

Jan's News in Central Alabama May 2010

Success seems to be largely a matter of hanging on after others have let go. *William Feather*

Attitude is a little thing that makes a big difference.

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

21. Grab the Heavy Weights

- Researchers at Washington University in St. Louis found that working out with heavy weights for as few as three to six repetitions increased exercisers' sleeping metabolic rate, the number of calories burned overnight by nearly 80%.
- That is enough to lose about 5 pounds a year.

22. Lift Weights While Standing on One Leg

- Lifting weights is one of the best ways to stave off weight gain in middle age.
- When you incorporate lifting weights while standing on one leg, you increase your strength-training and the ability to burn fat and keep it off.

23. Commit to Intervals

- Studies show that workouts with high-intensity bursts can boost your calorie burn more than steady-paced training.

- Researchers found that those who rode stationary bikes at varying intensities burned about 15% more calories for about 30 minutes after their sessions.

24. Drink Milk After Your Workout

25. Climb Three Extra Flights of Stairs Daily

- Including two or three minutes of stair climbing per day can burn enough calories to eliminate the average American's annual weight gain of 1 or 2 pounds a year.

HAPPY ANNIVERSARY!!

AL 0150, Gardendale May 25, 1970

AL 0429, Pell City May 4, 1989

AL 0492, Mount Olive May 7, 1986

AL 0572, Jacksonville May 1, 2008

AL 0576, Indian Springs May 19, 2009

Congratulations to these chapters for having a No Gain Week:

AL 0383, Birmingham on May 20 with a loss of 9.8

Important Dates

June 5, 2010 Spring Officers Workshop St. Michael's Episcopal Church 1:00 p.m. to 4:00 p.m. Birmingham, AL

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 Gardendale Civic Center

April 1-2 2011 SRD Doubletree Hotel Birmingham

SRD has come and gone. If you did not attend, you missed a great SRD. Members who attended the SRD came back with a dedication to losing weight and wanting to be in the Circle of Light in Birmingham in 2011. Congratulations to all of the SRD Royalty and Division Winners. I am proud to have Dale Smith of 0576, Indian Springs as our State King this year. I am also proud of our division winners in our area, Lynn Lockhart 0383, Birmingham; Tina Spires 0110, Tuscaloosa; Wayne Putman 0383, Birmingham; and Jim Johnson 0340, Hueytown.

At SRD Shirl gave awards for getting in required submissions on time. Congratulations to all who continue to be on time. Not only does it make her job easier, but it is what we are supposed to do.

You should have received your Fall Rally letter. Make sure you read it to your chapter. Dollar contest entries are due by June 18th. Make sure you enter and join the fun. We could fill the stage in Gardendale with winners from your chapter with your help. Where else can you win by losing? If you have any questions about any of the contests, please call or e-mail me.

Remember, if you change your meeting time or place to fill out a L-023 form and send to Shirl. We must keep the information current on tops.org for potential members.

Please read all correspondence from TOPS, Inc., Coordinator and Area Captain to your chapter. There is a lot going on in TOPS. Don't get left out because of a letter or e-mail that was not read at your chapter meeting. You may want to put all correspondence in a notebook or folder to be available for those interested to check 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.

I am enjoying visiting my chapters. I look forward to visiting other chapters during June.

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

Jan Causey

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Because I care,

Jan

