



AREA CAPTAIN NEWS

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February greetings to all my TOPS friends,

I hope everyone had a successful January on your weight loss journey. If it wasn't, remember it's never too late. Each day can be a new start to your healthy eating and exercise program. There still are eleven months left to reach your personal goal.

Although February is a short month many things make it a special month. The 2018 winter Olympics will be taking place February 9-25th. There are lessons to be learned from the Olympic athletes. I have attached an article about the Olympic athletes regarding characteristics many of them exhibit. After reading it think about ways in which TOPS members might be able to benefit from replicating some of these characteristics. February 14th is Valentine's Day. Consider celebrating with flowers and cards rather candy. Also, a day to remember and think about is February 17, this is National Random Acts of Kindness Day. Try to do something special for one of your TOPS friends, maybe send a note of encouragement or make a phone call to them. February is National Heart Health month. Remember you are a special person and deserve a healthy lifestyle. Make

healthy food choices and try to do some exercise, walk, ride a bike or any other activity that interests you. Do this with a friend and it will be special for both of you.

Our Area Captain program this year is “Sharing Our Stories”. It is a very unique program. There is a lot of sharing that can take place. This is a program that we can use to make our chapters better and more successful. That is what TOPS is about, sharing, support and encouragement. I will be scheduling my visit to your chapter soon. If you have a special day you would like me to visit your chapter, please contact me.

I enjoyed all my visits last year. It was great to meet everyone. Although each TOPS chapter is unique in the way a meeting happens the same philosophy is evident to not only help ourselves but support others in taking off and keeping off pounds sensibly.

Welcome to our new TOPS members

Newark 0320- 2 new members, Newark 1350- 1 new member, Canandaigua1147- 1 new member

Reward yourself for your little successes, no matter how small they are.

TOPS HUGS,

Betty Hess

[Happy Valentine's Day](#)

H - Halve your portions

A - Apples are a good choice

P - Plan ahead

P - Prepare nutritious food

Y - You are in control

V - Value, not always volume

A - Always eat slowly

L - Like yourself

E - Every calorie counts

N - Now is the time to do it

T - Try, try again

I - I think you're fantastic

N - Never give up

E - Eat to live, not live to eat

S - Sensibly always

D - Do you think thin

A - Always be careful

Y - You can do it

10 characteristics of Olympic athletes worth copying

From the Times and Democrat

Special to The T&D Nov 18, 2017

Most of us will never compete in the Olympics, but there are lessons we can learn from Olympic athletes that can help us reach a new level of success in all that we do. Here are 10 characteristics and behaviors of Olympic athletes worth copying, according to Steve Siebold, a former professional athlete, mental toughness coach to professional athletes and author of the book "177 Mental Toughness Secrets of The World Class":

1. Winning isn't everything, but wanting to win is. Olympians have a "whatever-it takes" attitude. They've made the decision to pay any price and bear any burden in the name of victory.
2. Olympic athletes embrace conflict for growth. When most people run into an obstacle, they seek escape. Olympic athletes have a plan to

push forward when this happens and learn all they can from the challenge. They know facing adversity is part of being successful.

3. Olympic athletes are held accountable on so many levels. One of the biggest problems is that most people have no means of accountability or a support system in place when it comes to what they're trying to accomplish.

4. Olympic athletes are learning machines. They spend hours practicing, studying their competitors, watching videos of their performances and session after session with their coaches and mentors. If the average person adopted just a fraction of their work ethic, the results they could achieve would be endless.

5. Olympic champions know very good is bad. For the average person, to be classified as very good is something to be proud of. For the great ones, it's an insult.

6. Olympic athletes make "do-or-die" commitments. When most people are burned out from the battle, Olympians are just getting warmed up. It's not that they don't fatigue, but their commitment to their dream of winning the gold keeps them going.

7. Olympic athletes are consistently great. The reason they are so consistent is because their actions are congruent with their thought processes. They have a very clear mental picture of what they want, why they want it and how to move closer to their target objective.

8. Olympians are coachable. Most people will only accept the amount of coaching their egos will allow. Champions like Olympic athletes are

well-known for being the most open to world-class coaching. The bigger the champion, the more open-minded they are.

9. Olympians compartmentalize their emotions. In other words, they have the ability to put aside anything else going on at that very moment and focus only on the task in front of them.

10. Olympians think big. Ask most people what they're thinking at any given time, and you might be surprised to learn how many think about just getting by. That's called selling yourself short. Olympians are fearless and focused on manifesting their ultimate dream of bringing home the gold.