

A dapting our lifestyles for healthy eating and exercising to shape our new improved body.

U nder the care of a physician, we will set healthy and attainable goals.

G reat support from our fellow TOPS members and field staff.

U nloading our excess weight along the path.

S eparating empty calories from our meals and snacks.

T hinking before eating so that we choose wisely.

When I was trying to come up with an idea for this newsletter, I decided to think about what TOPS is all about. I remember one time a member told me that when she walked, she imagined the ‘ice cream’ falling off her body as she walked. She kept these thoughts going so that she was leaving behind the unhealthy and the empty calories that she had been depending on. I also remembered how many of the state and international winners mentioned in their success stories how important their chapter members were to them and how they gave them the credit for helping them attain their goals. How many of us are encouraging a fellow member? How many of us are noticing when someone is absent? How many of us are picking up the phone or sending a note to that person? How many of us actually listen to our physician when they tell us that our health issues could be resolved if we would just do one thing, lose weight?

I was recently diagnosed as ‘pre-diabetic’. I always thought since my blood sugar always tested at 100-105, that I was normal. I have now been educated that if your fasting blood sugar is above 100, one is labeled pre-diabetic. I have been told that the only way to get myself out of this category is to lose weight and exercise regularly. That once I have done this, my fasting blood sugar will be well below 100. The nutritionist I spoke with explained that I had a fasting blood sugar level of 106, and when I drank the glucose stuff, it shot up to 185, and then dropped slowly over the next two hours back to 106. She on the other hand had a fasting blood sugar of 40, which after drinking the glucose barely went over 100. She said I was taxing my system to make the insulin necessary to breakdown the sugar and I could, if I did not get my weight under control, easily become diabetic. I have been faithfully exercising three times a week and am keeping close tabs on what I eat and when I eat it. I can tell a difference in how I feel already. Journaling has not been easy for me, but I am seeing progress so that is keeping me motivated.

What motivates you? What is it going to take for you to take action and develop a healthy lifestyle? We each have to answer that question for ourselves. Don’t let it be too late for you to enjoy a lifestyle that you want. What do you want to be able to do that you currently aren’t able to do? Walk a mile without having to stop and rest? Get on the floor to play with your kids or grandkids? Walk into any store and buy something from the rack without having to go to the ‘Women’s’ or ‘Big and Tall’ section? How many of you remember going to Lane Bryant’s as a child and buying in the ‘Chubby’ section? I want to be a ‘Miss’ size. Sounds youthful and fun to me. How about you?

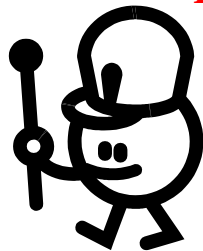
As the summer is coming to an end (and I hope this heat streak ends soon too), we all can focus on what we want that weight chart to show 5 months from now. There is time to lose any you have gained and show a 10 pound loss for the year. Our President Barb Cady is still waiting for us to show a MILLION POUND LOSS for the year. Let’s all contribute what we can to make this dream a reality.

NEWS FROM HEADQUARTERS

Headquarters is working on updating the website and some things are missing from the exchange page. Here is a list of which pages are missing. If you would need them, let me know and I will email them to you.

- TOPS Diner – order card
- Calorie Cash
- Exchange Food Diary
- Food Exchange Groups

LEADERSHIP SKILLS



We are starting a series of programs on Leadership Skills. These will be shared with each chapter beginning this month. Included in this mailing is lesson ONE. Leaders, please read and share with your members. We all need to develop our leadership skills, not only as TOPS officers, but as parents, grandparents, co-workers, and as individuals. There comes a time in everyone's life that we have to be the one to step up and lead a group, a family, a class or an organization. We will be sharing a lesson every month for the next nine months.

Plus there will be a Leadership Seminar at SRD and there will be workshops offered in the next year that you will have the opportunity to attend. Many of the lessons will have suggestions for activities that you can do at your chapter to help one another develop these life skills.

UPCOMING Fall Fun Days

September 10 – Dallas-Fort Worth

TOPS Scavenger Hunt

September 24 – Midland

On the Road to Success with the USO

October 1 – Athens

Let's Take a Trip on the TOPS Bus

October 8 – Amarillo

Go for the Goal

October 29 – Burkburnett – TOPSI-Turvy Truck Stop

Information on each is posted on the topswonders.com/Texas website. We are in the process of also posting on Facebook 'TOPS in Texas' and 'Cindy Moore' pages. You will also receive in the mail info on the one in your area. Please send in registrations as soon as possible.

That about wraps it up for now. Hope to see many of you at the Fall Fun Days.



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