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**MILWAUKEE COUNTY TOPS NEWSLETTER**

January 30, 2012

**LEADERS: PLEASE COPY AND DISTRIBUTE TO EACH MEMBER  
AND ALSO READ AT MEETING**

Dear TOPS of Milwaukee County:

**4<sup>th</sup> Quarter Weight Report:** Please remind your weight recorder to send me the weight report for the fourth quarter of 2011. The following chapters have not yet sent in their report: **0313, 0344, 0739, 1166, 1238 and 1512.**

**New Year's Resolutions:** In my December newsletter everyone was encouraged to make at least one of the following a new habit and stick with it:

**Do at least 20 minutes of exercise most days.**

**Drink your water.**

**Fuel your body wisely.**

**Reduce stress.**

One of the reasons we are often unsuccessful with our resolutions is because we take on too much too soon. We asked that everyone pick one thing from the list and make it a habit, then pick another. How are **YOU** doing?

**Weight Loss Struggles:** When you get to a plateau, think of it as a landing on the stairway to your goal. And maintenance is a lifelong plateau, so a bit of "rehearsal" for maintenance isn't the worst thing in the world. Look at stumbling blocks as stepping stones!

***"If you wish to grow thinner, diminish your dinner."***

***- Henry Sambrooke Leigh***

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