

# ROCK and JEFFERSON TOPS CHAPTERS

## August 2011 Newsletter

# TOPS: THE ROAD TO SUCCESS

Hello to Rock and Jefferson TOPS Chapters,

The Road to Success is moving rather quickly this summer. SRD and IRD are here and gone; and now, August Area meeting is also a past destination. The top female loser was Mary Ann Nysted, WI 0881 Fort Atkinson, with a loss of 28.25 lbs. The top male loser was also from WI 0881 Fort Atkinson, Paul Jahnke had a loss of 26.50 lbs. Paul shared a piece of advice with me about exercising. He said his doctor told him not to exercise on an empty stomach because eating helps boost your metabolism. Sure seems to be working for Paul. There were eleven members with 10 lbs or more lost and that equaled to a loss of 174.00 lbs. Fran Walsh of WI 0276 Watertown became a new Kop, congratulations to her. The Best Weight Loss Per Member went to WI 0741 Janesville with a loss of 4.07 per member. They will be holding onto the TOPSI until November.

Just a reminder that Fall Rally is on Saturday, October 8, 2011. You should have received this information from Jackie Marks along with details about the rally. Put your thinking hats on to design a poster. As we have seen before, there is much imagination and creativity among our chapters.

Area meeting will be held on November 5, 2011, at the Moose Lodge in Janesville.

Those chapters I have presented the Super Foods program to can use it on the Road to Success. Remember to try some of these foods! For those whom haven't seen the program, get one step ahead and just give a new food a try. Think color like red, purple and dark green. These colors bring to mind produce that is available in plenty now. Tomatoes, eggplant, watermelon, kale and red peppers to name a few.

Stay on the Road To Success, try to avoid detours and break downs and I'll see at your chapter at Fall Rally

*Margaret*

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