



TAKE OFF POUNDS SENSIBLY

May 31, 2011

Monthly Newsletter

Covering Allegheny, Washington and Counties

Volume 2, Number 02

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- Fall Rally
- Getting Back on Track

• Upcoming Events

- **Workshop with Dr. Nick Greiner Nutritionist**
June 4th 9-12
Washington
- **Corinne Grubbs PA State Queen in Washington PA**
June 23, 2011
6:30 PM
- **IRD 2011**
July 7-8-9



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*My Newsletter and Fall Rally Forms can be

On the Road..... To Good Health



Ah-----sweet

summertime.....a time to break out of our usual routine and have fun with family and friends, enjoy picnics, weddings, graduations....and to travel to favorite getaway spots or a brand new horizon. Summer situations can present a challenge to anyone who is eating sensibly and exercising to lose weight. But, with a little knowhow and planning, you'll sail right through summer, enjoying every minute, and feeling good about yourself after the season has passed.

What are some of the sticky summer situations you get into? How do you handle these summer sticky situations? Make a list and write down some solutions beside each.

ON YOUR MARK GET SET, TRAVEL!!



Based on what you have jotted down on your list and list of solutions, you can see that the key to successful summer time fun is **PLANNING AHEAD!** Car Trips are great for family togetherness and usually easy on the budget, (until gas prices soared). But they can be

murder on a sensible eating program. By planning ahead, you can step out of the car feeling just as good about yourself (and your self control) as you did when the trip began. **PLAN, PLAN, PLAN.** Again make a list of situations that will arise and jot down a few solutions to each.



FAST FOOD;

THE GOOD, THE BAD, AND THE AVOID-AT-ALL-COSTS!

- »Choose smaller sandwiches-and skip the sauces and cheese
- »Choose Chicken sandwiches **ONLY** if grilled- Not fried
- »Baked potato is a good choice, but skip the fattening toppings

viewed on this website.

TOPS Website

*TOPS News electronic version now available

Anniversary

Congratulations

Jan-Feb-Mar-April

- Dorrie Disher
6 years PA 0060
- Donna Mills
1 year PA 0295
- Grace Cherry
10 Years PA 1269
- Tammy Wilkerson
2 Years PA 1269
- Doris Carlson
3 Years PA 1544
- Eileen Petrosky
1 Year PA 1544

Fall Rally
 “The ABC’s Of Weight Loss”
 Summer Contest
 Recognition Day

Sept. 17, 2011
4 Points Sheraton Mars

October 01, 2011
Penn Hills Comfort Inn

Cost \$24.00
Time 9am-Noon

Basket Raffles
ATTITUDE
BELIEF
COMMITMENT

»Steer completely away from fried “sides”, like onion rings, fries etc.

»Salads are good choices, but mat and cheeses boots fat and calories big time!

»Make sure dressings are served on the side or ask for low-cal dressings

If your travel plans this summer include an airline trip, keep in mind that special meals usually are available for flights that include meal service. During long flights, you may be offered more than one snack. Decide in advance which one you’ll eat and which you will

skip. Or, carry on your own healthy snacks!

OKAY WE’RE HERE! Try sneaking some exercise into your sightseeing. Walking along the beach, renting bicycles along the boardwalk or strolling through shopping outlets is a great way to get out and keep moving! Many Motels have exercise facilities on the premises or offer privileges at a nearby club. Above all, one of the best ways to burn calories and strengthen your heart is by **SWIMMING!**



ABC’s Of Weight Loss”

Back to Basics



Fall Rally 2011 we will be starting from the beginning and taking a step back to basics. I feel sometimes we forget to do the basic things we need to do to lose weight and worry about too many other things. After all it is simple, EAT LESS----- MOVE MORE! Make plans to be a part of this fun filled day. It is a time when we can all get together and share ideas and gather inspiration from those who are doing it. EATING LESS AND MOVING MORE! Look for your Fall Rally dates in the side bar.

"Getting Back on Track"

With Memorial Day weekend officially behind us, it’s time to get back on track. I’m not assuming that everyone totally blew it this weekend as far as nutrition and exercise is concerned but if you did, this is the newsletter for you. **The key is to get back on track immediately.**

A funny thing kept happening to me this weekend. I was with family

YOU TURN



and friends pretty much all weekend long. Whenever someone would go to put food on their plate, they always turned to me and asked, How about this, Can I eat that? How about this huge piece of cake one piece is good, right? I never realized how many people spoke

sarcasm as a second language! But, the question that kept coming up was, How do I get back on track after the holiday?

First, I would like to say this: We should never officially get off-track. Taking a small detour isn't usually dangerous but falling off-track is. Personally, I've seen people's lives and health take a serious turn for the worse just from a single weekend of falling off. The mindset is usually, I ate poorly for only a couple of days so a few extra won't hurt. That mindset will put you into a snowball effect of terrible habit. So, here are some helpful pointers if you're feeling bloated and inflamed today and you're ready to hop back on the horse:

Back to Business as Usual

Not only should you go back to your normal healthy routines but do it IMMEDIATELY. Start today.

Save the Healthy Leftovers, Ditch the Unhealthy Ones

If your refrigerator is full of unhealthy leftovers, throw them out or give them to your dog (depending on how much you care about your dog). I completely understand the difficulty with throwing out food but in the long run, it's not worth eating. The longer dangerous food hangs around in your kitchen, the better chance you're going to consume it. Again, the trick is to do this immediately. Grab a large garbage bag right now and go to town!

Stay Engaged

This is probably one of the most important tips I can give you. One of the biggest reasons people have the tendency to revert back to old ways is they become unattached with the process of healthy living.



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Keep yourself active in all of our healthy workshops, SRD's Fall Rallies, newsletters, especially by attending weekly meetings. We all need our batteries re-charged every now and then. Keep re-charged by staying engaged. .

Accountability Partner

Having someone to enjoy the health process with is very important. Keep yourself surrounded with like-minded people. This is also known as the Strong Room. Surround yourself with people who have the same goals and aspirations for health. You're TOPS friends are always there for you. This makes it easier on everybody.

Set New Goals

We can't achieve a goal if we don't have one. Set realistic goals and be specific. Write them down and relive them daily. There are a lot of great books that teach the art of goal setting. Remember, this creates positive tension and your mind will automatically go places that will help you achieve the goal. Make sure you're constantly setting new goals.

Remember Your Big WHY

This is by far the most important step. If you have a big enough why, the how will take care of itself. I want you to remind yourself today, even right at this very moment, of the reason WHY you've chosen to make your health a priority. Maybe you're doing it for your spouse or children. You may be doing it because you've seen a loved one suffer and saw how it affected you and your family and you don't want to do the same. Whatever your big WHY is, always remind yourself of it. And do it for yourself!

Remember, achieving health is LIFE-LONG. It's a marathon, not a sprint. Obtain the **correct** information, focus on it, remember where you came from, and let yourself be transformed.

I hope everyone is enjoying the nice weather finally! Stay cool and plan on being a winner! Stay in touch and as always I am here for you. Call me I want to visit your Chapter!

TOPS HUGS Debbie

