

TOPS are OK

AUGUST 2011 Newsletter

Is anyone else but me HOT!!!! I hope that each and everyone of you are taking extra precautions to protect yourself and your families from the heat!!! Make sure you are keeping well hydrated and out of the heat as much as possible. I know if you are like me this weather makes you not want to do anything!!!! However, we need to find a way to exercise regardless of how hot it is – indoor swimming, chair exercises & treadmills are just a few ways we can exercise and not have to be exposed so much to the heat! IRD was awesome – Happy Days with TOPS was one of the most fun IRD experiences I have had! Next year we will be going to San Diego, California!! More info will be coming about IRD 2012 later!



Me and Flo the Waitress (better known as Regional Director Beverly Staniak!

WEB INFORMATION

www.tops.org
www.topswonders.com

2011 Fun Day dates

	Summer Fun Day	Aug	6
TOPS#OK0013, Stillwater			
Aug 20	TOPS#OK0682, Shattuck		
Aug 27	TOPS#OK0122, Midwest City		
	Fall Fun Day		Oct 22
TOPS#OK0488, Stillwater			

IS YOUR WEIGHT LOSS ATTITUDE KEEPING YOU OVERWEIGHT?

It can be a hard fact to swallow but the truth is that your weight loss attitude might just be the reason you have been unable to lose weight. Losing weight is a challenge and without the proper mental attitude you can find yourself sabotaging your efforts. This article takes a look at different ways your attitude might just be keeping you overweight.

Weight Loss Attitude

1. **"I deserve to eat what I want."** After a long or stressful day it is easy to look at food as a way to unwind but this ends up making your weight loss very difficult if not impossible. You will want to shift away from this attitude, the truth is that eating whatever you want is not making life less stressful...it is making it more stressful.
2. **"I hate to exercise."** This is one of the most common limiting statements I hear from clients. Yes, you might hate to exercise but your body loves it! Your body was made to move and it looks at exercise as a treat. Start slow, even 5 minutes to get your heart rate and breathing rate up per day and build on this every week before long your body will be thanking you and you will feel more energy and more in love with the benefits of regular exercise.
3. **"I was meant to be fat."** Many people resign to the thought that they were born into a family with "fat genes" and no matter what they do they will never be thin. If this is your belief then you are going to resign your ability to lose the weight. Yes genetics do play a role in how your body will be shaped but you have a lot of control and you can certainly get your body to a comfortable and healthy weight and stay there.

If your weight loss attitude is keeping you overweight then it is time to reframe your limiting thoughts so you can get the results you want!



Who is this? Sitting at Barbara Cady's desk!!! I wonder!

WELCOME ABOARD FOR THE ROAD TRIP!!!

