Are We There Yet?

Inspired by Ontario Coordinator
Carol Harper

Materials:
- Pictures of the following items—or the actual items—to pack in a bag: money, TOPSi figure, My Day One booklet, The Choice Is Mine lifestyle guide, pedometer, journal or notebook, samples of recipes printed from Members Area of www.tops.org, a portion plate or a picture of MyPlate (you can print a picture of MyPlate at www.choosemyplate.gov)
- Shoulder bag with items inside
- Checklist of items to go inside bag
- Sunglasses (funny ones are the best)
- GPS (Global Positioning System) receiver or picture of a GPS receiver

Preparation:
If you are using pictures of the items to pack, print them out and cut them out before the meeting. You will need eight volunteers for this program (one for each item). Or, if you have fewer people in your chapter, ask some members to help with more than one item. Also, ask two members to serve as Volunteer 1 and Volunteer 2, who have a few lines to read aloud. Before beginning the program, distribute the items or pictures of the items to your volunteers, who remain in the audience.

Begin the program:
(Walk around in the room, carrying the shoulder bag as you speak.)

We are going on a journey together on the Road to Success. It’s time to go! Are you ready? Well, are you? Is everything packed? Let’s see...
(Put bag on table, unzip it, and look inside. Pull out sunglasses and put them on. Pull out a checklist of items. Note: You will introduce the GPS receiver or picture of a GPS toward the end of the program.)

We need to work together to make sure we have everything for our journey, so if you have something on our packing list, come on up and put it in the bag as I announce it.

Let’s check the list. Okay. First thing we need...oh, yes!...How can you go on a journey without money? It’s not a million dollars, but you won’t need a million on this journey.
(The member with money/picture approaches table and packs it in the bag.)

Next, the reason why we’re here and the purpose for our journey—TOPSi, a symbol of the TOPS acronym, which stands for Take Off Pounds Sensibly.
(The member with the TOPSi item/picture packs it in the bag.)
Volunteer 1: *(speaking loudly)* “Are we there yet?”

We’ve only just begun. Okay what’s next on the list? Ah, yes. Ready...set...go! My Day One, the guide that will enhance your first steps on your journey. Check it out.

*(The member with the My Day One booklet brings it to you. Flip through it and list a few things one will find inside it, and then put it in the bag.)*

Volunteer 2: *(speaking loudly)* “So, are we there yet?”

No...no, we’re not...not quite yet. Boy, who would want to miss this? It’s everything you wanted to know, but were afraid to ask. Yes, the choice is yours, or should I say MINE. It is TOPS’ very helpful lifestyle guide, The Choice Is Mine.

*(The member with The Choice Is Mine packs it in the bag.)*

Did you know that, right now, you are one choice away from a new beginning? What is one healthy choice you could make after today’s meeting?

*(Wait for answers. Prompt some.)*

They say exercise is good for you. First came calisthenics...one, two, one, two. Soon, that was followed by “Push it to the limit, to the max.” Then came aerobics. You remember...the TV show in which everyone on the screen had perfect bodies and muscles of steel! Many forms of exercise have come in and gone out of fashion, but one concept always holds true. **If we don’t use it, we will lose it. So, just move it.** Move it more than yesterday, and don’t stop. Getting more steps in your day is a simple way to become more active. Keep track of your daily steps using a pedometer. Make it fun by challenging yourself to gradually incorporate more steps into each day.

*(The member with the pedometer packs it in the bag.)*

Volunteer 1: *(speaking loudly)* “Are we there now?”

No, no we’re not...not exactly. We have to make sure we have provisions first. After all, we’ll get hungry walking the road to success.

Volunteer 2: *(speaking loudly)* “Road trip means drive-thru!”

Not so fast! We’re better off planning ahead and packing our own nutritious foods for our journey. And, no matter what we choose to eat, we need to be mindful of portion size. All foods can fit into a balanced and sensible meal plan. Ultimately, we need to pay attention to how much of a food—any food—we eat, whenever we eat it.

*(The member with the portion plate or MyPlate picture packs it in the bag.)*

The best way to remember what you eat is to record everything you put in your mouth. If you bite it, write it—and every bite counts!

*(The member with the journal or notebook packs it in the bag.)*

We need to know how we’re going to prepare the food we eat. More importantly, we want to know what is in the food we are eating. You know...the calories, the fat, and the details. We can find a variety of tasty recipes for our journey in the Members Area of the TOPS website, [www.tops.org](http://www.tops.org).

*(The member with the printed samples of recipes comes to the front of the room and puts them in the bag.)*

Volunteer 1: *(speaking loudly)* “So, are we there yet?”

Not quite. Let’s double-check our list. We have our money, TOPSi, My Day One, The Choice Is Mine, pedometer, portion plate, food journal, and recipes. It’s all here. Yahoo, we’re on our way! Oh...is anyone feeling a little curious as to where are we going? Hang on.

*(Take out the GPS and hold it up for all to see.)*

Anyone recognize this?
what journey you are on or where you are in that journey. You always have to know what you need to get there. Are we there yet? Maybe not. But let’s enjoy the trip together...even if we have to recalculate every now and then.

Right, a GPS receptor. For those of us who are not familiar with it, GPS stands for Global Positioning System. It is a satellite-based navigation system made up of a network of 24 satellites placed into orbit by the U.S. Department of Defense. GPS works in any weather conditions, anywhere in the world, 24 hours a day. Anyone can use the GPS to track their position and display it on a receptor unit’s electronic map.

Pretty cool, actually, when you think of the capability this little gadget has. All this information stored into a small area. And, here’s the great news. Everyone has a version of this mapping system. It’s only a matter of finding it. Let me show you.

(Turn around with your back to the audience. Place your hand on the back of your head and pat it.)

It’s right here. It’s called a GPS-S. You’ll notice it has an extra “S.” GPS-S stands for “Goals: Preparing Solutions Sensibly.”

The question is: “Is your GPS-S plugged in?” If you’ve packed well for your journey, but you don’t have your GPS-S turned on, it’s only stored information. Plug in to TOPS and you will find that your GPS-S always has another exciting goal to achieve, a place to go. Most importantly, your GPS-S will keep you on track, directing you. Plus, if you go off-road, off the beaten track, you might hear:

(If you have an actual GPS, go to setting on the GPS, and turn on simulator and push “GO.” Otherwise, say…)

“Recalculating....Make a legal U-turn when possible....Turn to the right...and continue along your journey.”

The unit continues, repeatedly, to tell you how to get to where it is you’re going, as long as you don’t turn it off. So, is your GPS-S turned on? You can collect the data that has been provided along the way, but it is up to you to do something with it. It doesn’t matter

The Winter Workout Song
(May be sung to the tune of “Ta-ra-ra Boom-de-ay”)

A couch potato I won’t be.
There will be much less of me.
Winter’s cold won’t make me hide.
I’ll just have to walk inside.
Every morning, I’ll arise
And do some form of exercise.
If I find the room’s too small,
I’ll just go and walk the mall.

CHORUS:
Ta-ra-ra boom-de-ay!
I’ll lose weight, come what may.
Ta-ra-ra boom-de-ay!
I’ll work it every day!
(Repeat chorus)

Marlene Minegar
TOPS ID 0362 Meridian