



## Getting Started in Your New TOPS Chapter

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This guide will get you started with seven individual chapter programs that are brief but complete. It will help you structure the educational portion of your TOPS meetings using TOPS' chapter programs. Effective programs inform, inspire, create enthusiasm, make members think, or just provide good fun. Programs may be presented by the chapter Leader or by alternating members as the Presenter.

There are seven introductory programs to get your TOPS chapter started on the road to health and well-being. Follow one program per week – or do whatever best fits your meeting schedule. Start with "Getting to Know You," which is described on the lower portion of this page. There is no specific order to the remainder of these programs – what your chapter discusses and when you discuss it depends entirely on your group.

The remaining six introductory programs can be found in the Quick 'n Easy section (by category):

- **My Day One Discussion Questions** (Other)
- **Motivation – Part 1** (Motivation)
- **Motivation – Part 2** (Motivation)
- **If You Bite It, Write It – Keeping a Food Diary** (Food and Nutrition)
- **Becoming More Active with STEPS** (Physical Activity)
- **How Sweet It Is – The Sugar Content of Food** (Food and Nutrition)

## Getting to Know You

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**Materials Needed** (enough for each member in chapter):

- 3" x 5" index cards
- Pens or pencils

### Start with Sharing:

Have members sit in a circle and ask each member to share the following information

- Name
- What brought them to the chapter
- What they'd like to achieve by being a TOPS member
- Any other information they'd like to share – family, hobbies, job, etc.

### Describe the Problem:

Pass out the index cards. Ask everyone to write down their biggest problem in maintaining healthy eating or exercise habits. (Members should not write their names on the cards.) Pick up the cards. Shuffle and redistribute them. Ask each member, in turn, to read aloud the card they received and serve as moderator for a two-minute discussion of that particular problem.

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*Inform • Inspire • Create Enthusiasm • Think • Have Fun*

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