

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

PROGRAM IDEAS HERE ARE A FEW PROGRAM IDEAS THAT WILL HELP PLAN YOUR MEETINGS SO THAT THEY ARE DIVERSIFIED, BUT INTERESTING. A WELL PLANNED TOPS MEETING IS A GOOD LOSING GROUP... PLAN YOUR MEETINGS WISELY.....

A DIET DEBATE: Break into two teams one side to discuss sensible eating patterns, another side debates fad diets and how they might help.

SET A THEME FOR EACH MONTH: Such as -- Nutrition, Desire, Determination, Counting Calories. Work weekly therapy around monthly theme. Members do research in Newspapers, magazines, public library. Open Discussion is always nice.

USING NAMES OF CHAPTER MEMBERS: See how many low calorie or sensible foods you can make from the letters of members names.

SPEAKER: Try to have a speaker scheduled at least once every 2 months. You might have people in your chapter that have a back ground in medicine, the health or fitness industry.

ROLL CALL: After each member says his or her gain or loss have them tell the chapter their (one of the following) pet peeve, favorite book, favorite activity, etc. You will learn about each other and may find someone who enjoys some of the same things. Also it helps when you know a little something about each other for secret pal program.

ENERGY EXPENDED: Have members count all activities and the amount of calories they burned with each one. To be done during the week and brought in with a calorie count. Token prizes to three with highest amount of calories burned - only if they have a weight loss.

FASHION SHOW: Talk to some local shops and see if they would be willing to come in and have the Chapter members model there clothes (draw names for models so everyone has equal chance). , 8. **SEEING IS BELIEVING:** Each member brings in anything that totals individual weight loss while a member of TOPS.

MONTHLY MEASUREMENTS: Members team up and take each other's measurements to see the changes. This is voluntary only.

RECIPE EXCHANGE: Monthly exchange of low calorie recipes, have a sign up for members to bring in sample for tasting.