

Caring and Sharing with Sharon

January 2019 Newsletter

Bathroom Scale – Friend or Foe?

I know we weigh in every week hoping for a loss each and every week. Sometimes we deserve to lose, and sometimes we don't. The point is: If you eat sensibly, drink water, exercise during the week, things will happen.

The scale helps us see how we are progressing, but there are other ways also. Our bodies look different, our clothes fit better and we have a glow. This is what tells you that you are on a weight loss plan that is working for you. People can get obsessed with the number on the scale and it doesn't tell the whole story.

Are you the sort of person who wakes up, staggers into the bathroom half asleep, climbs on to the scale and becomes depressed for the rest of the day if you don't see the number you like? You've got lots of company: all those diet fanatics who let the numbers on the scale rule their lives. Don't misunderstand. Just like standardized height/weight charts, scales are useful tools for gauging your weight loss or maintenance patterns and you should buy the best and most accurate model you can afford to help you attain and maintain your goals. But remember: The scale is your assistant, not your boss, your mother, or your guru. If the number you see today happens to be higher than the number you noticed the last time, regardless of you sensible eating and exercise, it may be because you drank more water than usual, salt intake or digestive troubles.

The real questions to ask yourself as you hop on and off the scale are:

How am I eating? How often am I exercising? How do I look? How do I feel?

The more you come up with answers you like, the more you'll realize the number on the scale is just a number. (TOPSFan.org)



Area Captains Program

The program, "Seeds of Change" is about helping members harvest healthy habits both as a chapter and as individuals. Your chapter is the "garden"; the perfect place to go when you need encouragement, motivation, tips, and most importantly support. There is a Healthy Habits Hanger and a handout for each member plus a promotional flower-shaped highlighter for purchase. Perfect for highlighting important notes in your food journal, chapter notes, or anything that you would like to stand out.

I will be contacting each chapter to schedule a presentation.

Chapter Anniversaries

54 years – 183 Solvay on January 25th, 52 years – 267 Hastings on January 11th,
48 years – 503 Elbridge on January 5th, 22 years – 1065 Hannibal on January 7th



New Members

Welcome to these new members:

Chapter 327 North Syracuse – Lori B. and Kimberly H.

Chapter 442 Oswego – Charles B.

AC Challenge from 2018

I am sending a form for the chapter to return to me with the information filled in. As a reminder, the AC Challenge was for the Officer's to have a weight loss from August to December 2018. A KOPS officer had to be at or below goal.

AC Challenge for 2019

This year I am challenging you and a partner to lose weight together. There will be three phases. The first phase of the challenge will begin on Mon. January 21st and end on Sat. March 23. You may choose a person of your choice. They can be in the same chapter or a different chapter. TOPS and a KOPS can be partners. A KOPS has to remain at or below goal. Keep in touch with your partner and give them the support and encouragement they need.

Walking Event

Saturday, February 9

Great Northern Mall

9:30 am



Postage

Thank you to the chapters who have sent me stamps. It is greatly appreciated.



Great News

602 Phoenix now has 11 KOPS out of 16 members. Congratulations to Hope and Edna for becoming a new KOPS.

Publicity

Now is the time to have an Open House. There are brochures that you can get from me or Candy for you to hand out. There is lots of information on the TOPS website. If you have not already, put your meeting time, date, etc. in your local paper. Let's get the word out!

Let's start the New Year with a positive thought....."You Are So Worth It!!"

TOPS HUGS

Sharon

Sharon Nihoff

Area Captain Onondaga and Oswego Counties

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Martville, NY 13111

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AC Challenge 2018

The AC Challenge for 2018 was for the Officer's including the weight recorder and assistant weight recorder to have a weight loss from the first weight-in in August to the last weigh-in in December. KOPS officer at or below goal

Please list all the officers who fulfilled this challenge and send the completed form by Friday, January 25, 2019 to: Sharon Nihoff
TOPS Area Captain
13159 Rt 34
Martville, NY 13111

Chapter Name and Number _____

| | Name | Pounds lost | TOPS or KOPS |
|---------------------------|------|-------------|--------------|
| Leader | | | |
| Co-Leader | | | |
| Secretary | | | |
| Treasurer | | | |
| Weight Recorder | | | |
| Assistant Weight Recorder | | | |
| New Member Coach | | | |
| | | | |