

*July 2010 News!*  
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### *The Welcome Spot*

Welcome new members and current members. Congratulations to all of you TOPS members out there that have achieved their goals and are now in the KOPS camp of their respective chapters. I am so very proud of all of you.

### *Save the Date*

IRD...July 15-17, 2010...Halifax, Nova Scotia  
Open House Month....August 2010  
Fall Rally Day...September 18,  
2010....Owatonna, MN

### *It's all about You*

*....Doesn't have to be...it  
just is!*

Make food choices that fit your life style...just as you do when purchasing a new outfit for yourself. Hand in hand, together they can! Foods, that is.....foods do not have to be bland or take on a cardboard-like flavor. Try to put health and flavor together by combining wholesome ingredients, fresh colorful fruits and vegetables, along with the right touch of herbs and spices. Take it easy with some simple cooking techniques such as baking, sautéing or steaming and you'll find the

possibilities are endless when it comes to great tasting food that also does a body good!

### *For the Health of It*

Understanding portion sizes and controlling those portions play a significant role toward a healthier lifestyle. You can be in control and help yourself get plenty of the healthy foods that your body needs, without stuffing yourself....if you take care to watch your portion sizes at every meal. Once you understand basic serving size guidelines you will be better able to recognize when you've taken too much or have been served more than the recommended amount and then you are in the driver's seat and can make the choice of what is right for you.

### *Come Along With Me....(chapter 1)*

The first month of my new found journey was definitely an eye opener. The first day I walked back into the gym, I was a mess. I only walked a mile at a very slow pace and I thought I was going to die....all this water running all over me....spots on my glasses so I could hardly see out...My mind began to question as to whether or not I had lost all my marbles or something. I continued on to some weight machines.....I did not use a

lot of weights....I went for more repetitions....not so bad there. The clincher was that when I laid down on the weight bench to perform a few sit-ups....I knew I had surely died....my gut hurt so bad....I just laid there wondering if life as I knew it had ended. I was not sure if I should try to move or not...maybe my body would not be able to move...so, I just stayed there,....flat on the bench for a while more....I wondered what the other people in the place were thinking....would someone come over to see if I needed some help. After what felt like eternity there on my back (like a turtle flipped over on the side of the road) I took a chance on me. I did get up off the bench and my face was as red as a big red Washington Delicious apple. I figured that I had had enough by that time and I walked out for the day. I did go back, day after day, repeating the same things...much to my dismay, it did get easier. The results of my efforts for the first month was a 4# loss....I could almost tie my shoes again (without extreme effort).

So, if you're thinking you should start moving around a bit more than you do right now....you are probably right....so get going and live! Don't be afraid to take a chance on You!!

## *Putting Your Best Foot Forward!*

Two little feet....one red, one green  
Funniest thing I've ever seen  
But, please, look closely, a story's being told  
They're here to help you keep your goal

The red one says "stop" when you want to eat....and a lovely figure you want to keep  
When you see this sign, walk away  
From the "fridge and breadbox" it will pay

The green one says "keep your goal"  
It'll warm your heart and warm your soul  
There's pride in the footsteps that move ahead...A goal has been reached and those pounds shed

I've told you my story and I hope you will find...That you keep these footsteps well in mind...Keep your best foot forward and in good time.....You'll see the other follow right behind

## *Housekeeping*

Take the time to check on your chapter status...are your members getting their renewals in on time....have your chapter members gone inactive and have stopped receiving their TOPS NEWS?

Go to [www.TOPS.org](http://www.TOPS.org) and get the forms that you may be looking for and check up on your members....get them back on track with TOPS