

## TOPS AREA NEWSLETTER

NOVEMBER 24,2011

To area TOPS members, I am pleased to announce that I have visited all of our chapters by Mid – November. It was a goal I had set for myself when I started this August. It has been great to be able to meet all the TOPS members in our great area!!

We are now getting into a busy season where we are physically and mentally tested. Please remember all that you have learned being in TOPS so that you have a good outcome with your weight loss efforts at the end of 2011. We all need to be taking care of ourselves during this holiday time. Remember that it's okay to say "NO". Don't over-schedule yourself. Say "YES" to things that mean a lot to you. It's okay to say "NO" at the requests to have a second helping and taking food home from holiday get – togethers. I have the quote hanging on my refrigerator since FALL RALLY from the Michelle May, MD book "Eat what you love-love what you eat."

\*\*\*\*\*

If You're Not Hungry- What you're looking for is not in here!!

### TRIPLE CROWN INCENTIVE

Starts next week- There was a typing error Diane said she had 11-18 and it should say 11-28. Weight recorders get your sheets ready to fill out for all that qualify. Hope we get many winners. Your crown pin will be given to you at the Feb. area meeting. Turn in the sheets to me by Jan .20, 2012.

### OPEN HOUSES:

I would like each chapter to host an OPEN HOUSE sometime in the next 3 months. We need more new members in our area. New members bring an energy and excitement to every chapter plus get us all working harder with our own weight loss. Please email me the date you have selected.

I won't be too accessible in December. My husband, Richard, is having total knee replacement on Monday, Dec. 5. So for 2 weeks I won't be able to answer many phone calls. I will check my emails daily during that time. I will send another letter Mid December with end of year information.

TOPS LOVE,

Margie Beitlich, TOPS area captain

