

# **WHISTLE A HAPPY TUNE**

**December 2011 News Letter    Connie Crane, Coordinator**

**The temperatures are falling and the snow is not far behind.  
We are shopping here and shopping there. It must be Christmas time.**

**Has 2011 found you traveling on The Road To Success? The road continues in 2012. We can be certain there will be hills to climb and curves to maneuver but we can all reach our destination of being at a healthy weight with a little help from our TOPS friends.**

**Have you taken advantage of TOPS current promotion for a free membership? All your chapter needs are 4 new members in your chapter and then TOPS will E mail you a flyer stating that your chapter qualifies for a free membership. The directions on claiming your "prize" are on the flyer. This promotion lasts until December 31, 2011.**

**Remember resume time is right around the corner. Please complete the resume and mail it to me after your last weigh in for 2011. I need it no later than January 8, 2012.**

**If you cannot complete the resume by this date, send it to me and I will do it for you. You will need to know my field staff number to complete the resume..it is 0693.**

**I like to have a variety of healthy snacks and I recently found a healthy alternative to gooey caramel apples. Instead of using the usual calorie laden caramel, I slice my apple and dip each slice in caramel pudding. The kind I use is ready to eat and called Snack pack pudding. It comes in a 4 pack, sugar free, 10 carbohydrates and only 60 calories for each of the 3.25 ounce containers. It is really good!!! I also like to dip apple slices in low calorie flavored yogurt. It is good too!!**

**Wishing all a Merry Christmas and a Happy New Year.**

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**Until next month.....Whistle a Happy Tune**

connie

