The TOPS Ten

Things to Do After the Party’s Over

What do you do following your chapter meeting?

Typical scenario...you’re enjoying your TOPS meeting. It wraps up for the week. You and your fellow chapter members are having such a great time together that you want to continue the conversations and camaraderie. So, what do you do? Of course, you don’t hit the nearest buffet or participate in a hot-dog-eating contest—you are living proof of how TOPS works! Try some of these ideas to keep yourselves actively involved together for a while longer after the meeting is over:

1. Walk together. Walk a little farther after each meeting or overcome obstacles like hills and stairs. Set goals for each week and share them during your next chapter meeting.

2. You have errands to run at the mall, so treat walking as both an incentive and a reward. Walk one full lap of the mall before you end at your destination store(s), then another full lap after you’ve made your purchases. Don’t forget to add a few more steps (and more time together) by parking as far away from the entrance as you can.

3. Take a “field trip” to your nearest museum, art museum, art gallery, historical site, etc., and be a tourist in your own area.

4. Go out for coffee together—just avoid cappuccino, mocha, and fatty or sugary toppings like flavored syrups and whipped cream. If you take cream, try using skim milk instead. This would be a good time to plan your grocery lists together for the upcoming week—and follow it up with a “buddies” outing to the local grocery store.

5. Try something new—or old, that you haven’t indulged in for a while—like roller skating...or ice skating...or bowling...or tennis...or badminton...or golf...or miniature golf...or riding a bicycle...or line dancing...or swimming...or softball...or volleyball...or...?

6. Invite your fellow chapter members over for a potluck meal that will support your healthy lifestyle and all that you are learning to achieve through TOPS. Take turns going to each other’s homes after the chapter meeting for this type of meal sharing so no one person is burdened with always being the host or hostess. Use recipes you find in TOPS News or other reliable resources and have copies ready to share with everyone else after the meal is over.

7. Go to the nearest park and have a good old-fashioned picnic, with each member bringing one healthy part of the meal. Don’t forget that picnics also include playing outdoor games.

8. Keep your minds and hands actively engaged. Work on crafts together, volunteer for a local organization that needs some help, or enjoy gardening in your chapter’s community garden plot.

9. Share your electronic gaming system. Challenge each other to exercises, games, and dance programs that will be a fun way to get your heart pumping.

10. Take turns choosing something new and different to do after each meeting to avoid burnout or routine...and enjoy the results! ■