

BOBBIETOPS PROGRAMS

Food Chart 1

FOOD CHART

From: BReese4494@aol.com

(Note: there is a contest that can go with program.. see assorted contest)

Program: I gave everyone a blank food chart and had them write down what they had eaten on Sunday before the meeting on Tuesday (Easter Sunday). I asked that no name be placed on the food chart. Then I collected them and had each person take a food chart (not their own) to review. Then we discussed that (?) person's daily intake as far as how many exchanges each had. We didn't do calories because not everyone had a monograph or reference to look up calories (and didn't have time to do this either). Each member was also provided a list of exchanges to go by which helped them to decide how many exchanges on the food chart. The members had been instructed to estimate the portion size. The group liked this and in fact asked that we have some more programs on keeping food charts, and explain the exchanges more.

Food Chart #2 Food Chart

From: BReese4494@aol.com

Give everyone a blank food chart and had them write down what they had eaten on a certain day before meeting. Ask that no name be placed on the food chart. Then collect them and have each person take a food chart (not their own) to review. Then discuss that (?) person's daily intake as far as how many exchanges or calories each had. Each member was also provided a list of exchanges to go by which helped them to decide how many exchanges on the food chart. The members had been instructed to estimate the portion size. The group liked this and in fact asked that we have some more programs on keeping food charts, and explain the exchanges more. It made a very good program.

Positive Attitudes

From: TOPSY825@aol.com

I made a list of positive thoughts for the "gainers" to read at my chapter meeting. Thought I would send them on in case anyone else could use them. During roll call, we applaud the losers and have the gainers pick a positive thought, positive attitude or inspirational message. I spaced them so that they can be printed and then cut into strips, rolled up and put into a jar or container. A loser passes the jar around to the gainers. Sometimes they call the girl over with the jar before they even give their gain.

- .. I AM A WORTHY PERSON WHO DESERVES TO SUCCEED
- .. I WILL BE THE LITTLE "CHOO-CHOO" WHO COULD
- .. I WILL CHEW MY FOOD SLOWLY, SO I CAN ENJOY EVERY BITE
- .. I BELIEVE IN MYSELF. WHAT OTHERS THINK DOESN'T MATTER
- .. I CAN EXERCISE ANYWHERE, ANYTIME--AT SINK, STOVE, TABLE, DESK OR IN BED.
- .. I ENJOY GIVING COMPLIMENTS, BECAUSE I ENJOY RECEIVING THEM.
- .. ONE POSITIVE THING I CAN GIVE AWAY FREE, IS A SMILE.
- .. I WANT TO LOSE WEIGHT FOR ME, BECAUSE I'M WORTH IT
- .. EACH TIME I PASS A MIRROR, I WILL LOOK AND SAY "I LOVE YOU"
- .. I WILL MAKE AN EXTRA EFFORT TO BE LOSER, 'CAUSE I AM A WINNER
- .. I AM AN INTELLIGENT PERSON WHO KNOWS WHAT TO DO TO LOSE WEIGHT
- .. TODAY, I WILL DO FOR MYSELF, AS I DO FOR OTHERS
- .. I WILL KEEP A POSITIVE ATTITUDE BECAUSE THAT MAKES ME FEEL GOOD
- .. MY TOPS FRIENDS MAKE ME FEEL IMPORTANT. I WILL SUCCEED
- .. IT IS NICE TO BE IMPORTANT, BUT MORE IMPORTANT TO BE NICE
- .. THINK SWEET THOUGHTS, NOT THOUGHTS OF SWEETS
- .. YOU HAVEN'T FAILED UNTIL YOU QUIT TRYING
- .. DIET: SOMETHING YOU KEEP PUTTING OFF UNTIL YOU ARE PUTTING ON
- .. THE POPULARITY OF TOPS, PROVES THAT PEOPLE WILL GO TO GREATLENGTHS TO AVOID GOING TO GREAT WIDTHS.
- .. FRIENDSHIP IS TO PEOPLE, WHAT SUNSHINE IS TO FLOWERS
- .. BELIEVING IS THE BEGINNING OF A DREAM COMING TRUE.
- .. IT'S NOT WHAT'S IN THE HOUSE OR AROUND--IT'S WHAT GOES IN THE MOUTH AND DOWN.
- .. TODAY IS THE TOMORROW YOU PROMISED TO START YOUR LIFE STYLE CHANGES.
- .. A PINT OF GOOD EXAMPLE IS WORTH A GALLON OF ADVICE.
- .. SUCCESS HAS NO CALORIES, BUT IT SURE TASTES SWEET
- .. A STUMBLING BLOCK CAN BE A MILESTONE----IF IT JOLTS US ONTO THE RIGHT TRACK.

.. YESTERDAY IS A CANCELLED CHECK; TOMORROW IS A PROMISSORY NOTE;
TODAY IS READY CASH, SO SPEND IT WISELY.

Food Pyramid

From: rnr9@mediaone.net

Take the Food Pyramid and assign sections of it to two members of your chapter. Have them give a talk on that section and bring in ideas, clippings and samples.

Do this until each section of the Pyramid has been completed.

This section idea should take up the entire meeting...thus your leader should have several meetings covered.

Let the rest of the members discuss these ideas after the presenters have finished their section.

Reed Kingston Taylor

MA#69, Lexington

YEAR 2000.

From: aicirtap@webtv.net

We developed the theme, "A goal is a dream with a deadline." After discussion and motivation taken from the TOPS PROGRAM MANUAL, all members wrote their personal goal and placed it in a TIME CAPSULE which will be opened at the first meeting in January, 2000. The cheer I wrote was so enthusiastically received, that we have ended all our meetings with it ever since.

TOPS NV #98 MILLENNIUM CHEER

(leader cheers each line, members repeat)

I WISH I COULD REACH MY GOAL

(each word said slowly with emphasis on each word)

I'M DOING THIS WITH ALL MY SOUL

2000 DREAMS COME TRUE

WE'LL DO IT START ANEW!

We have done many things to rekindle our commitment to health and well-being but focusing on our vision has motivated all of us, Our time capsule will tell the true tale of how motivated we have been.

Choice is Yours Program

created by Linda Custer, Ct 127, S. Windsor

(Dedicated to the memory of LEADERLIN@aol.com who wrote this program)

I take a few weeks food sheets from our treasurer and take and cut out a days worth of meals in strips. I cut off all identifying ids on it though first. Then I inform the members about two weeks ahead of the program to bring in the Choice is yours books on a certain date for a program on exchanges or calories. That night I have each person at the meeting pick out a strip of meals and a blank sheet of paper (I have also pasted the strips on the papers and just handed them out one to each member too). They are to take their book and figure out what exchanges are on the food sheet and how many, what ones are possibly missing off the sheet they got, then to rewrite the days meals on the blank sheet to make them healthier using their books. This gets them looking at their books and getting familiar with portion sizes and exchanges. My chapter likes to do this every once in awhile. Then when they are done, they are asked to read what the original meals strip said, what they changed and any suggestions and usually leads to a good discussion.

The SlimFast Diet

(From: BobbieRae@aol.com)

This program went over very well in my chapter. First we went around the room discussing all the fad and dangerous diets. The funny things we did and the dangerous ones showing why TOPS stresses "Sensible" Then I pulled out a unopened can of Slim Fast and a pie tin. I started reading the ingredients and as I did I poured a generous amt in the pie tin in order. Afterwards I passed it around to show what goes in the stomach of some one who indulges.

Recipe of Slim Fast: (Use your judgement as to amts)

Powdered milk

Sugar

Metamucil (for the fiber)

salt

oil

a one a day vitamin capsule

and a few drops of flavoring. (I used cherry but whatever you can get on hand)

I then let them know to complete it you would add 1 cup of water but Due to the mess I left out. Then told all to shake thoroughly . When they saw the mess they decided TOPS does it the right way.

The "I Can't" Funeral

Give members a sheet of paper and have them write all their "I Can't's". EXAMPLES: "I can't lose weight ." "I can't exercise ." "I can't do a program ."

Give them 5-10 minute to think and write.

Members who wish can share what they write but only voluntarily.

instruct them to fold the papers in half and bring them to the

front. THave them place their "I Can't" statements into an empty shoe

box. . put the lid on the box, Get a shovel .

Find a place outside to dig a hole. if you meet somewhere where digging is a problem use a can for burning or just shred the paper and do ceremony indoors.

They were going to bury their "I Can't's"!

Place The box of "I Can't's"

position at the bottom of the hole and then quickly cover

with dirt. At this point Leader announces, Memebers , please join hands and bow your heads." quickly forming a circle around the grave, creating a bond with their hands.

Leader delivers the eulogy.

"TOPS Friends, we gathered here today to honor the memory of 'I

Can't.' While he was with us here on earth, he touched the lives

of everyone, some more than others. We have provided 'I Can't'

with a final resting place and a headstone that contains his

epitaph. He is survived by his brothers and sisters, 'I Can',

'I Will', and 'I'm Going to Right Away'. They are not as well

known as their famous relative and are certainly not as strong

and powerful yet. Perhaps some day, with your help, they will

make an even bigger mark on the world. May 'I Can't' rest in

peace and may everyone present pick up their lives and move

forward in his absence. ."

As part of the celebration, t a large tombstone can be made from butcher paper. and write the words "I Can't" at the top and put RIP in the middle. The date was added at the bottom. The paper tombstone can hang in meeting every week as a reminder. .

EXCHANGE PROGRAM

From: TOPS2KOPS@aol.com

I did a program for my chapter which I would like to share with you. Since we should all be using the monograph and the exchange system for at least one program a month, I chose to do one one the "bread exchange" and took actual servings of about 15 of the allowed foods.

Even as I was preparing some of the items, I became aware once more of why I am struggling "in leeway"....my portions have been much larger than is sensible. For example, have any of you actually weighed a 3 ounce potato(which is one bread serving) ? Well, my friends it is

only a few bites!!! As a real contrast, I took a very large potato...like we all love to see in those potato bars,,,,,and, it weighed ONE

POUND!!!!b As one member remarked, "our best loser just lost 4 BIG POTATOES"!!!

For you cereal eaters, we were all amazed to see how little 3 tablespoons of grapenuts really is. I love to stir them into a carton of low -fat yogurt for some extra fiber and "love the crunch"....and will continue to do so, but must remember its one of my breads allowed for the day.

As an extra incentive, I had made up some little cards on my business cards program with the verse "I Will

Persist until I Succeed..I Will be a Winner". they are a great size for refrigerator magnets, bookmarks or to carry in a wallet.

Know your Calories

From: BobbieRae@aol.com

Make large flash cards with a name of a food on each card. some low calorie foods, some high calorie foods. Pass out to members. Have them walk around room and sit where they think the calories belong. for instance: the low calorie is seated first and highest calorie is seated

last and the rest sit in order of calories in between. when everyone is seated where they think they should then announce each calorie starting with seat one and see who is seated out of order. its a fun get acquainted one plus gets members to sit in different places.

(PS. I have also tricked them by making all foods that are same in calories)

Give a "Glenda's Tip" right after roll call. It is usually a 5 minute diet/nutrition/exercise idea I have gathered from my reading. Recently my tip regarding portion control was a big hit and really got the conversation rolling. I had a compartmented paper plate with MEAT written in the largest space, veggies in the next and grains in the next. I explained that that picture was the way most Americans plan a meal but it is a very unhealthy and fattening way to eat. I then passed out plates with VEGETABLES written in the largest compartment, grains (bread, rice, etc in the second, and meat in the next. I explained that if we just tried to plan our meals this way, with the veggies being twice as large a portion as the meat we would all eat healthier. Then everyone took the plate home as a reminder. The members seemed to like the visuals. (I got the idea from an article I read in Prevention Magazine about Americans eating too much meat.

Choice is Yours

FAPurple

1. Do you know how many calories are in the Bread/Starch list? _____
2. Which has more calories: 1 oz cheese; 1 oz sirloin; 1oz lamb chop ?? _____
3. If you have 1/4 cup cottage cheese. What food list will find it in? _____
4. How many grapes are you allow to eat? 17; 10; 15
5. How many calories are there in the Milk list? _____
6. A food or drink considered free foods has less than how many calories? 50 calories; 20 calories; 15 calories...
7. Which food is not considered free foods? 1 piece hard candy
1 Crystal Lite Bar; 1 cup Plain yogurt nonfat-sugar free.
8. Which is lower in calorie? 1/2 cup grapefruit juice; 1/2 cup orange juice; 1/2 cup Pineapple juice...
9. If you had 1 cup Cherrios & 2 slices Diet Bread....How many Bread/Starch did you have? _____
10. How many calories in 1 oz very lean meat? _____
11. Which has more calories: 1 oz Chicken w/skin; 1 oz Ground Turkey; 1 oz. Ground Chicken. _____
12. If you ate 1 Hot Dog & 1 Bun. What list did you use? _____
13. True or False: 1 oz. 15-18 chips & 1 oz. Potato Chips Lite are the same calories? _____
14. True or False: 1 Slice of Banana Bread & 1 Baking Powder Biscuit are the same in calories??? _____
15. How many strawberries can you have for 1 fruit?
1 3/4 cups; 1 1/2 cups; 1 1/4 cups...
16. What's the calorie count in the Fat List ? _____
17. True or False: 1 Med cinnamon roll w/icing is the same in calories as 1/4 cup prepared stuffing??? _____
18. True or False: 1/2 cup Potato Au Gratin & 6 Peanut Butter filled crackers are the same in calories? _____
19. What has more calories: 1 tsp. Margarine; 1 Slice bacon; 1 tsp. Corn Oil _____
20. What has the most calories? 1/2 cup cooked Cabbage; 1/2 cup Cooked Carrots; 1/2 cup cooked Cauliflower? _____

ANSWERS:

1. 80 calories
2. 55 Calories all the same
3. 1 Meat & 1/2 Fat
4. 17 grapes
5. 90 Calories
6. Anything less than 20 Calories
7. Yogurt..., 90 Calories & its 1 Milk
8. All the same 60 Calories, 1 Fruit
9. you had 2 Bread/Starch
10. 35 Calories
11. All the same...1 Meat & 1 Fat..75 Calories
12. 1 Very Lean Meat & 1 Bread/Starch.....115 Calories
13. No.....Chips have 1 Bread/Starch & 2 Fats....Lite chips have 1 Bread /Starch & 1 Fat.....
14. True. same amount of Calories....1 Bread/Starch & 1 Fat
15. 1 1/4 cups
16. 45 Calories

- 17. True 1 Bread/Starch & 1 Fat
- 18. True.....1/2 Bread/Starch & 1 Fat
- 19. All the same... 45 Calories
- 20. All the same....1 veggie....25 Calories

Diet Tips

From: BReese4494

Write out a good diet tip (such as the TOPS TIP of the Day seen on this loop), or a picture of right choices for food, and then paste on some poster board. Cut into small puzzles and put into little baggies. Number off the members to correspond with number of puzzles you have (i.e., 6 puzzles or less). The groups then have to put together the puzzle. This could be used as a program in that you could have statements that could lead into a lengthy discussion. I also cut up a deck of card (one card cut into 2 sections ---zig zag or various shapes), and placed in a baggy. Each person had to draw a piece of card, and then find their partner. Before I cut the card into I pasted a typed "Tip of the Day" or some other type of diet information, and they had to find the card that matched their card. Another mixer I learned at a retreat..... give everyone a list of things typed or written on a paper such as.....

- 1) someone who has been in TOPS 10 years +
- 2) someone who has been a Leader.
- 3) someone who is a 5 yr KOPS
- 4) someone who lost more than 25 lbs.
- 5) someone who brought their Monograph to meeting.
- 6) someone who is a charter member of the chapter
- 7) someone who is less than 5 ft. 3 in. tall.
- 8) someone who drives a Chevrolet
- 9) someone who likes crafts as a hobby
- 10) someone who has 5 children
- 11) someone who has been to a retreat
- 12) someone who has been to IRD

I don't have my list but you can just make up a lot of statements, and they have so long to find out the answers. Then you can ask after 5 min. or so if anyone completed list. Give prize (optional).

This is a good mixer and fun too!

Foods that Weigh

From: G6240a

Have a member bring in different foods weighing from 1/4# TO 20#. Have EACH one COME UP AND TELL HOW MUCH WE HAD LOST OR GAINED THIS WEEK AND THEN WHAT OUR TOTAL LOSE HAS BEEN. THEN SHE HAD US HOLD THAT AMOUNT IN OUR HANDS TO FEEL WHAT IT REALLY WAS WE HAD LOST.

EXPLAIN THAT WHEN WE SAY "I ONLY LOST 2#" THAT WHAT WE HAD REALLY DONE WAS LOST A BAG OF NOODLES FOR EXAMPLE. A 1/4# IS IN FACT, A STICK OF BUTTER.

I HAVE LOST 11# TOTAL SINCE WE STARTED 9 WEEKS AGO AND LET ME TELL YOU I'M GLAD THAT I'M NOT STILL CARRYING THAT AROUND. SHE THEN HAD US HOLD WHAT WE STILL NEED TO LOSE. WE ALL AGREED THAT WE WOULD NOT LIKE TO HAVE TO CARRY THAT AROUND ALL DAY. BUT IN FACT, WE ARE.

SO IF YOUR CHAPTER NEEDS AN EYE OPENER TYPE OF MEETING TRY THIS. IT MADE ALL OF US THINK ABOUT WHAT WE NEED TO BE DOING.

Spring Garden

Well, its now March and what does that remind you of? Spring? Growing plants?

March is a great time to concentrate on cleanup, planning, and fresh starts.

To create a _healthy_ garden however, is a little different.

A healthy garden needs a lot of time, effort, love and planning.

To have a successful garden it needs good top soil, fresh seeds, fertilizer and water.

This is the beginning of a new year at TOPS # _____

How about growing a healthy garden together?

First we begin with SOIL. Our TOPS organization is the soil.

It is the starting point, from which wonderful things will flourish. You will make new friends and the TOPS chapter will inspire and support you in your weight control plan. But, before we even plant the seeds for a new healthy garden, what is growing there? WEEDS. What are weeds to our garden? What kind of things are going to get in our way of good lifestyle changes? Anyone?

{Used board to write ideas down}

How about: no time, too hard, fresh veggies are too expensive, family members who sabotage, am in a wheelchair ,can't exercise, lactose intolerant, weather is too hot, too cold, its raining out, just too busy! And so on. We know all too well those weeds that get into our way of thinking... So what do we do to get that healthy garden?

SEEDS are the next thing we need. They are available in all shapes colors and sizes. We TOPS and KOPS are all different too. Most of us would not plant just one kind of flower or vegetable. Variety is necessary and desirable. We need to encourage members to share all of those talents. Plants also need FERTILIZER. What would be TOPS fertilizer? {used board again} Anyone? How about: low membership fee, meeting each week, monthly magazine, incentive programs, recognition awards, fellowship, education, rallies to motivate, workshops, retreats, state recognition days, international days, our "Choice is Yours" book, our field staff, even a web site! There is a lot more fertilizer that we can use than weeds that are allowed to grow! Also, plants cannot put down roots and grow without WATER. They need water to live. A good chapter needs regular attendance of all its' members especially the master gardeners the KOPS. They are needed to remind us that with a healthy diet and attitude important goals can be reached. Like water each member is necessary. Like a garden a great TOPS chapter like ours needs gardeners. We need officers who care for these healthy gardens we are growing. Part of the joy of gardening is to try something new. During this year we are will be bringing some new ideas, lots of old faithful ideas. Let's all get our healthy gardens growing this year!

The Low-Carb, High Protein Diet Craze

Sally Thomson, Area Captain rthomson@coredcs.com

I gave this program at our most recent Quarterly meeting and it was well received. I asked some members to come up, gave them a sheet with one of the diets/menus, had them read what they had to eat for one day and tell how they liked the diet. It was pretty apparent to all that the diets are not balanced and healthy.

A number of fad diet books are sweeping the country, including The Zone, Dr. Atkins' New Diet Revolution, Sugar Busters and The Mayo Clinic Diet (which is not affiliated in any way with the prestigious clinic. Most fads are short lived, but this one keeps on going. These fad diets focus on blood sugar levels. Sugar in the blood signals the pancreas to release insulin. This hormone sends sugar to the brain and muscles to be burned for energy. Extra sugar is stored for later use. Some of this storage is in the form of fat. A sudden rise in blood sugar means more insulin gets secreted and more sugar may be stored as fat. A slow, steady rise in blood sugar is better. Carbohydrates raise blood sugar levels. Protein and fat have less effect on blood sugar. The authors of these books argue that the best way to lose weight is to skim eating carbohydrates altogether. They believe tht by filling up on protein and fat, a rise in blood sugar and increase in fat storage is avoided.

The Atkins Diet

Sample menu:

Breakfast:

4 egg cheese omelet made with 2 tablespoons milk and about 2 oz cheddar cheese. You may add some green or red pepper, tomato or onion.

3 slices Bacon

Lunch:

Roast Beef Sandwich with Muenster cheese (only 1 slice bread)

Lots of mayo and cheese- no limit here.

1/2 can soup (no crackers)

Supper:

Flank Steak and Veggies- buy a great big flank steak, slice it paper thin and cook quickly in own juices. Add onions, peppers, broccoli, string beans or asparagus. Cook lightly. Serve over mashed potatoes for the rest of the family, but NO POTATOES FOR YOU. You may have a salad of greens with dressing made of 3 parts Olive oil, one part Vinegar, garlic, salt and pepper. That's all for tonight! Better eats lots of the Flank Steak!

You can not have any milk, fruit, breads, pasta, rice, grains, soda, coffee, tea, juices, desserts, etc. You can only have meat or cheese, a few veggies and better drink lots of water. Your breath will smell bad even with lots of brushing- it's from your kidneys trying to keep up with the overload of protein that you are eating.

Theory: Beefing up on protein helps keep your weight down. This diet restricts your daily carbohydrates to 15-20%. You get to endlessly indulge on meats and pounds drop off quickly at the start- mostly due to water loss. Atkins recommends an extensive list of vitamin and mineral supplements to those who follow the diet. At first, low-carb diets seem to work. By limiting the foods you eat, they limit the calories you take in. Almost immediately, water loss occurs. Then, when the body does not have a supply of carbohydrates for energy, the liver begins making sugar out of whatever protein it can find- including your own muscles. The loss of water and muscle means your weight drops, but this kind of weight loss is only temporary and is achieved at a high cost. Drastically reducing carbohydrates forces your body to burn fatty acids and eventually muscle tissue for energy, causing headaches, dizziness and fatigue. It may also cause irritability, light-headedness, weakness, bad breath, constipation and dehydration. This diet provides too much saturated fat and too few of the protective compounds in fruits and vegetables. Excessive protein may impair long term liver and kidney function, promote calcium loss and increase the risk of osteoporosis and heart disease. It is nutritionally deficient, especially in calcium, vitamins and minerals and is very boring.

Another low carbohydrate, high protein diet craze is the Zone diet. In this diet, carbohydrates are cut to 40% instead of the 60% recommended by the US RDA. Sample menu-

Breakfast:

Omelet made from 6 egg whites and 1/4 cup vegetables sauteed with 2 teaspoons Olive oil

3/4 cup slow cooked Oatmeal (no sugar, milk or sweetner)
 1 cup strawberries
 Lunch:
 Caesar Salad made with 3 oz grilled chicken
 2 cups grilled vegetables
 1 small apple
 Afternoon Snack:
 1/4 cup 2% cottage cheese
 1/2 orange
 3 olives, 3 almonds or 6 peanuts
 Supper:
 5 oz grilled Salmon
 1 small Garden Salad
 4 cups steamed vegetables (not potatoes, squash, peas or corn)
 1 cup mixed berries
 Evening Snack:
 1 oz tuna
 8 cherries
 1 macadamia nut or 2 pecan halves

Where is the pasta, rice, bread, grains or starches? Missing!!! Not Allowed! This diet deprives dieters of fiber as well as essential vitamins and minerals. It may increase the risk of heart disease and other serious ailments if you stay on the diet for a long period of time. You may also spend a lot of time figuring out the right proportion of protein to carbohydrates because you must eat exactly so much protein and fat for every gram (unit) of carbohydrate and it is not an easy diet to follow. You probably will lose weight initially but it is from loss of fluids. You may also start burning muscle tissue for energy if the carbohydrate supply is too low. Loss of muscle tissue makes you weak and tired. This diet has the same side effects as the Atkins Diet

Who wants to be a KOPS ?

From: BReese4494

There are several pages to list, so I'll start with the first page of Rules:

One question will be read where the four answers will be asked to put in a specific order. The first person who raises their hand with the correct order will be the contestant.

RULES FOR "WHO WANTS TO BE A KOPS?"

1. All of the questions used comes from "The Choice Is Yours"
2. Each contestant will answer 5 questions of increasing difficulty. If you answer the first question, you will win \$1.00 off your June dues....2nd question..\$2.00, 3rd question...\$3.00, 4th question...\$4.00, and the last question...\$5.00 (our monthly dues are \$5.00)
3. You will have two lifelines available: As a member and 50-50 (the person asking the questions will give the 50-50 answer)
4. If you miss a question, you will be reduced to the \$1.00 level....or you may choose not to answer the next question and walk away.

For the 1st contestant to be chosen: Put these foods in order of calories starting with the most:

1. 1 medium peach
2. 1 oz. of cheese
3. 1 cup of green beans
4. 1 cup of apple juice

(Answers D, B, A, C)

2nd contestant: Put these salty items in order from most salty to least salty:

- a. 2 oz. bag potato chips
- b. 1 T. Soy Sauce
- c. Head of Lettuce
- d. 1 tsp. of salt

(answers: D, B, A, C)

3rd contestant:

Put these food items in order as they appear on the food pyramid from top to bottom:

- A. Bread
- B. Fat
- C. Fruit
- D. Milk

(answers: B, D, C, A)

4th contestant:

Put in order from most to least these calorie burning exercises:

- A. Typing
 - B. Singles Tennis
 - C. Bowling
 - D. Volleyball
- (answers: B, D, C, A)

QUESTIONS:

Good snacks to keep in the frig are:

- A) Snickers Minatures and Hot Dogs
- B) Whole Milk and Oreo cookies
- C) Celery Sticks and apples
- D) Meatballs and cheese cubes

Examples of Betacarotene are:

- A) Cabbage and Turnips
- B) Carrots and Cantaloupes
- C) Twinkies and Sno-Balls
- D) Parsley and Broccoli

One teasp. of table salt contains how much sodium:

- A) 500 mg
- B) 1000 mg
- C) 2300 MG
- D) 4000 MG

The plate method refers to:

- A) How much food an average plate will hold
- B) A fight method used by couples in a heated argument
- C) A visual method of portion control
- D) way you can measure how much broccoli a child eats

ISOFLAVONES are:

- A) Vitamins taken in the morning for energy
- B) Minerals needed for brain function
- C) Plant equivalent of female hormones lost at menopause
- D) Age spots you get on your hands

These are questions that can be used for the first contestant.

The ideas for the questions came from the Choice Is Yours.

There are sets of 5 questions for each contestant.

2nd set of questions:

Resistance Exercise:

- A) is saying no to a hot fudge sundae
- B) develops strength and muscle mass
- C) is avoiding the TOPS officers when they need a program
- D) is doing leg lifts and jumping jacks regularly

What % of Obesity is caused by Genetics:

- A) 2 - 8 %
- B) 25 - 40%
- C) 60 - 75%
- D) 100%

Which one of these activities is a safe exercise for most people:

- A) Bungee Jumping
- B) Sky diving
- C) Bull riding
- D) Walking

The average time taken to consume a burger, french fries, and milk shake is

- A) 45 seconds
- B) 15 to 20 min.
- C) 2 days
- D) 4 1/2 minutes

Folacin promotes red blood cell formation, it is found in:

- A) Liver and onions
- B) beans and orange juice
- C) onions and tomatoes
- D) chicken and brussel sprouts

An example of the "meat" category of the food pyramid is:

- a) pound cake
- b) beef
- c) grapes
- D) canvas shoes

What is the range of acceptable wt. gain during pregnancy?

- A) 80-90 lbs
- B) 10 - 18 lbs
- C) 25 - 40 lbs
- D) 25 - 28 lbs

You burn approximately 300 calories an hour by:

- a) chasing your dog down the alley at a fast pace
- b) reading a spicy novel
- c) walking at 3 miles per hour
- d) running 5 miles per hr

BMI means:

- a) body measurement increases
- b) Bad minor injury
- c) body mass index
- d) bother me indirectly

BIOTIN is:

- A) a Biological condition regulating emotions
- b) a water soluble vitamin that aids metabolism of fat
- c) a secretion from the gall bladder when diseased
- d) an allergic reaction to various metals

A serving of orange juice is:

- a) 1 qt.
- b) 1/2 cup
- C) 2 tablespoons
- d) 1 gallon

Obesity is associated with what 4 serious health problems:

- a) arthritis, high blood pressure, earache, and cancer
- b) diabetes, gout, tennis elbow and nosebleed
- c) cancer, high blood pressure, diabetes, and heart disease
- d) big boobs, jiggle hips, swollen ankles and sunburn

what is the normal blood sugar level:

- a) 50-75 mg
- B) 200-225 mg
- c) 80-110 mg
- d) 10 -25 mg

Which of these activities is no an aerobic activity:

- a) Running from the police department
- b) cross country skiing
- c) lifting weights
- d) bicycling

The recommended daily intake of vitamin E is:

- a) 100 mg
- b) 12-15 IU
- c) 50 IU
- d) 75-100 IU

As you can see there was some humor added to the questions, but the real question and right answer was taken from the Choice Is Yours.

--Climb high,

Backsliders

Here something you might like to pass along to your chapters. It's mostly pertains to backsliders [which is most of us] Here goes
Well, here I am, 250 pounds of pure happiness. Listen I have so much fun at TOPS, honey---the meetings are great, etc. Of course, I could have a lot more fun if I hadn't had to watch my weight, fill out food charts, listen to lectures. They're all right, I guess, but I've heard it all so many times before. Oh, I'm sorry, I forgot to introduce myself. But I'm sure you all know me. I've been in TOPS 4 or 5 years. They really should give me an award. I've lost enough weight to have a twin sister here beside me. I may weigh 10 pounds more than when I joined but

I've certainly enjoyed myself. You know how it is -- sometimes I think the food just jumps on me. As the old saying goes: There's more of me to love. And those silly calorie charts we're supposed to keep --- I'm just too busy for that. Most of the time I fake it and fill them out at the end of the week. My husband can't understand why I don't lose -- He tells everyone I eat like a bird. Boy, can I give you some tips! You see, I eat very small meals, and then I sneak into the kitchen later and have a few snacks. The trick is to eat only quite foods like marshmallows, bread and peanut butter. I keep some goodies under the bed too. Remember, though potato chips or crackers won't work -- too noisy. My way, nobody will ever know but me. We do have ball in TOPS though. don't we? Oh, I know, I don't get to all the meetings, but you understand how busy life is. And I do have to leave right after weigh-in a lot of the times to get to a banquet or party, but that's because of my husband's business. And then there are the holidays. Well the reason I don't come to meetings after those is because I know I gained weight. Hey remember that time I said I gained because I had company and one of you said, "What did you do, eat them?" That was so funny, I cried myself to sleep that night -- but I don't want to think about that. But seriously, folks, I'd be a better member if I weren't so busy. I'm really very lucky. I have a beautiful home, a terrifically understanding husband and four wonderful children. My husband is so good to me. We go out to eat fairly often. Of course, it's usually for business dinners and boy is there lots of good food at those business dinners. I'd like to do some sort of meaningful work outside my home, like at school for the kids. But the children say the school has more volunteers than it needs. I used to drive them to school and pick them up but now they tell me they'd rather walk because it's healthier. My son doesn't even want me to bother going to his ball games. He says I need that time to rest. He's so considerate. Sometimes, when I'm alone, I wonder if the children are just pushing me away because they are ashamed of my weight. But then I just sit down with some cake and coffee and tell myself that's ridiculous. You want to hear the sad truth? Deep down inside sometimes I just want to die. I'm so ashamed of my weakness that I not only kid myself, but I shut out the people who could help me..... TOPS members. I know you're all fed up with me and I don't blame you. I know what you thinking about me. How I should quit and make room for someone who will really try. How I stay home when I've gained and only come to meetings when I lose. Everything you're ever said about me, I've said to myself a million times. Finally it comes down to one thing --FEAR. I am so afraid to really commit myself to losing weight, because once I do, it will be up to me to get the job done. And I'm afraid I'm not enough of a person to handle it. I'm afraid to fail. PLEASE don't give up on me. I need you more than you'll every know. If I don't volunteer for jobs, appoint me. If I don't call during the week, call me. Please don't let me use all those silly excuses. Make me face the truth, don't humor me. Maybe knowing you have faith in me will give me the strength I need. Force me to be the kind of person I can be. Don't let me quit TOPS. Please help me make it -- one day at a time --- one meal at a time ---- a pound at a time. Just think how great it would be if I could go the next meeting and show a loss. More than anything on earth I want to stand onstage, in white, to receive my diploma as a KOPS. Are you this person? Are you this forgotten member? Do you need help? REMEMBER - Knowing what you want to be makes deciding what to do a lot easier. It's all up to you!

Remember Your ABC's
To Achieve Your Dream

(this makes an excellent program. let members take turns reading. have flash cards with the ABC's that they can hold up)

- . Avoid negative sources, people, places, things and habits.
 - . Believe in yourself.
 - . Consider things from every angle.
 - . Don't give up and don't give in.
 - . Enjoy life today, yesterday is gone, tomorrow may never come.
- . Family and friends are hidden treasures, seek them and enjoy their riches.
 - . Give more than you planned to.
 - . Hang on to your dreams.
 - . Ignore those who try to discourage you.
 - . Just do it.
- . Keep trying no matter how hard it seems, it will get easier.
 - . Love yourself first and most.
 - . Make it happen.
 - . Never lie, cheat or steal, always strike a fair deal.
- . Open your eyes and see things as they really are.
 - . Practice makes perfect.
 - . Quitters never win and winners never quit.
- . Read, study and learn about everything important in your life.
 - . Stop procrastinating.
 - . Take control of your own destiny.
- . Understand yourself in order to better understand others.
 - . Visualize it.
 - . Want it more than anything.
 - . Xcellerate your efforts.
- . You are unique of all God's creations, nothing can replace YOU.
 - . Zero in on your target and go for it!!

SALSA Program

From: DUMPANDPOOH2@aol.com

Phyllis Courtney TOPS #OK 618, Muskogee

What I am going to do tonight will probably be a little different than the normal program a friend gave this idea to me. What he did was make salsa for his youth class and as he put each ingredient into the chopper, he compared the ingredients to a part of Christianity. It was so good that I got to thinking about how those ingredients could compare to Tops. What made it associate with Tops to me was that salsa is one of the most guilt free accompaniments that you can use on a good weight loss program. It has so very many uses and is good for us at the same time.

Salsa is defined in the Better Homes and Gardens Encyclopedia of Cooking as a term for any variety of highly seasoned sauces. They can be cooked or uncooked and are especially popular in Mexican and Tex-Mex cooking. The salsa is generally chunky in texture and almost always contains chili peppers. It can be bought commercially but by making it at home, which is easy to do, you can control what you use and that adds to keeping your diet under control.

Some of the ways to use salsa are the main way as a chip dip, if you use baked chips and use moderation this is a very good snack. You can also use it as a vegetable dip. We use it as a topper for baked potatoes which sure beats the butter and sour cream in a weightloss program. I use it as a seasoning for some meats and vegetables and I often use it in a recipe that calls for chopped canned tomatoes as it makes the recipe a little spicier. I am sure you could all give me many more uses for it.

The list of ingredients that I am going to use tonight are: 2 medium size ripe tomatoes chopped and they have 52 calories and point .8 grams of fat --- 1/4 of an onion chopped and that has 20 calories and less than point .1 grams of fat --- 4 sprigs of chopped cilantro which has 1 calorie and no fat grams --- 2 cloves of garlic crushed which has 8 calories and point .1 fat grams --- 2 tablespoons of lemon juice which has 8 calories and no fat grams --- 1 teaspoon of salt which has no calories and no fat grams and 1 jalapeno pepper chopped with or without the seeds which has 10 calories and no fat grams. The total for this size batch is 99 calories and 1 fat gram. That would be if you ate the whole batch yourself and by how much you eat of it, you can determine how many calories and fat grams you have. Now let us start making it.

The first and main thing I put in is the tomatoes and when you think of the main thing in Tops, I think of the members. Without each of us there would be no Tops Organization. We are the main ingredient being a group of people all alike, having the same struggles in life. The main ingredient is just waiting to be mixed in with all our other Tops friends to gather growth and become a finished product.

The next ingredient in the salsa is the onion. Onions are an exceptionally strong antioxidant. They have been found to prevent cancer, ward off blood clots, lower cholesterol and aid in diabetes. I compare the onion to Tops support as an exceptionally strong aid to us. It is found to prevent discouragement and to help us keep on keeping on.

The next ingredient in the salsa is the garlic. Garlic is a little vegetable that has been used for over 5000 years in various healing formulas. It has been noted that garlic helps to kill bacteria. It has also been found to stimulate natural protection against tumor cells and heart problems. I will compare this in Tops to our "Choice is Yours" book. Our Choice is Yours book has been used for years to guide the Tops members in developing a good life style of eating. It has been found to stimulate our minds into learning more about ourselves and our health and how to maintain good health.

The next ingredient in the salsa will be the cilantro. Cilantro is like a Mexican parsley and it has been found to suppress cancer cells and it is a good diuretic which helps us to rid our bodies of those poisons and fat cells. I want to compare this to our Tops Helping Hands. These wonderful helping hands help us to suppress our negative feelings when we have them and to help us to rid our minds of the poisons that creep in when we feel discouraged.

The next ingredient in the salsa is the lemon juice. Lemons are a fruit with a lot of zest to them. Fruits are very good for us and should be eaten daily. I would like to compare the lemon juice in the salsa to our weekly programs we get in our Tops meetings. We only hear a program once a week but we should try daily to put into practice what we hear weekly. Each of us should try to give a program at times because I promise you that as you study to give a program, you will learn and grow a lot. Sometimes programs seem like things we hear over and over but we can always get at least one new fact each time we hear something.

The next ingredient in the salsa is the salt and although it is not the best thing for us, it is sometimes necessary. It adds that little something. Salt has been used forever as a preservative but too much of it can be bad for us. In Tops I will compare the salt with our scales. Scales have been used forever for weight and sometimes the scales are not too good to us either. The good side of the scale is when we see our weight go down each week. We all have gains from time to time but as we take advantage of all the above mentioned things, we can get back on track and get the scale going in the right direction again.

The last ingredient in the salsa is the jalapeno pepper. The pepper will open our sinuses, break up mucus in our lungs and speed up our metabolism causing us to burn more calories. It is the one thing that really spices up the salsa. I want to compare the jalapeno pepper with our awards received at chapter level, area level, state level and national level. Our life is spiced up by these occasions. The salsa would be bland without the pepper and our Tops life would be bland without the SRD's where we have great times of fun and learning and sharing and receiving. We all need to be recognized for our accomplishments.

We now have all the ingredients in the mixer/chopper for the salsa to be mixed and blended together to get the final product ---

SALSA!!!!!!!!!!!!

We now mix our Tops ingredients together, the members, the support, the Choice is yours book, the helping hands, the weekly programs, the scales, the awards, and the rd's and what we have when we get all these products mixed together is the final product ---

a KOPS!!!!!!!!!!!!

written by... Phyllis Courtney

Assortment of Programs

From: BabsHart@aol.com

Some of the things we have done lately included doing a visual on portion control. Myself and the leader brought cereals, and such, measured out, into baggies, so they could see the different sizes, calories, etc.

Suggestion. take a 20 pound bag of dry dog food. Whew,,,,,,almost got a hernia hauling it in from the car~!!! Then ,, during our "visual" , I hoisted it up , and passed it around so that all the members could get the idea of the amount of it. Then I discussed how , I, having about 60 pounds to lose,, could stand to lose about 3 of these bags!! And how hard it must be for my heart to carry that added weight around!! Two weeks ago, we had a "Fun Meeting", consisting of a Tops Crossword puzzle, consisting of words pertaining to Tops meetings, food , nutrition, etc. The next game was a table covered with "diet" related items,(I hasten to say diet, because we know it's not a diet, but a way of life, but you get the picture) the table had things like a food diary., measuring cups, lite popcorn, an apple, fat free dressing,,,,,,etc. They had 1 minute to look over the items, and then I covered them up. The winner of that game, was the one who guessed the right amounts on the table. The winners were given a little gift, as a prize. It was one way to getting them to interact, instead of just sitting there, listening to us. We are doing our best to do a monograph meeting monthly (towards our gold star chapter) ,,,and we are wondering how many different ways we can find to make this interesting , each month!! I am willing to make it a " Monograph Fun Meeting" monthly , if I can find new ways each time. my own chapter program is on how to take a recipe you have and convert it into exchanges. And to back this up I have given each person a sheet that tells the exchange values of common ingredients of items used like flour, sugar, etc in recipes, a sheet that shows a tuna casserole being calculated into exchanges and a worksheet to convert one of their own recipes. . I have heard of other chapters doing exchange bingos too. You make up bingo cards with exchanges on them and when the announcer doing the bingo calling, instead of saying B10, they would say Bread4 or Milk 30. I use food models when I teach the exchange system and we have set them up on plates on tables with silver, glassware and the works to show off what you can eat in a day at 1200 and 1500 calories from the monograph when we have had open houses and stuff going on. Its so much easier and more interesting when you can show it rather than just talk about it.

Assortment of Programs (Part 2)

From: jtinae@webtv.net

Here are some program ideas we used in the past.

1. do a fashion accessory program,using scarfs,jewelry etc , talk about patterns and colors that are slimming...
 2. We invited a pharmacist to a meeting to talk about medications and weight gain etc as a added bonus this pharmacist also knew alot on nutrition and how food is assimulated in the body, a hobby of hers and she came twice then to do topics.
 3. we had a lady that grew herbs and she presented ideas on the herb growing, then brought herbs for us to taste, and some herb vinegars she made.
 - 4.We had a line dancing instructor come,the chapter paid for oh say 4 weeks of line dancing lessons at our meeting place for a half hour,the gal gave a deal then after that think anybody wanting to still do was asked to split the cost.
 5. members brought in video exercise tapes to share we were lucky though to have a vcr/tv there in our meeting room then though
 - 6.we had invited from the woman's crisis center a rep to come talk to us,we then for a love offering we all brought in canned food items or things that can be used at the shelter,you would be amazed at the ings they need but we did not know at the time before they came specifics so we figured food for the cupboards was helping them out.
 7. one of the members had brought in a sheet of chair, /sitting exercises to do and we did those.
 8. once a month in the warm weather after the business meeting we went for a 2 mile walk as part of our meeting then , we went to a near by park to walk together.
 9. we had a annual Beach party meeting once a year, everybody dressess up summery, (we usually had this in Feb or March) and had a fun night of differnt funny awards like prizes of a mock vacation trip to the one judged to be the first prize in outfit for the beach(no swimming suits though) Played beach boy songs etc. first year we had it as our installation night and then after had refreshments at the SHELL BAR had all kinds of tropical items,fresh fruits, fruit slush punch etc. then everybody enjoyed it so much it progressed.
 10. Do a meeting on the Food diary or take parts of the Choice is Yoursand discuss.....
- when I was leader I did a series of motivational discussions. also a contest that is involved can be done as part of the meeting. coupon exchanges, recipe exchanges ,we did a white elephant auction sale with TOPS Dollars members earned for a few months.

TINA in PA