

VERNIE'S FEBRUARY NEWSLETTER



This is National Heart Month

You know that you hold your heart in your hand... WELL not really but in a way you do hold your hearts health. What are you doing to take good care of it? do you find time each day to exercise, you know just a simple walk around the block can help. Are you watching what you eat and trying to eat Heart Healthy? YES it takes planning and a little more time....BUT know what!!!! you are worth it. So take the time to "LOVE YOUR HEART"

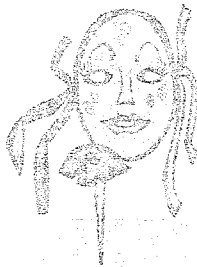
We are about 50 days into the year of 2009!!!!!!! can you believe it?????Have you decided on the changes you are going to make to accomplish your goals? if not now is the time to do it. STOP---right now and look back to 2008, did you have a great year???? If so I hope you are continuing on with your success. if not you must make some changes this year or you will wind up with the same result. You need to look at what you can change.....do you need to start an exercise program, do you need to plan your meals....do you need to keep a food chart or a food journal. Choose one change that you will work on for at least two weeks, when you are used to doing that one then add one more small change to your list and work on that one... Maybe it is as simple as going from whole milk to 2%, remember the small changes add up to make a difference in our weight and our health.

SMALLER PLATE CHALLENGE

I have been reading a study on the benefit of using a 9 inch plate for your meals instead of a 11 or 13 inch plate. The study showed when given a 9 inch plate people filled it and it was secretly weighed and then given a 11 inch plate they consumed about/4 more food on the bigger plate. Given 2 bowls, a smaller bowl and a bigger bowl, everyone in the survey thought they were putting less soup in the bigger bowl but when weighed they had actually put more soup in the bigger bowl. You might want to try this simple change for a week or so, buy you a pretty bowl and then get you a pretty place mat and a nice candle or a flower and put in front of your place and see if you can enjoy your food by taking longer to eat, REALLY taste the food as you eat, enjoy the flavor, savor the good smell and realize you are a blessed person.

FUN DAY

prepare a skit....sing a song...
Just have FUN cause it is FUN DAY



FEBRUARY 28

9-9:30 Registration

plan a game
WOW and SLIM awards

The afternoon will include a work shop to help new officers, information new chapters and to promote TOPS in our area.

SRD April 17 and 18 in Wichita Falls

If you want to get a jump on the FUN plan to come and register early on Thur. evening at 6:00 p.m. and then go and spend time in the Promo room shopping or in the Hospitality room meeting new friends and playing new games. Come work a puzzle, play Bingo or a "FRIENDLY" game of Farkle or Chicken Foot, do you like to line dance join in the fun or learn how!!!! Karaoke...come sing a song!!!!

I'm Planning to see you in Wichita Falls, for SRD and the many seminars we will be having BE SURE and check your SRD newsletter to see everything. If you did not receive one...LET ME KNOW!!!!

TOPS HUGS
Vernie