

## **Jan's News in Central Alabama June 2010**

There is inside all of you the potential to be whatever you want to be. All of the energy to do whatever you want to do. Imagine yourself as you would like to be, doing what you want to do, and each day take one step towards your dream. *Donna Levine*

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

#### **26. Follow the One-Mile Rule**

If your errands are less than one mile away, vow to walk them at a brisk pace, instead of driving.

#### **27. Eat Eggs**

Men and women who ate two eggs for breakfast lost 65% more weight and had 61% greater reduction in body-mass index than those who had an equal calorie bagel. Eggs keep people more satisfied until their next meal.

#### **28. Take a Pedometer Wherever You Go**

Pedometer users walk nearly 2500 more steps (more than one mile, about 100 calories) than non-users.

#### **29. Watch No More Than Two Hours of TV a Day**

Those who watched more than two hours of TV per day took in 7% more calories and consumed more sugary snacks.

#### **30. Don't Work Late**

According to a University study, those who had packed on the pounds in the previous year were more likely to have logged overtime hours.

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**Warm Welcome to New Chapter:**

## **AL 0587, Steele**

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### **Happy Anniversary!**

AL 502, Lineville June 6, 1997

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

AL 0587, Steele on June 7 with a loss of 7.2

AL 0587, Steele on June 14 with a loss of 30.0

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### **Important Dates:**

**June 18, 2010** Dollar Contest Entry Due

**June 30, 2010** ByLaw Review Due

**July 15-17 2010** IRD in Halifax, Nova Scotia Canada

**October 2, 2010** Fall Rally in Gardendale

**April 1-2 2011** SRD in Birmingham

Summer Contest is in full swing. I hope you got your dollars in for the dollars contest by the June 18 deadline. If you are interested in doing a skit for Fall Rally, please send me an e-mail to let me know. I trust you are gathering up your TOPS T-Shirts for the Parade at Rally and you are planning your poster for the Rally. If you have not sent in your Chapter Audit or ByLaw Review, please do so today. If you know of a health fair in your area, please let me know so we can have TOPS represented. It is very important to read all correspondence to your chapter.

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

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Because I care,

Jan