

Jan's News in Central Alabama November 2010

Knowing is not enough; we must apply. Willing is not enough; we must do. Johann Wolfgang von Goethe

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

47. Vary Your Workout

In a University of Florida study, those who alternated their workouts with a variety of exercises maintained their fitness regimen and enjoyed it more than those who did the same thing every session.

48. Work Out with Others

In one study, a group of women who met to discuss exercise challenges and successes got 90 minutes more activity a week by the end of a six month program and about 70% lose weight.

49. Drink Before You Eat

If you feel hungry, you might just be dehydrated. Try drinking a glass of water instead of eating. It is hard to distinguish between being thirsty and being hungry, so try drinking water and waiting 20 to 30 minutes to see if you are still hungry.

50. Wash Your Mouth Out

Brush your teeth and gargle with mouthwash after you eat. Part of wanting to eat is the taste. Gargling or brushing your teeth will greatly affect how your food tastes, making it less desirable. The mint flavor is a natural craving reducer.

Happy Anniversary!

TOPS AL 0547, Glencoe November 18, 2003

Welcome New Chapters

TOPS AL 0588, Birmingham

TOPS AL 0589, Birmingham

Mark Your Calendar with these Important Dates:

January 1, 2011 Maintenance and Workshop Fee Due

January 8, 2011 Resume Deadline

January 8, 2011 SRD Meeting at Doubletree Hotel in Birmingham at 10:00 a.m.

February 12, 2011 SRD Meeting at Doubletree Hotel in Birmingham at 10:00 a.m.

March 1-7, 2011 Chapter Elections and Mail Form L-001 to Shirl

March 12, 2011 SRD Meeting at Doubletree Hotel in Birmingham at 10:00 a.m.

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

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

Please mark your calendars with the dates above. You do not want to miss out on these events. If you are late, you will miss out!

I would like to extend a special thank-you to all TOPS members who attended the SRD Planning Meeting in Birmingham on November 6th. I

hope to see 100% chapter participation at our January 8, 2011 SRD Meeting. Please mark your calendars now.

A gathering of close friends and family is one of the happiest times of the year for all of us. Celebrations like Thanksgiving can distract us from our everyday worries, but they can also distract us from our weight loss journey. I hope you enjoy your Thanksgiving with friends and family, just remember to watch your portions. I wish everyone has a Happy Thanksgiving.

Because I care,

Jan Causey

TOPS Area Captain