

## **DIVISION 4, 2ND PLACE**

**I was invited in January 2009 to a TOPS open house by friends from our Church's Monday Sewing Group.**

**I knew I needed to lose weight as I was weighing the most at the time without being pregnant. Having family history of heart attacks, high blood pressure, diabetes and being a widow, I knew I needed to take care of myself to avoid , as long as possible, the requirement of care givers either by my children or a nursing home.**

**The explanation of TOPS guidelines and requirements along with the warmth of the members, my neighbor and I decided to join. I joined TOPS #IN 765, Lakeville on February 2, 2009, weighing in at 181.25 lbs. So began my journey to becoming a KOPS through the inspiration of our member, Betty Heines, a long-time KOPS and all the other members who also have attained status.**

**The first obstacle was obtaining my doctor's recommended weight of 150 lbs. Then it was one step at a time, eliminating sweets (that I loved), snack foods eaten in the evening watching TV, eating smaller portions, learning combinations of good foods.**

**The one obstacle I have not been able to overcome, is the hope that my son would take an interest in what I was doing and apply it to his eating habits as he is a diabetic.**

**My first award was given me for going 10 wks in a row with a loss or staying same. At the area inspirational meeting in April, I received a perfect attendance award a 2<sup>nd</sup> place award for 13.75 lbs lost. In June, I was recognized for going 20 wks with a loss or staying same. I reached my KOPS goal on July 20<sup>th</sup>, 2 days before my 75<sup>th</sup> birthday. At the October meeting I was recognized for perfect attendance, 23 wks of consecutive losses and first place winner for 18.25 lbs.**

**My KOPS graduation ceremony took place at my chapter because these people were the ones who supported, encouraged and inspired me to Take Off Pounds Sensibly, and I wanted all of them to be a part of my success story.**

**Now, 10 months later, I am keeping off pounds sensibly through the weekly weigh ins, wonderful comrades, diligent eating habits and the helpful weekly lessons.**

**Nancy Shirley**