

This is an original program that was written in order to earn points for the Fall Rally Point Contest. (and it was Tops T Shirt Day in WA State)

## Tops T-shirt Day

### A TOTALLY Original Program for June by: Deb Kuney

I'm glad there are so many of you wearing your Tops T-shirts today. Not only are we earning points for the June contest, when we leave here we advertise our chapter to the outside world. I like that.

Today's program is on the letter "T". What's so special about the letter "T"? Well, it's the first letter in TOPS and the last letter in "DIET" and today we are going to talk about everything else in between...(Not to mention... if our shirts were called W-shirts, we'd be in a lot of trouble).

Let's all look at what I have displayed here...*(on a table, place a teaspoon, a tablespoon, a timer or clock, a T-square, a tape measure, a teacup, a telephone, a triangle, a turtle, a ticket, some tape (and maybe a Bible for truth).*

Ask the members: "What do all these things have in common?"

When they are finished giving their answers, continue:

"These are all tools for dieting, that start with the letter "T".

Pick up one item at a time and hold it up for everyone to see.

\*First we have the Table covered with a fine Tablecloth. The table is used for setting a nice place for yourself when you get ready to eat.

The Teaspoon, Tablespoon are for measuring your food (hold up spoons) and the tape measure (hold up tape) measures your progress as you lose inches.

The triangle is to remind you of the food pyramid.

The teacup (or tea bag) is to remind you to relax once in a while.

The turtle is a reminder that it may take a while to get the hang of changing your habits, but if you stick (hold up scotch tape) with it, you will eventually reach your goal.

The timer (hold up clock or watch) is a reminder to spend time on yourself.

Take time to map your plan of action. Take time to make a shopping list and take time to follow it.

\*WHO KNOWS WHAT THIS MEANS? **(SHOW A TIME OUT SIGN USED IN SPORTS EVENTS)** Take a time out once in awhile to rethink your plan.

The telephone (hold up phone) is a useful tool for reaching out to others in time of need. Don't be afraid to pick it up and call a pal in Tops.

(And what about the Bible? For believers, this book stands for truth. If you are being honest with yourselves, you know the truth...overeating isn't pleasing to God. Sugary, high calorie, fat laden snacks loaded with calories is not the way to a healthy goal weight.)

If you've ever looked at the letter "T" (hold up a picture of a capital T) you would see that it is very well balanced. A capital T is very balanced as well as a lower case tee. But if you take a look at one of these "t" (hold up a picture of a "t") you will see it strayed a little from the center of itself. Isn't that what we do when we go off our food plan?

If you are a golfer, you know that in order to balance a ball, you would have to put it on a golf tee. (hold up a golf tee) Balance is important in Tops. We need to learn to keep our diets balanced as well as keeping a level attitude. A t-square might come in handy for that. (hold up a T-square) not to mention, **a top cannot spin unless it is balanced.**

MAKE COPIES OF THE FOLLOWING LIST OF NEGATIVES AND POSITIVES...  
Hand out the lists and then continue...

Let's go around the room and read some of the other phrases or words where the letter "T" is used. Put a lot of emphasis on the T-words. (Have members read one at a time the things listed here. Go around the room letting everyone take a turn.)

## NEGATIVES

Oh what a TANGLED web we weave when we TRY to stick to something that doesn't work.

My pants are way TOO TIGHT. They must have shrunk in the dryer.

I lost my TEMPER and TURNED to food.

It just TASTED soooo good I just had to have some more.

The TEMPTATION was just TOO great, I gave in.

I did so good this week I deserved a TREAT.

The TENSION was TOO much for me to handle so I THREW in the TOWEL.

It would have been okay if I'd only had one, but I TOOK TWO of everything.

I decided to TRY a TANTALIZING diet I read in the TABLOIDS.  
All my TRIGGER foods were THERE. What could I do?

I TRADED in my good sense for a huge dessert.

Letting good food go to waste is such a TRAGEDY.

I overate while I was watching TV.

I didn't have the TIME to prepare anything good.

It just isn't worth the TROUBLE to prepare fresh vegetables.

Weighing in over goal brought TEARS to my eyes.

I'm not fat, I'm just under TALL.

Now, let's go around the room and read the more positive affirmations putting the emphasis on the T words...

## POSITIVES

TODAY I have decided to lose weight and live a healthier lifestyle.

The success of losing weight on an unhealthy diet is only TEMPORARY.

Tops can TEACH me if I'm willing to learn.

Sometimes it just helps to take the TENDER approach to making changes for the better.

TOGETHER we can accomplish many things.

As a TEAM we will succeed.

I am a TREASURE to my chapter.

I can be TRIUMPHANT with the help of my Tops pals.

I just might earn a TROPHY for all my accomplishments this year.

I will aim straight and eventually hit my TARGET of Kops status.

I will use my TIME sensibly to relax when I need to, to plan my course and to slow down when I eat.

I will use the TELEPHONE to reach out and TOUCH someone.

Just because food TASTES good, doesn't mean I have to gorge myself on it.

I will lose weight and feel TERRIFIC.

I will not TEETER-TOTTER in my efforts to lose weight.

I will not depend so much on TURLING but TRY harder to lose weight.

I will face the TRUTH and it will help me see what I can and will become.

I will TRANSFER my negative thoughts into positive ones.

I will TACKLE the problem of low self-esteem.

I will be like a TADPOLE eager to TRANSFORM...

I will TAKE CONTROL of my behavior.

I will drink a cup of TEA now and then to relax. TAKE TIME to smell the roses.

I will TAILOR new habits to fit my own lifestyle.

I will support my fellow TOPS PALS.

I will TALK to others about my goals and ask them for support.

I will keep TRYING AND TRYING AND TRYING until I succeed.

If trying doesn't do the trick, I will TRY SOMETHING DIFFERENT.

And what about this? **(Hold up the ticket)** This is the ticket to KOPS STATUS.

The ticket I'm giving you today represents your Chapter, your exchange program and your attitudes about ourselves and each other.

**(Give everyone a ticket)**

"Here's your ticket. Let's hand it over to the conductor (inside ourselves) and get on the TRAIN and TRAVEL to Kopsland. It may be a short distance or a long journey but we'll all soon discover that Tops fits us to a T.