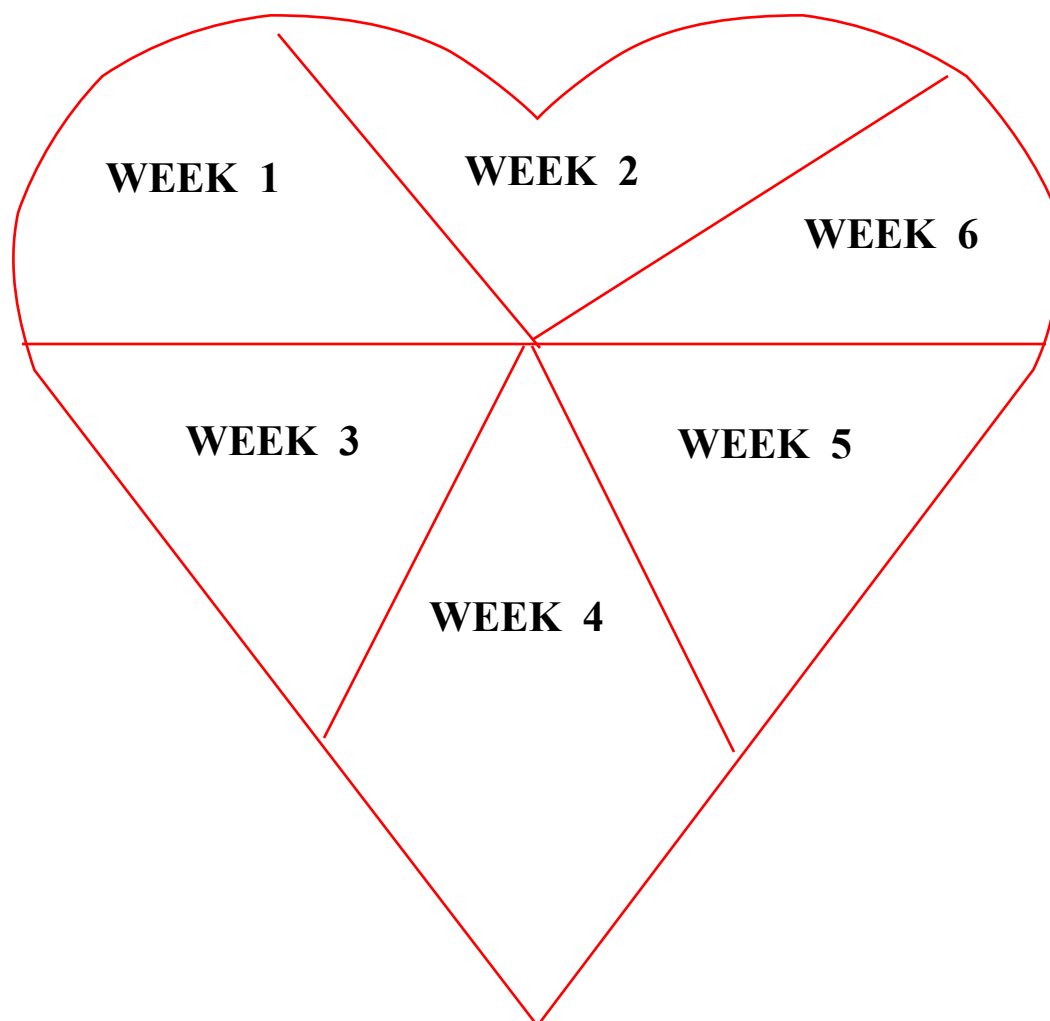
1 POINT per day (possible total 7 points)

call or e-mail a different chapter member daily

1 POINT per day (possible total 7 points)

some type of exercise 4-5 days, 20 minutes minimum

2 POINTS – stay for the entire meeting



"I shall shape my future. Whether I fail or succeed shall be no man's doing but my own. I am the force; I can clear any obstacle before me. Or I can be lost in the maze. My choice. My responsibility. Win or lose, only I hold the key to my destiny."

-Anonymous

10 Commandments of Weight Loss

Lifestyle, not a diet.

This is not a short term fix; it's a way of life.

Get organized. Structure your life and you'll structure your eating.

Eat small. Portion control is crucial for losing weight.

Learn to leave food on your plate. This helps you take control of compulsive eating.

Never feel deprived. This only encourages bingeing.

Make a meal out of it. Make a ceremony out of every meal, so that you really appreciate what you've eaten.

Eat slowly. That way, you'll feel satisfied before you've eaten too much.

Enjoy your food. It's one of life's greatest pleasures, not a punishment.

Move it! Exercise is a key essential to losing weight.

Get enough sleep. Structuring your sleep patterns will regulate metabolism.