



TAKE OFF POUNDS
SENSIBLY

PAM'S POST IT NOVEMBER & DECEMBER 2011

Dear TOPS Friends,

Wasn't Fall Rally great this year? We had a great turn out and sure missed those of you that weren't able to attend. Chapters reported losses totaling nearly 1,400 pounds for the summer. It was wonderful to see so many chapters participate in all of the contests and activities. What a fun day!

Weight Recorder's workshop is coming up this Saturday **November 12th**, 1:30-3:00 P.M. at Parkway Presbyterian Church in Parkland. The address is 714 138th St. E., Tacoma.

Winter Weight Loss sign-up sheet must be post marked by **November 15th** to Carlene Wellington. Refer to the sheet for further information regarding this contest.

The next Lighter Weigh KOPS Honor Society meeting is Saturday **December 10th** at 11 A.M. at Paradise Village Bowl, 12505 Pacific Ave S. in Parkland. All KOPS and any member that is ten pounds or less from goal are encouraged to attend. TOPS members who have been adopted by a KOPS member are also welcome to attend if they have lost six pounds from the last KOPS Society Meeting (October 1st). Meeting will last about a half hour later than normal and please bring a wrapped gift for the exchange.

Congratulations to three reinstated KOPS! Patricia Lathrop from chapter 0535 Puyallup, Linda Lyman and Mollie Robertson from chapter 0111 Tacoma-fantastic achievement! Pierce County now has 77 KOPS with a total loss of 2,933 pounds!

Once a year Spanaway Park Fantasy Lights exhibit is open to walkers. This year it is on Sunday night **November 20th** from 5-7 P.M. What a fun way for chapters to get together and exercise and enjoy the beginning of the holiday season. There are two different ways you can get a discount. You can pre-register for a cost of \$3.00 per person or \$9.00 for a family of four (3 and under are free) or sign up 20 or more walkers and pay \$2.00 per person. Either one of these options must be done no later than Wednesday November 16th. For more information call 798-4177 or go to www.co.pierce.wa.us/pc/abtus/ourorg/parks/parks.htm

Save the date! Next year SRD will be in Ocean Shores on May 11th and 12th and the theme is "TOPS-Lights the Way". This will be a fun time heading to the beach!

I hope all of you received your November 2011 TOPS magazine and have taken time to read through all the great articles and information. One thing I'd like to draw your attention to is a special offer on page 29. TOPS is selling five of the Choice is Mine books for a cost of \$35.00 which includes shipping and handling. This is an excellent offer, these books usually sell for \$15.00 each plus shipping, you will be getting them for \$7.00 each. You can either mail the form in from the magazine or you can order them on line. If you order less than five you will not get the sale price.

A couple other reminders, a member must have a December weigh in to be eligible to be a division winner. National dues are increasing in January to \$28.00 and \$14.00 for a spouse. Now is the perfect time to invite your friends and family to join. Please note that anyone that has their national dues coming up to be paid in January will need to pay the \$28.00, even if they pay in December.

Last but not least, I would like to share a few do's and don'ts to help you stay healthy through the upcoming holidays:

Do's

1. Plan Ahead
2. Practice your assertive skills starting today
3. Increase your activity levels for a least a week prior (get doctor approval)
4. Maintain a healthy mind-set.
5. Keep a commitment list.
6. Allow yourself choices without feeling deprived.
7. Pay close attention to your body's physical hunger feelings.
8. Recognize that YOU are in charge of your behaviors.
9. Realize that the food is not in control of you.
10. Be thankful for the time you have with your friends and family.

Don'ts

1. Skip meals before the big meal.
2. Let holiday season be a free-for-all.
3. Allow others to make you feel uncomfortable for sticking to healthy choices.
4. Allow others to make you feel obligated to eat what you don't want.
5. Make excuses that allow you to over-indulge.
6. Continue to eat simply to be social.
7. Pick before or after meals, eat only at the dinner table.
8. People please. You are the only one who will pay the consequences.
9. Stress out and dwell on your weight.
10. Forget that only you are in control of your choices.

Remember...WITTY-We're in this together...Yeah!

Your TOPS Friend, Pam

[Pam Harper 19711 116th Ave. Ct. E. Graham, WA 98338 Phone \(253\) 875-4647](mailto:heart4tops@comcast.net)

[Email: heart4tops@comcast.net](mailto:heart4tops@comcast.net)

Please note: The information in this newsletter is designed for educational purposes only. You should not rely on this information as a substitute for personal medical attention, diagnosis, or treatment. If you are concerned about your health, please consult your licensed health provider.