

ROAD TO SUCCESS/BUCKET LIST CHALLENGE FOR 2011

Since Barb Cady introduced the theme for 2011 & 2012 “Road to Success” I have been trying to come up with a challenge that all chapters could participate in.

So in December I would like for your chapter to get prepared for the “Road Trip” by planning a short one, using the following.

- **BEGIN**
- **Check your equipment and provisions**
- **Assemble your crew**
- **Note the travel signs that will guide you**
- **Identify the landmarks of your progress**
- **Celebrate each milestone reached**
- **KEEP GOING**



To lead a healthy lifestyle, we must **STOP** doing certain things. We must **STOP** mindless munching. We should **STOP** being couch potatoes. We need to **STOP** overfilling our plates. What should you **STOP**?



Since we've stopped some bad habits, let's press the gas pedal and **GO** toward new ones. **GO** plan healthy meals. **GO** shopping with a list when you are not hungry. **GO** up and down the steps more often. **GO** over to the TV to change channels. **GO** for a walk. Where will you **GO**?



The **YIELD** sign warns us to slow down, look carefully, be aware and proceed with caution. We often find ourselves in situations where the bright yellow **YIELD SIGN** should be posted. Change of schedule, unexpected company, salad bars, buffets, pot lucks and parties are circumstances requiring us to make considered choices, to be flexible and to adapt.



Here's a common sign on mountainous roads. This sign means the road ahead twists and turns...sometimes sharply...often uphill and down. The Road to Success isn't always in a straight line or a flat road. This sign reminds us to pay attention and watch where we are going.



This sign warns us to not go the wrong way on a one-way street. It definitely applies to our TOPS journey. It says, “DON’T GO THERE.” We all have danger areas. It might be a trigger food that leads to a binge, a situation that leads to stress eating, a friendly enemy that enables choices that don’t help. Each says clearly DON’T GO THERE...NO ENTRY. Try to avoid such circumstances. Find a different route. Travel another day. Practice saying “NO.”



The work signs, cautions us that life throws lots of potholes, road blocks, bridges out and other challenges in our way. When we face these, we develop ways of coping, standing firm, saying “NO,” or whatever it takes. That’s quite an adjustment. And it calls for a sign...WORK AHEAD. You’ve got your work cut out for you! None of this happens by accident. Anything worth having takes effort. Taking and keeping off pounds sensibly requires effort. We can’t go the distance if we aren’t willing to do the work. It is a huge help to travel along with others who are there when problems arise and can help you get back on the road quickly. But it’s worth it. It’s the reason we’re here together each week.

So I have planned a road trip!! It will take you from Fort Smith to Little Rock and then on to West Memphis. There are things to do each month that will bring you closer to your destination.

You have a bus to decorate as your chapter bus and on the back side is your map. So find your chapter a song for your trip like Willie Nelson’s “On the Road Again,” and each month in our field staff letters we will be giving you some road blocks ahead or go signs, something to encourage your chapter along the “Long and Winding Road.”



So, remember YES...we’re “On the Road Again!”

“Do you know where you’re going to?”

What tools are in your travel kit? What roadblocks can you identify?

Do you pay attention to the speed limit and other road signs?

Do you have a road map and a destination?

Think of all the exciting contests, ceremonies and celebrations that can be developed with this theme.

So on January 1, 2011, start your engine, wind the key, set your sights, fasten your seat belts, put the cars in gear, clamp the skis on tight and keep moving forward. The road

to success is yours for the taking. Plan some little side trips along Interstate 40. Stop at the winery, go up to Mount Magazine. Go to the old car museum in Morrilton. So with those thoughts in mind, **get ready, get set, And GO.** Here are your lessons:

- 10 Miles for giving a program out of the “Choice is Mine”, or the “Choice is Mine” workbook.
- 10 miles for a new member
- 10 miles for a no gain meeting each month. (Only 1 meeting per month counts)

This will give you 30 miles a month to travel from Fort Smith to Little Rock by June 30th and then from July 1st to December 31st to get to West Memphis from Little Rock.

There will be bonus points at the end of your journey if you complete it all the way.

Here are your bonus points, calculated at the end of the year. Remember to document your program, new member names, and dates for no gain meeting.

The bonus points will be figured by the Coordinator when she works the resumes and weight charts.

- 25 miles for a perfect resume
- 50 miles per chapters that show a net loss of at least 10 pounds on resume
- 100 miles for a 50% increase in membership (number will be taken from ACTIVE members on Jan. 1, 2011)

1st Place is \$50.00 gift certificate to be used in the promotion room at SRD

2nd Place is \$35.00 gift certificate to be used in the promotion room at SRD

3rd Place is \$25.00 gift certificate to be used in the promotion room at SRD

Good Luck, this should be a fun thing. There are lots of things you can do along the way to make it fun and exciting.

Marcia

