Gear Up for the Regional Conferences!

The holidays are behind us and it's time to gear up for REGIONAL CONFERENCES!! This is always an exciting time of year for members and this year won't be any different.

Region III will start the conferences off on 2/13/2014 with "Sailing the High C's – Communication, Camaraderie and Career Enhancement" with a cruise departing from New Orleans to Cozumel, Mexico! The theme pretty much describes what is in store!

Regions IV and VI will follow from 3/13 to 3/16. Join Region IV in Huron, Ohio for "IAIPopoly: Take a chance and pass GO with us!" Continuing Education, CLP, and IAIP courses will be offered on Thursday and Friday, and IAIP Leadership Training Workshop will be offered on Saturday. Not to be outdone, Region VI extends their invitation to join them for Education, Fellowship and Fun in Tulsa, Oklahoma as they celebrate "Platinum and Beyond."

Region V is next with their conference being held 3/27 to 3/30 in Sioux Falls, South Dakota – or as the RVP and Conference committee refer to it -- "Seuss" Falls. That alone should tell us Region V will be an exciting place to be!

Regions I, II, VII, and VIII decided to keep everyone very busy and scheduled their conferences for the same weekend -- 4/3 to 4/6! Region I will be "Climbing Mountains…Reaching New Heights" in Essex, Vermont at the same time Region II will be celebrating "Springtime in Paris" in Charleston, West Virginia. While Region VII will be welcoming attendees to "Celebrate Your Opportunities" in Lincoln, Nebraska, Region VIII will be encouraging attendees to "Be Part of the Team in 2014" in Fresno, California.

Conference season will be brought to a close by Region IX from 4/10 to 4/12 in Eugene, Oregon. Along with insurance education, CLP and IAIP courses, they will be holding line dancing lessons as they "Go Western."

As well as offering CE and CLP classes along with Leadership/Association Training, all of the Regions will be offering opportunities for lots of laughter, fun, and fellowship! Register for your Regional Conference today! Here's wishing each Region a very successful conference as we continue…

Connecting Members. Building Careers.

Jane, roz, Debbi and Tish
Enter the Contest: Name the Last Page for "Today's Insurance Professionals" Magazine

How important is a last page? Even though magazines tend to focus their attention on the front cover and articles provided at the beginning of the publication, we believe the last page is just as important. It is the last opportunity for the editor and publisher to implant a salient point or new idea. It’s the last opportunity for the reader to experience an ‘ah-ha’ moment.

The IAIP Executive Committee has agreed with the recommendation of the TIP Advisory Board to include a ‘last page’ feature in upcoming issues of “Today’s Insurance Professionals.” Next comes the task of creating an eye-catching and pithy name for the last page.

We would like to involve all of our members in the important task of naming the last page. Other publications have used monikers such as “The Last Word,” “A Final Thought,” “The Claims Iconoclast,” and many others.

If you have an idea for a fitting name for the last page of TIP, please submit your suggestion by January 27, 2014 to Debbi Kuhne at dkuhne.iaip@yahoo.com and be sure to include your contact information. The TIP Advisory Board will review all of the suggestions and will select a name. The person who submits the winning name will receive a complimentary one year membership to IAIP!

New Field in your IAIP Member Profile

A new field, entitled "Member Since," has been added to your online member profile. The "Member Since" field shows the date you joined Insurance Professionals and will assist you in tracking your tenure in the association. It is visible only to you, the individual member. To view your "Member Since" date, sign in to your profile at www.internationalinsuranceprofessionals.org, navigate to "My Profile" and select the Bio tab. "Member Since" is the first line in the Additional Information section.

If the "Member Since" date is missing, then no official join date is recorded in the records. Please note that the "Member Since" date may not be your original join date as members receive a new join date if their renewal is late or they rejoin with more than a year gap in membership.

If your "Member Since" date is missing and you have join-date documentation, please email it to membership@iaip-ins.org.

Member lists with join dates are available to local presidents for their respective associations. As president, simply send an email request to membership@iaip-ins.org.

3 Steps To Get Back on Track, Post-Holiday Indulgence
By Cynthia Sass, MPH, RD -- Submitted by IAIP’s FIT Task Force

If you’ve been overdoing eating throughout the holidays, you may be tempted to go to extreme measures to undo the damage, but the truth is -- a few smart, reasonable adjustments that you can actually stick with can loosen up those too-tight jeans. Here’s how to get started:

Start Eating on Schedule
Each day, eat breakfast within an hour of waking up and eat again every 3 to 5 hours. Starting your
day with a healthy meal and enjoying evenly spaced meals will maximize your metabolism, regulate your blood sugar and insulin levels, and level out your appetite. I know it may be tempting to cut way back, but starving yourself completely backfires. Eating too little forces your body to switch into conservation mode and burn fewer calories, which means you're more likely to hang onto body fat. And undereating can cause your body to break down muscle mass for fuel, which also causes a metabolic slow down. Unless you want to wind up thinner but flabbier, eating enough and at regular times is key.

**Drink More H2O**
Water does support optimal metabolism and some research shows it may naturally curb your appetite, but it can also help you feel better fast. Drinking more water flushes out excess sodium to help you quickly de-bloat, and it gets things moving in your digestive system. Aim for 2 to 2.5 liters a day (about 8 to 10 cups).

**Cut Back, but Don't Cut Out Carbs**
Nixing carbs completely can force your body to burn protein for fuel instead of using it to support and maintain your calorie-burning muscle. So instead of cutting carbs out, just cut back. Pair veggies and lean protein with a small amount of a healthy fat and a small serving of whole grains. I recommend aiming for 2 cups of veggies (about two baseball's worth), 3 ounces (deck of cards) or a 1/2 cup (half a baseball) of a lean protein such as tofu, beans, fish or poultry, a 1/2 cup of a whole grain such as quinoa, barley or wild rice, and a little bit of healthy fat like extra-virgin olive oil, chopped avocado, or sliced almonds.

**Other Ways to Keep on Track During the Winter/Cold Weather**
By Sonya Embry, CISR, CPIW, DAE

During the winter or cold weather, you may not want to get outside so remember there are other ways you can exercise, such as: join a gym, workout at a gym in your building or at your workplace, or at home. Also, you can walk in place while watching tv or cooking at home, park farthest from the store door so you can get more steps, walk inside a mall, workout to a DVD (Richard Simmons, Zumba, Biggest Loser, Jillian Michaels, Yoga, etc.). Or, dance is good exercise -- take some lessons. Don't forget your kids probably have a Wii, Xbox, etc, which have interactive games (Bowling, Tennis, Golf, Biggest Loser, Zumba, Dance, etc.) that you can play and get a workout -- plus you can include your kids or entire family.

If you are just starting out, you don't have to do everything they do or as fast as on the DVD, aerobic or yoga class, etc. Work at your own pace and before you know it, you will be up to speed with them. As long as you are moving (doing something), that is what counts and what is important. Remember to drink a lot of water to keep yourself hydrated.

You can walk outside in the cold weather, just remember to dress in light layers, such as cuddle duds or thermal undergarments, sweat pants and moisture wicking long/short sleeve shirt, with jogging jacket or lightweight jacket, stocking cap, gloves, etc. You can always take off the outside layer and tie it around your waist or carry a light backpack if necessary.
More details on the Convention will be available soon at www.internationalinsuranceprofessionals.org