

# Jan's News in Central Alabama August 2010

Action is the foundational key to success. *Pablo Picasso*

## "The Doctors "TV Program "52 Ways to Lose Weight All Year Long" continued.....

### 38. Flavor Your Coffee with Cinnamon

Flavor your coffee with cinnamon or nutmeg instead of flavored syrup to save 100 calories.

### 39. Sign Up for Healthy E-Newsletters

A recent study from Kaiser Permanente found that people who received weekly e-mail reminders about diet and fitness for 16 weeks substantially increased their levels of physical activity and intake of healthy foods like fruits and vegetables. Go to <http://thedoctorstv.com/signup> and [www.prevention.com/newsletters](http://www.prevention.com/newsletters) and sign up for weekly newsletters, such as Prevention's "Eat Up, Slim Down" and "Walk Off the Weight."

### 40. Take a Comedy Break

Laughing for 10 or 15 minutes can burn about 40 calories. A daily chuckle could add up to a loss of about 4 pounds over a year. Laughing eases stress and boosts calorie burn up to 20 percent.

\*\*\*\*\*

### Happy Anniversary!

AL 0284, Gardendale August 14, 1975

AL 0566, Indian Springs August 28, 2007

\*\*\*\*\*

### Congratulations to these chapters for having a No Gain Week:

AL 0110, Tuscaloosa No gain on August 3 with a loss of 15 lbs.

AL 0587, Steele No gain on August 17 with a loss of 16.5 lbs.

\*\*\*\*\*

**Important Dates:**

**August 31, 2010** Summer Contest Ends

**September 4, 2010** Fall Walk on Cheaha at 9:30 a.m.

**September 11, 2010** SRD Planning Meeting at Doubletree Hotel in Birmingham at 10:00 a.m.

**September 18, 2010** Deadline for Fall Rally Registration

**October 2, 2010** Fall Rally and Resume Workshop in Gardendale

**April 1-2 2011** "TOPS Bonanza" SRD in Birmingham

**July 7-9 2011** IRD "Happy Days with TOPS" in Milwaukee, WI

The summer contest ends on August 31. I hope every chapter has been working hard. I would like to fill the stage in Gardendale with winners from your chapter. Are gathering up your TOPS T-Shirts for the Parade at Rally? I hope you are working on your poster for the Rally.

I am working on Fall Rally. If your chapter would like to present a skit at Rally, please let me know as soon as possible. If your chapter would like to help at Rally, please let me know. It is so much fun to get involved. Our theme is "TOPS Ole", so get your festive clothing ready and plan to attend. You will be getting your August Fall Rally letter soon.

Please plan to stay for the resume workshop after Fall Rally. All members are welcome to attend the resume workshop. It will take about an hour. Weight recorders please be sure to bring your weight charts and have any questions ready. Shirley will be able to answer questions in person and look at weight charts, if necessary.

I hope you have had an Open House or planning to have one. This is one of the best ways to recruit new members to your chapter. Our new

TOPS theme for Open House is "Time to Turn Over a New Leaf."

Remember we are working to increase membership by 3% between June 1 and December 31. You received a sheet of coupons from Shirley in her June letter. Every time you get a new member or returning member, the treasurer should attach a coupon to the member's application. Be sure to fill in the name of the person who invited the member. Shirley will hold a drawing from these coupons at SRD 2011 for individual prizes. Every new member application earns a yellow ticket in the drawing for \$100.00 and reserved seating at SRD 2011 for the winning chapter.

It is very important to read all correspondence to your chapter. There is a lot going on in TOPS. Don't get left out because a letter or e-mail wasn't read at your chapter. You may want to put all correspondence in a notebook or folder to be available for those interested in checking details after letters have been read to the chapter.

If you know of a health fair in your area, please let me know so we can have TOPS represented. Also, if you have any concerns or problems, please call or e-mail me. I am here to help you and your chapter.

Leaders, you should have my contact information. If not, it is:

Jan Causey

TOPS Area Captain

9200 Cragford Road

Cragford, AL 36255

(256)396-2703 home

(256)276-6601 cell

Because I care,

Jan