

## JULY 2010 NEWSLETTER

### JULY NEWS IDEAS—TOPS TIME

I want to invite you all to come to our summer meeting on Saturday, July 31, 2010. It starts at 10:00 am at the Hendricks County Senior Center in Danville IN. Our theme is, “ Fun! Fun! Fun! ” We will have round table discussions about topics of interest, motivation, and common problems of TOPS’ officers. Also a Red Hat Style Show! The Senior Center is located at 1201 Sycamore Lane, just North of the hospital, and almost right under the water tower. I hope you can make it!

IN 1295 Bedford had a No Gain meeting on June 3<sup>rd</sup> with 8 members losing 8 pounds. Way to go!

On June 22<sup>nd</sup>, IN 998 Cloverdale had a No Gain meeting, also! Great!

Here are three rules for building consistency:

1. Never tell yourself “I’m not motivated.”
2. Build momentum one step at a time.
3. Always have a plan B. (an alternative way to stay consistent when your regular routine doesn’t work.)

You Can Do It

I Am Here To Help You

I want you to know that I am here to help you. If you have questions, or need my help, please call, e-mail, or write me:

751 Sundown Circle

Plainfield, IN 46168

[days1944@sbcglobal.net](mailto:days1944@sbcglobal.net)

Bob Day Area Captain (317-363-7991 or 317-363-8007)