

TIDBITS & RIBBITS

March 2011

NEWSLETTER - JAN HIGH, AREA CAPTAIN

Spring into action!

Spring is already here. The sun is out and the blooms are just around the corner. Are you going to bloom this spring? Are you ready for a new beginning? I hope everyone's chapter will be a full bouquet of beautiful blossoms, with lots of color and wonderful smells. We all have to grow our own way either slow or fast. I just ask that we all grow, thinner. Get outside and move around. Take a little walk and put a SPRING into your step!



New things blossoming!

Now that our chapters have had elections and our 2011 boards are ready to get to work we might find ourselves either very excited or apprehensive about what changes might be coming our way. Don't be afraid of new ideas and don't hold so tightly onto long held habits that might not be effective anymore. Give all your support to those who have volunteered to lead this portion of your weight loss journey. Make sure you volunteer, too, to put on a program or run a contest. We're all in this together. Do as much as you can to help your chapter be as successful as possible this year.

Chapter Anniversaries

CA0721 Chula Vista 3/10 45 years

CA0263 San Diego 3/22 49 years

Area Workshop

The next area workshop is April 9th in Santee.

Healthy Eating: A Matter of Balance

5 Ways to Ensure Balanced, Healthy Eating

- 1. Pay attention to what you eat.** It may be boring, but writing down what you eat is the best way to actually see what your daily diet looks like. And you may be surprised by what it shows. Once it's there in black and white, you can see what you're doing right and what you might want to change.
- 2. Make sure every grain you eat is a whole grain.** Grain products like bagels can ramp up your calories without providing much bang for the buck. Be adventurous! Try a new grain like quinoa, or replace the white flour in a muffin recipe with whole wheat or even a mix of oat, whole wheat and bran.
- 3. Eat a fruit and vegetable with every meal.** Yes, even breakfast. And no, most jelly doesn't count. Cold cucumbers with an egg sandwich or a reheated spinach omelet can help you meet your daily need for the vital nutrition found in fruits and vegetables.
- 4. Look at labels.** If any one of the "daily values" for fat, protein, or carbohydrates is off the charts, put that item back.
- 5. Buy fresh and local as much as possible.** Stay on the perimeter of the grocery store where the fresh food lives. And if your grocery store doesn't stock local growers, talk to the produce manager and ask your friends to make comments, too. You could also join a community supported agriculture co-op, or make a point to visit your local farmers market.

KOPS



Reinstated
Ellen Ward, CA 0721 Chula Vista
Sharon Giles, CA 0721 Chula Vista.

TODAY'S WISDOM:

Life isn't about waiting for the storm to pass!...It's about learning to dance in the rain..