

# Getting Ready for Christmas

**You will need a picture of a Christmas tree, with presents underneath it. (the person who sent this contest in went to the corel web site and copied the children's Christmas tree with presents under it from their color pages, and printed it on green construction paper)**

**Write the name of name of each participant on the trees ( 4 per sheet of construction paper)**

**Each person adds Christmas balls (round circle stickers can be found at any office supplies, walmart, or \$ store - multi colored ones - every one chooses their own colors - it is really neat to see the way the trees end up decorated)**

## **Rules**

**Decorate your Christmas tree in time for Christmas - while you get yourself ready for the Holidays. By the end of the contests you will have a well decorated Christmas tree and an improved you.**

**A prize will be awarded for the best decorated trees.**

- 1) Earn your 1st Christmas ball by staying for the meeting.**
- 2) Earn your 2nd Christmas ball by Tops - lose weight (does not matter how much just lose)**

**Kops - be at or below goal, or lose weight**

- 3) Earn your 3rd Christmas ball by following the Tops Tip for the week.**

***Tops Tips:***

**Nov. 4 - Drink 6-8 glasses of water**

**Nov. 11 - Walk/exercise three times this week**

**Nov. 18 - No late night snaking after you supper meal (unless in your diet plan).**

**Nov. 25- Add one new fruit/vegetable to your diet. (something different or you have not had for a long time)**

**Dec. 2 - Use a small plate for your meals.**

**Dec. 9 - Eat all your meals at a table - set the table extra nice.**

**Dec. 16 - Drink 6-8 glasses of water and exercise/walk three times this week.**

**Lets work on getting motivated and improving our lifestyles as well as our diets. Treat yourself as you would your best friend. You are worth it and you also deserve it. We want to be healthy and happy for the new year.**

**For this contest the prizes were little hand made angels for the Christmas tree.**

**At the end of the contest I recommend that all take home their tree and place on the fridge - to remind them of the effort they have made to take care of themselves. I keep all prizes small and simple - the prize is really the effort and results we get from losing our excess weight - Hope it will soon be the pride from keeping it off.**