

Newsletter Issue 3 March 2010

NOTE FROM YOUR AREA CAPTAIN

Happy Spring!

Please join me in welcoming our newest Monroe County Chapter, NY 1303 Chili. They began on March 11 and already have 11 members! Congratulations! I will publish a photo and more information in an upcoming Newsletter.

I hope you are all doing well and enjoying the nice weather. I have already taken my first Spring walk on the canal. It was great! I hope you will all get out there and soak up some Vitamin D! ☺

I've started my annual chapter visits and truly enjoy spending time with you. The presentation on stress management has been very well received. I look forward to seeing all of you over the next few months.

In the meantime, eat healthy, exercise often, get lots of rest, and may God bless you all.



Sandy Friedday



Sandy Friedday, 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 0037 Spencerport - Don Wetzler

TOPS NY 0054 Fairport - Patricia Berardi, Janice Burgess, Catharine Johnston, and Margaret Wilcoxon

TOPS NY 0233 Churchville - Elaine Pommerening

TOPS NY 0250 Rochester - Darlene Hill

TOPS NY 0678 Henrietta - Sherry Weber

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

Memberships for the Chili Chapter are still being processed, so I will list the new members in April.

NY 0022 ROCHESTER SHARES...



(2009 Division winners: Lamont Krise, Rita Maddalena, Mia Belluci, Antoinette Burkhart, & Donald Hirschman)



(KOPS Honored: Laura Zupparo, Rita Maddalena, Loretta Hirschman)



Chapter NY 0022 held its first Chapter Recognition Day in January 2010. Each member recognized received an award and a rose. KOPS recognized for maintaining their status for 2009 were: **Loretta Hirschman, Laura Zupparo, Sylvia Grubaugh, & Rita Sigl**. **Rita Maddalena** regained KOPS status in October and was the best loser for the year with a loss of 23.75 pounds! Rita was also the Summer Best Loser in 2009. Best attendance awards were earned by **Pat Gallo** and **Laura Zupparo**. The member who lost the most weight in one month was **Rita Maddalena** with a loss of 12.2 pounds. **Antoinette Burkhart** was recognized for having the least number of gains for 2009. **Nada Rogers**, Leader, also recognized the officers of the chapter: **Loretta Hirschman**, Co-Leader; **Pat Gallo**, Weight Recorder; **Marita Fredette**, Treasurer; and **Laura Zupparo**, Secretary and Assistant WR. Congratulations to all of the award recipients! Well done!!

DATES TO REMEMBER

April 24 - KOPS Luncheon Reservations Due
April 30 - SRD Registrations Due
May 1 - KOPS Luncheon at the Dutch Mill
May 22 - Officers' Spring Workshop
June 11 & 12 - SRD in Saratoga Springs
September 18 - Rally Day at The Diplomat

REINSTATED KOPS



Congratulations to **Rose Bellasai** and **Jane Biggs** of NY 0180 on their reinstatement to KOPS status! We're so proud of you both! ☺

NOTE TO CHAPTER LEADERS: Please send the form L-001 Chapter Officer Chart and your Workshop Fee to Marcia Jackson, Area Coordinator, if you haven't already done so. Thank you!

Marcia has moved! ☺ Please direct all future correspondence to her new address:

Marcia Jackson
P.O. Box 145
Middleport, NY 14105
Phone: 716-735-7402

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.

CLARIFICATION ON KOPS LUNCHEON

There was an error in the mailing of the flyers for the KOPS Luncheon. All KOPS received two flyers. Please disregard the flyer about the KOPS luncheon in Newark. That luncheon is for Carol Walker's area. Our Luncheon is at the Dutch Mill on Saturday, May 1st. Hope to see you there!

Benefits of Daily Exercise

A healthy lifestyle includes eating a balanced diet and incorporating exercise into your daily routine. Being physically active can help you reach and maintain a healthy weight and reduce the risk of chronic diseases such as diabetes, heart disease, and hypertension. For many of these chronic diseases, diet and exercise are each listed as modifiable independent risk factors. What this means is that both diet and exercise are required elements of a healthful lifestyle. Developing a healthful eating plan without considering your activity level or initiating an exercise program without taking your diet into consideration isn't as preventative as including both as part of your healthful lifestyle plan. Exercise is also great for reducing stress and contributing to your emotional well-being.

HEALTH BENEFITS ASSOCIATED WITH PHYSICAL ACTIVITY

Lowering LDL "bad" cholesterol and raising HDL "good" cholesterol - Regular exercise has been shown to elevate HDL-c levels and, in combination with a low-saturated fat and low-cholesterol diet, improve the overall blood cholesterol profile.

Lowering blood pressure - Exercise can help lower blood pressure in hypertensive individuals. Elevated blood pressure is an independent risk factor for coronary artery disease. Aerobic exercise has been shown to decrease both systolic and diastolic blood pressure by 8 to 10 mm Hg.

Reducing excess weight - Obesity, which is a major contributor to the development and maintenance of the diabetic state, is directly affected by exercise. Exercise lowers body adiposity and, in combination with a weight-loss program, will accelerate fat loss and maintain lean body mass. If you're overweight, losing just 5-10% of your total body weight can minimize the associated health risks.

Achieving and maintaining good blood glucose control - Moderate exercise is recommended in the prevention and management of Type 2 diabetes. Increased physical activity can improve glucose uptake in the cells by increasing insulin sensitivity. Exercise is also beneficial in normalizing the altered blood cholesterol profiles associated with Type 2 diabetes.

Increased energy levels and reduced stress - Active individuals, as compared to sedentary individuals, are more likely to be better adjusted, have improved cognitive function, and experience fewer symptoms of anxiety and depression. Exercise also improves one's energy levels, self-confidence, and self-esteem.

Strengthening bones and toning muscles - Weight-bearing exercise, such as walking, jogging, or aerobics, is an essential ingredient for achieving and maintaining an adequate bone density. Studies indicate that women who walk at least seven miles per week have higher bone density than women who walk less than one mile per week. Since the effects of exercise on bone integrity are site-specific, it is recommended to do a variety of weight-bearing exercises.

(Note: Information obtained from the American on the Move Website; adapted from an article by Michele M. Doucette, PhD)