

HAT SKIT

Purpose: TO PROMOTE THE CHOICE IS MINE and have fun in the process.

YOU WILL NEED: **One person with a loud, clear voice to read the story**, a table full of hats for Mother, Father, BillyBob and Lulu... 4 people to sit at the table changing hats according to the person being talked about in the story

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Once upon a time there was an average family of four...Mother, Father Jones, Billy Bob and Lulu. Mother had always had a weight problem and now her family, Billy Bob, Father and Lulu were also overweight. A friend of Mother's told her about a TOPS chapter she belonged to and urged Mother to join. Mother talked to Father about it and told him she wanted to lose some weight before she joined TOPS. A month passed but Mother still hadn't lost any weight. So, she joined TOPS that week. When Mother got home from her first TOPS meeting, she was excited as she told Father, Billy Bob and Lulu about the chapter

"Father," Mother said, "Why don't you come with me to the next meeting?" Father said, "I'd really feel out of place with a bunch of women." "But, Father," said Mother. "There are three other men at our meetings!" Lulu asked, "Mother, could Billy Bob and I come too?" The following Tuesday, Billy Bob, Mother, Lulu and Father all went to TOPS.

The next morning, Mother and Lulu were fixing breakfast: Hi C juice, cocoa puffs with whole milk, and a bran muffin from the bakery. Mother said, "Lulu, this looks like a good healthy breakfast." When Father and Billy Bob came to the table, Billy Bob said, "Lulu, where's the leftover pizza? Did you eat it?" Mother answered, "Now, Billy Bob, this is the way we're going to eat. We must change our eating habits!"

At dinner that evening, Lulu said, "Mother, what was the name of that book that TOPS suggested we get?" Mother replied, "Lulu, I believe it was the CHOICE IS MINE." Father said, "Mother, why don't we buy one so we can all use it?" Every day that week, Mother fixed what she thought were healthy meals for Father, Lulu and Billy Bob.

The next Tuesday, Mother, Father, Billy Bob and Lulu went to the TOPS meeting. Mother said to Lulu, Billy Bob and Father, "I'll bet we will all have big losses because we've been eating healthy foods." However, when Father, Billy Bob, Lulu and Mother weighed in, each one lost only a very small amount. Billy Bob and Lulu were disappointed, but Mother and Father both said, "We'll just have to try harder next week."

The program that day at TOPS was on using the Choice is Mine to plan meals. Mother, Father, Lulu and Billy Bob were so surprised to find out that what they had been eating was NOT as healthy as they thought. That evening, Lulu, Mother, Father and Billy Bob discussed the changes they needed to make if they wanted to lose more weight. Father said to BillyBob and Lulu, "We need to switch to skim milk." Billy Bob said, "YUCK!!" Lulu said, "Mother, why don't we each take one day and plan our meals using the CHOICE IS MINE exchange system?" Billy Bob said, "YUCK," but realized it was a "learning experience." Lulu said, "Mother, I will volunteer to plan the meals for tomorrow." Father said, "Lulu, Billy Bob and Mother, let's spend the evening studying the CHOICE IS MINE." Mother remarked, "Billy Bob, look how much FAT is in the pizza that you wanted for breakfast!" Father suggested, "Billy Bob, why don't you learn how to make a low fat pizza?" Billy Bob groaned, "Father, let's look in the CHOICE IS MINE for

better breakfast suggestions." Mother said, "Father, we all need to go see the doctor for a check-up. We can ask him for his recommendation on which exchange program to use. Also, we each need a goal slip."

Lulu began to plan menus for the next day. Mother said, "Lulu, the CHOICE IS MINE has many menu suggestions." Billy Bob asked, "Lulu, do I have to drink skim milk?" and Lulu replied, "Of course you do." Billy Bob exclaimed, "WHY?" Mother said, "Billy Bob, look in the CHOICE IS MINE and you'll see that there are eight fats in whole milk and none in skimmed milk. You can make other choices if you give up the extra fat."

The next morning, Lulu got up a little earlier and prepared their sensible breakfast. Mother had suggested the menus in the CHOICE IS MINE so Lulu chose one that everyone liked. Father and Billy Bob always liked eggs and bacon and Mother loved grapefruit. Lulu's breakfast for Father, Mother and Billy Bob was a half grapefruit each, (especially for Mother) a poached egg and Canadian bacon (especially for Billy Bob and Father) and one half English muffin. Of course, Lulu had the same breakfast, too. Billy Bob said, "Skim milk wasn't so bad, Lulu, now...what's for supper??"

As the next few days progressed, Billy Bob, Father and Mother all took their turns at planning and preparing meals. Father said, "Lulu, Mother and Billy Bob, isn't this wonderful? We have good food and we don't feel deprived because we are eating well balanced, satisfying meals!"

Now it was time for the next TOPS meeting. Billy Bob just knew that he, Father, Lulu and Mother would have losses at the weigh in. Father was the first on the scale. "Mother," Father said, "I've lost 2.5 pounds." Lulu was next showing a two-pound loss. Mother said, "Billy Bob, you go next." Lulu was very excited as Billy Bob announced a two-pound loss also. Now it was Mother's turn. Billy Bob, Lulu and Father just knew that she would have a good loss too. "How did you do?" Lulu called out. Mother proudly replied, "I'm down two pounds." The Jones family was very happy indeed.

The program at TOPS that day was a discussion on how exercise plays an important role in weight loss and control. That evening, Billy Bob said, "Mother, Father and Lulu, let's add exercise to our new lifestyle." Lulu added, "Billy Bob, let's walk to school from now on, participate in sports and spend less time on watching television." Billy Bob wasn't too sure about the TV part, but he agreed. Father said, "Mother, you and I should get up early each morning and take a brisk walk before we go to work." Mother said, "Okay."

The Jones family, Mother, Father, Billy Bob and Lulu continued to follow the eating plan suggested in the Choice is Mine and they exercised each day. Every week they lost weight, slowly and continuously and by the end of the year, they had all reached KOPS status...**AND...**

Billy Bob was a chapter Division Winner.
Mother was a runner up State Queen.
Lulu was a chapter and State Division Winner and
Father was State King.

The Jones family lived happily ever after, attending TOPS meetings, going to Rallies and SRDs and even an occasional IRD.