

## FEBRUARY 2011 NEWSLETTER

Dear TOPS Friends,

Here we are in February of 2011 already. Now that the holidays are over and our schedules are getting back to normal, we can once again concentrate on our weight loss journeys on the Road to Success.

In January, did you do an assessment of your accomplishments in 2010 and vow to improve on that for 2011? If you are still in that process, remember to set small attainable goals so you can advance one step at a time.

The 2011-2012 TOPS theme is The Road to Success. As our TOPS President, Barbara Cady asked us to do in her recent newsletter, challenge your chapter to take a road trip. New materials and programs will come out throughout the year to incorporate in your meetings and help members lose weight while on their road trip.

**REMEMBER – “You can’t go back and make a brand new start, but you can start from now and make a brand new ending. - Author Unknown**

The Area Captain’s program for 2011 is on SUPER FOODS and I am very excited to be presenting it to your chapters when I come to visit. It packs in a lot of useful nutrition information and, thus far has been well received. We tend to get in a rut and purchase and eat the same foods over and over. This program gives real “food for thought” about trying different foods and eating healthier.

**WELCOME to new chapter # OH 2205, Fremont at Terra Community College.**

Thank you to the chapters who have sent in their 2011 Workshop fee. To those chapters who have not yet sent it, please do so at your earliest convenience.

Make sure you have marked your calendars and are planning to attend Ohio’s State Recognition Days April 29-30, 2011, TOPS TREASURES. We are honored to have TOPS President, Barbara Cady and our Regional Director, Ruth Gielow attending our SRD this year. Come and meet them.

International Recognition Days will be held July 7, 8, 9, 2011 in Milwaukee, WI with the theme “Happy Days with TOPS.” Our own Coordinator, Tana O’Donnell is co-chairing IRD this year. It’s close by so lets all go back to the ‘50’s and show a strong presence for Ohio.

TOPS headquarters would like each chapter to be able to access the TOPS website as there are many TOPS forms and other important information on the website. If the leader does not have internet, a chapter designee may be appointed and given access to the website. Please activate your account if you have not done so. After elections, the leader or designee may change. If you have problems activating it, give me a call.

Again, if you hear of health fairs, please email or call me with the information so, perhaps we can set up a TOPS table. 419-797-4328 or [karen\\_hull1@frontier.com](mailto:karen_hull1@frontier.com)

Until next time – C U lighter!

Karen Hull, Area Captain