

FEBRUARY 2010 NEWSLETTER

Because I Am Worth It

Valentines 'Day is about love. This love is for friends, family, and most importantly OURSELVES, so that we can take time to love others. Please check your calendars:

SPRING AREA INSPIRATION MEETING

Where—YMCA-225 E. Kruzan St. Brazil, IN 47834

When—Saturday-May 1, 2010

Time—10:00AM-12:00PM

CHAPTER NEWS (please send me games, outstanding achievements, and other news so we can share):

TOPS IN 998, Cloverdale had a NO GAIN meeting on December 29, 2009 losing 9 pounds with 11 members present. Yea! TOPS. Deb, Co-leader.

I have some great news. TOPS IN 280 Brazil had their first NO GAIN meeting January 21, 2010. We had 15 weigh- ins and a loss of 10 lbs. Seven of the ladies said this is a first for our chapter. What a great way to start the new year. Tammy Bond-Leader

Our chapter IN 536, Linton had a NO GAIN meeting December 7th, 2009 with 11 weighing in with a 13 lb loss. Our "Holiday Challenge" contest was very helpful in keeping us on track through the holidays. Our contest started November 1 with points being given for food logs, exercise, no gain, water, and special challenges, like no seconds on Thanksgiving. In December points changed and new weekly goals were given to keep interest. The grand prize was a free pedicure! Darlene Blackmore-Leader

Hi Bob! I am happy to report that our chapter had a NO GAIN meeting on January 21, 2010. We lost a total of 20.8 lbs. net with six members weighing in! We were so excited! We ended up with a net loss of 22.6 lbs. for the month of January. Yay! We have also started a new contest called "100 Lbs. Down" Our chapter has pledged to lose 100 lbs, and we will have a party when we reach it. We only started this week, and have a total loss of 3.2 lbs so far. TOPS IN 1486, Plainfield, Karen Dille. Weight-Recorder

TOPS IN 573, Greencastle had a NO GAIN afternoon on January 25, 2010 with a 23 ¾ lbs loss! Jessie Trigg-Leader

WHAT A GREAT START!

KEEP UP THE GOOD WORK!

Bob Day- Area Captain

317-363-7991

317-838-7165-Home

751 Sundown Circle

Plainfield, IN 46168

days1944@sbcglobal.net

"Because you are worth it!"

Bob Day