

Jan's News in Central Alabama September 2010

You have to have confidence in your ability and then be tough enough to follow through. *Rosalynn Carter*

You are only a failure when you stop trying. Never, ever give up!

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

41. Learn to Swim

Swimming raises your heart rate, is a safe, joint-friendly cardio workout, offers full body toning and can burn more than 600 calories an hour.

42. Take Up Meditation

To tap into your weight loss Zen, sit quietly on the floor with your legs crossed, inhale, then gradually exhale for a count of 10 and repeat.

43. Eat 4 Grams of Fiber with Each Snack or Meal

A high fiber diet can lower your caloric intake without making you feel deprived. Experts see a number of mechanisms through which fiber promotes weight loss. It may slow down eating because it requires more chewing, speed the passage of food through the digestive tract and boost satiety hormones.

Happy Anniversary!

AL 0445, Sulligent September 9, 1991

AL 0340, Hueytown September 10, 1979

AL 0427, Alexander City September 22, 1988

Mark Your Calendar with these Important Dates:

September 18, 2010 Deadline for Fall Rally Registration and Summer Contest Entries

October 2, 2010 Fall Rally and Resume Workshop Gardendale Civic Center

November 6, 2010 SRD Meeting Doubletree Hotel, Birmingham 10:00 a.m

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

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

March 12, 2011 SRD Meeting Doubletree Hotel, Birmingham 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

The summer contest has ended. I would like to fill the stage in Gardendale with winners from your chapter. Make sure that you get the Summer Contest sheets in by the September 18th deadline. You cannot be a winner if you are late.

I am working on Fall Rally. 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.

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.

A special thanks to all who attended our first SRD Planning Meeting at the Doubletree Hotel in Birmingham on September 11th. If your chapter was unable to attend and you would like to get involved in SRD, please

make plans to attend our next meeting on November 6th at the Doubletree Hotel in Birmingham at 10:00 a.m.

SRD letters are in the mail! At your next meeting read the entire letter to the 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:

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Because I care,

Jan