

These are not necessarily MY ideas. I got these from someone, or someplace...just wanted to share them with you. -Deb

Encouragement and praise are an important part of losing weight. We need to feel that we are not alone and our struggles are not going unnoticed. Making others feel good costs very little or nothing. It may involve a warm smile, a cheery greeting, a phone call or a card. So today let's give each other a hand to help us along our way.

Supplies needed: Colorful "hands" to present to all members.

Presenter: Will today's losers please stand?

You have done what each of us hoped to do. With your loss was measured in pounds or part of a pound, you succeeded in losing and have every reason to be proud. For your success we give you a big hand. Green is for "go". GO on losing; GO on to your goal. Green is also the color for growth. We know you will GROW - that is GROW LIGHTER and GROW in confidence. Your losses show us the way. You're terrific! (applaud)

Presenter: Will those who stayed the same please stand? *You are winners because you didn't gain. It's hard to keep those unwanted pounds from coming back but you have succeeded. You too deserve a hand...and your hand is yellow, the color of caution. Be careful not to allow yourself to slip into your old eating habits. Yellow is also the color of friendship and this hand represents the friendship of your TOPS pals. We all believe in you and know you can make it to your goal. You're super! (applaud)*

Presenter: Will the gainers please stand? *We know how you feel; we too have been there. You forgot to follow your food plan and allowed temptation to get the better of you...but...you have shown us courage today just by weighing in. We understand it would have been so easy to stay home and avoid facing the scale, but you did not do that. Such courage deserves a hand, and your hand will be red. Red means STOP. Stop letting those unwanted pounds hide the beautiful person you are. Red is also the color of love. You have the love of your family, friends and TOPS pals. You must love yourself enough to forgive the failure, try again and get back on the road to success. We believe in you. You're wonderful! (applaud)*

You each have received a hand. It is not just a hand of praise but also a helping hand. Take it home with you, stick it on your refrigerator or the cabinet door where those goodies are kept, or wherever. Every time you see your hand, remember to love yourself enough to stop overeating. Your TOPS pals want you to be cautious. The hand you have been given is only a helping hand; it can not do it for you. It offers love, friendship and encouragement from your TOPS pals, but it is up to you to do your best. YOU CAN DO IT!