Chapter Program 53

Presenter Guidelines:
1. Select a person to present this program who is naturally enthusiastic.
2. Presenter should read the program in advance, noting various instructions for group interaction. This program is written as a basic script to make presentation easier.
3. Supplies Needed: Use a dry erase board and markers or chalkboard and chalk if your meeting room has them. Otherwise, bring a broad-tip marker and large sheet of paper or poster board – and affix it to the wall that will be most visible during the chapter meeting.
4. After greeting the members, begin:

What is one of the most important assets of a TOPS chapter?

(allow members to respond – make encouraging comments about all responses – then write the word ENTHUSIASM in large, capital letters vertically down the left side of the presentation surface)

Your answers were all very good – but today we will specifically address “Enthusiasm.”

TOPS enthusiasm doesn’t just happen. It is made up of many things. We have to work at being an enthusiastic member and having an enthusiastic chapter. Let’s take a look at some ways to become more enthusiastic. What do you think the “E” in “enthusiasm” stands for?

(allow members to respond)

Most of the words mentioned are great and contribute to enthusiasm but, today, we will talk about the word “excitement.”

(write the word “Excitement” next to the letter “E”)

Are you excited about attending your TOPS meeting?

When you leave the meeting, do you feel excited about going home, sticking to your meal plan and coming back next week with a loss?

Are you excited about the contests your chapter has been running?

Are you excited about thinking of the possibility of being best loser of the week or best loser of the month?
Let’s take just a moment and think about how we felt when we first joined TOPS.

- Were you a little bit afraid to walk into the meeting room?
- Did you find yourself paying close attention to every word that was said, knowing that you would succeed and TOPS was the place for you?
- Were you excited about losing weight when you left that first meeting?
- Were you excited about writing down everything you ate on a menu planner? Do you still write down everything you eat?

The excitement you felt when you first joined TOPS should be with you when you leave every meeting, whether you have been in TOPS for 25 years, one year, or even if you joined last week. Excitement is a vital part of TOPS success.

Our next letter is “N.” What do you think the “N” in “enthusiasm” stands for?

*(allow members to respond, make encouraging comments about each response, then write the word “Nutrition” beside the letter “N”)*

How many of you eat three well-balanced, nutritious meals daily? Good nutrition is so important. If we don’t eat properly, we feel terrible and cannot function as we should.

Follow your doctor’s advice on eating what is right for you. If your doctor does not have a specific meal plan for you, show them the Exchange System from the TOPS lifestyle guide, *The Choice is Mine*. Ask if you could follow it.

You are probably asking yourself what “Nutrition” has to do with “Enthusiasm.” If you don’t eat right, you don’t feel right! You can’t be enthusiastic if your body does not have all the nutrients it needs.

The next letter in “Enthusiasm” is “T.” What do you think the “T” stands for?

*(allow members to respond, complimenting their answers, then write the word “Truthful” next to the letter “T”)*

Most of us have given and have heard several excuses why we have had a weight gain. We blame our spouses, children, chapter Leader, Weight Recorder, the scale, and so forth for our gain. Blaming another person or thing for your gain is not going to help. Be truthful with yourself. If you are, you will be much better equipped to tackle the real reasons for the gain.

Be truthful with yourself about how you really want to look. Many times, if we are not successful in losing the weight we had hoped to lose, we become complacent and tell ourselves we don’t look or feel “that bad.” Again, think back to your first TOPS meeting. Were you happy with your health or appearance the day you joined TOPS? Why did you join? We all joined because were unhappy with the way we felt or looked and we wanted to do something about it. If we do not lose sight of our reason for joining, our motivation level remains high and our enthusiasm does not fade.

So, what do you think the letter “H” stands for?

*(allow members to respond, make encouraging comments about each response, then write the word “Happy” beside the letter “H”)*

When you attend your chapter meetings, put on a happy face. Smile! It’s the one time of the week when the troubles of the world shouldn’t get to you. While at chapter, try to forget about your ailments, the bills waiting to be paid, the floor that needs washing, and the kids who have been driving you crazy. Your chapter meeting should be a happy, positive experience.

Many times, a person will leave home to attend a TOPS chapter meeting, and feel overwhelmed with problems. After putting their problems aside for an hour or two, they leave the meeting feeling much more positive and in control. Sometimes, they can’t even remember the problems that had seemed so overwhelming before the meeting.

When you come in with a frown, it rubs off on everyone. Similarly, when you come in with a smile, it is contagious!

The next letter is “U.” What do you think the “U” stands for?

*(allow members to respond, complimenting their answers, then write the word “Utilize” next to the letter “U”)*

We must utilize everything TOPS has to offer. TOPS offers so much in addition to our weekly meetings. We have retreats, officers’ workshops, KOPS societies, rallies, recognition days, and resources like the website, guidebooks, etc.
Unless we utilize these opportunities, they can’t help us achieve optimum success.

The next letter is “S.” What do you think the “S” stands for?

(allow members to respond, make encouraging comments about each response, then write the word “Support” beside the letter “S”)

TOPS is a support group. We help one another. If someone is struggling, try to help. Drop the person a note during the week or call to say you’re thinking of them. Better yet, ask the person to go for a walk during difficult times. The more you give to another, the more you will receive.

Likewise, if you are struggling, talk about it with your chapter. Many times, other members don’t realize some of the problems you are encountering. Often another member has encountered the same situation and has a solution that may help you.

The next letter in “Enthusiasm” is “I.” What do you think the “I” stands for?

(allow members to respond, complimenting their answers, then write the word “Involvement” next to the letter “I”)

Involvement is one of the primary assets of TOPS. It functions in tandem with support, and is a vital part of what makes TOPS so special. TOPS members elect officers and are involved in the operation of their own chapters. Your involvement is needed to ensure that our chapter is the best it can be.

One of the best ways to get involved is to run for an office when elections are held in March. Not only do you help your chapter, but you help yourself become a more confident, outgoing person. Many times, an extremely shy person will become an officer and, within a matter of a few weeks, discover that their shyness is a thing of the past.

There are several ways to become involved – volunteer to present a chapter program, run a contest, or chair a committee. There is an almost endless variety of jobs to be done in a well-run TOPS chapter. Guaranteed, you will get more out of your TOPS chapter if you become involved.

The next letter is “A.” What do you suppose the “A” stands for?

(allow members to respond, make encouraging comments about each response, then write the word “Adventurous” beside the letter “A”)

“A” is for adventurous. If your chapter is holding a car wash or walk-a-thon, don’t sit back and say, “I can’t do that.” Be adventurous! Take on the challenge. You’ll have fun. You’ll be involved. You’ll add excitement to your membership.

Likewise, if your chapter plans on doing a skit at a recognition day event and you are hesitant about taking part, be adventurous – give it a try! Many of us lack the self-confidence to try something new in our lives. Trying something that we normally don’t do – like participating in a skit, or like joining TOPS – can open the door to trying other new and wonderful things in our life. Be adventurous! You’ll be happy that you tried!

What do you think the second “S” in “Enthusiasm” stands for?

(allow members to respond, complimenting their answers, then write the word “Success” next to the letter “S”)

At TOPS, everyone measures success differently. No matter how you measure success personally or what you have to lose, we’re here for you! Remember that success comes in many forms, not just numbers on the scale. Applaud yourself and your fellow TOPS members as you take the steps necessary to lead healthier lives!

Last but not least, what do you think the “M” in “Enthusiasm” stands for?

(allow members to respond, make encouraging comments about each response, then write the word “Motivation” beside the letter “M”)

TOPS provides us with countless resources and tools to help Take Off and Keep Off Pounds Sensibly – but TOPS can only do so much for us. Motivation must come from within ourselves. There are several ways to do this, and here are a few ideas. If you have any ideas to share with us, please add them to our discussion.

• First, set small goals for yourself. If you think ahead about a vast amount of weight to lose, you may become discouraged. Set goals of 5 to 10 pounds each, and reward yourself with something non-food-related when you attain...
each small goal.

- Second, set up a chart for yourself, using one color to plot how much you plan to lose each week and another color to record your actual weight loss next to your projection.

- Finally, plan your meals ahead of time and concentrate on all the good things you will eat rather than what you should not eat.

(allow members to add their own motivational tips, complimenting their answers)

This has been a wonderful, reminder meeting! I hope that you are all feeling as enthused as I am! Let’s work together regularly to add to our Excitement, good Nutrition, Truthfulness, Happiness, Utilize our resources, offer and accept Support, get Involved, be Adventurous, achieve Success and stay Motivated!