

November 2009

Retreat plusses:

- Great studies on the exchange system
- Great losses on a 1500 calorie diet
- Fun exercise classes
- Great location (Biloxi, Miss across street from the beach)
- Great weather
- Fun awards night
- Making new TOPS friends from five states.

Negatives; None

Are you aware there are actually scholarships available for Retreats? You must write a letter convincing headquarters that you deserve to be a recipient. Wouldn't it be great if chapters started a fund to help someone go to a Retreat. In case you haven't guessed by now, I wish each of you could experience a Retreat.

One great idea presented was there is a way to avoid some of the things we allow to trip us up over the holidays. Think about it. Do we overeat some things because we think it will be another year before we get them again. There isn't any one thing you can't have any time during the year so just give yourself permission to eat a controlled portion any time so you won't stuff. Remember the old saying "He who stuffeth puffeth".

Another way to beat those holiday splurges is to find lower calorie recipes with the flavor of the season. One of my chapter members is sharing this easy pumpkin recipe with us.

PUMPKIN MUFFINS

- 1 box spice cake mix
- 1 15-oz. can pumpkin
- 1 cup water

Mix all ingredients together and scoop into 18 medium muffin cups. Bake at 350 degrees 25-30 minutes until toothpick inserted into muffin comes out clean. For 18 muffins, calorie count approximately 100 each.

Now in closing, I want each of you to hold your hand out in front of you with your thumb facing you and repeat "I am thumbbody special" and you are. Now that we are down to the final two months of the year, keep your eyes on the goal of a great weight loss. You can do it.

As I give thanks at Thanksgiving, please know you each are at the top of my list.

Happy sensible Thanksgiving!

TOPS love,

