



July 2018

Summer Greetings to All,

Summer finally found us. I hope all are staying well hydrated and healthy. Don't let the heat keep you from being physically active. There are plenty of ways to beat the heat during your quest for a healthy physical lifestyle.

Welcome to all the newest TOPS members. Congratulations for taking the first steps in choosing to live a healthier lifestyle. Remember as you work toward your goal, small attainable goals help you reach your overall goal.

A big congratulations to Janice Schlarp, IN 1067 DeMotte for being a reinstated KOPS. Weigh to go! Hopefully this will inspire more to reach their goal.

We are midway through our year and unfortunately we have not had many new or reinstated KOPS. If you are close, or you have members who are close to goal, please rally together. We can all make our goals, just keep pushing through. Be the HERO of your Story. I challenge each CHAPTER to present at least one new KOPS by the end of the year. What would you like to see me do if we get 100% of our chapters to gain one new KOP by the end of the year? Hmmmm, blue hair, backward clothes worn at SRD, wear a sandwich board during the entire SRD saying "MY AREA ROCKS WITH KOPS"? Throw me some suggestions!

My Area Captain visits are underway with 50% of them under my belt and a few more scheduled. I sincerely enjoy these visits so if you haven't seen me yet this year, please be patient as I will make it to you. Again, if you need anything in the meantime, please call me. 219-778-2563.

Please check out the new topics on the TOPS website. There is a great deal of information on the obesity research that TOPS has done and continues to do to fight obesity. Do you want to be a part of the Genome survey to help with obesity research? You can find it on the TOPS website.

Remember, the website is a great benefit that comes with your membership. It is a wonderful source and a great place to find chapter programs. Speaking of the website, please remember to come to the July 21 Area Training Meeting or send a couple representatives from your chapter. I can help you navigate the website during this meeting.

By the time you read this newsletter we will be past the second week of July. Your elections are hopefully completed and you are sending your Officers Charts to Sally Gonyer, our STATE

COORDINATOR. Her address is 58102 Meadowlark Dr., Elkhart, IN 46617 or attach it to her email at [sgonyer@comcast.net](mailto:sgonyer@comcast.net)

Even if all your officers and web designate has stayed the same, you have to send the form in. Leaders and web designates will not have access to The Leaders Corner nor will Headquarters know where to send important information.

International Days are here. Let us wish all our honorees, field staff and attendees well and safe travels as they travel to Canada.

Hope to see many of you in De Motte on July 21st.

Live Healthy,

Clarise