

WHISTLE A HAPPY TUNE

June 10, 2010 News Letter Connie Crane area captain

June is busting out all over but we TOPS members are Cutting and Burning calories while participating in our TOPS President, Barbara Cady's challenge to lose a million pounds this year.

There are so many options available to us this time of year to burn some extra calories. You might want to try bike riding, swimming, gardening, walking etc. Soon healthy food like fresh fruits and vegetables will be available from the garden. Be careful how you prepare these treats since there are lots of calories in butter, sugar, sauces, salad dressing etc.

Our Christmas in July meeting is getting closer every day. July 31 will be here before we know it!! I hope every chapter will make an effort to attend. As I have said before, it will be fun and motivational. Once again the address is Southport Baptist church, located at 2901 E Banta Rd, Indianapolis, IN 46227. I will send directions and a map closer to meeting day. TOPS walk at 9:00 a.m. and meeting at 9:30 a.m.

I would like several members to tell briefly about their success story, motivation tools etc at the meeting.

When visiting chapters I have found that some chapters have already started collecting non-perishable food!! If we all participate, I think we can reach my goal of 500 pounds of food.

I haven't heard from any chapters recently about no-gain meetings or any other chapter news. I know you must be doing some exciting things in your chapter!!

Thank you very much to those chapters who have donated to the Area Captain fund to help with expenses to attend International Recognition Days in Halifax Nova Scotia. Your generosity is always appreciated.

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

