

Take Off Pounds Sensibly
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February, the month of Valentine's Day, the month we focus on affairs of the heart. Not just sharing our love with family and friends. But also in regards to ourselves with a healthy heart awareness. Physically a healthy heart is a key to our well being and enjoyment of life. The more we know about diet and exercise and the effects it has on our heart, the better we are.

This Valentine's Day, instead of giving candy and or chocolates why not give:

- A gift certificate for a bookstore
- Perfume or cologne
- Movie tickets
- One hour of undivided attention
- Love note in a briefcase, or under a pillow, or in a pocket

February 4th Wear Red

In support of women's heart health month.

SRD

SRD packets have been mailed! So dust off those cowboy boots and mark your calendars for May 13 & 14, 2011 as TOPS Goes Country! It will be held at the Renaissance Tulsa Hotel, 6808 S. 107th E. Ave., Tulsa, OK 74132, with the room rate being \$94.00 up to 4 per room. (This does not include tax or meals.)



CHAPTER VISITS

- 2/9 TOPS OK493, Claremore
- 2/10 TOPS OK074, Broken Arrow
- 2/28 TOPS OK570, Miami

FUN DAY

April Showers Bring May Flowers
TOPS OK570, Miami is hosting our 4th Quarter Fun Day on Saturday, April 2nd from 10am-2pm. It will be held at Mt. Olive Lutheran Church in Miami (directions will be on your sign-up sheet). Put your imaginations to work, because there is a contest with a decorative umbrella. The lunch will consist of chicken & rice, veggie and dessert. Tea, water and coffee will also be served. The cost is \$6.00 per member attending that must be sent to the chapter. The award period is for October-December 2010. (Reports are due to me when the quarter is up.)



WORKSHOP FOR OFFICERS

Elections of officers are in March. I am having a workshop for officers at the April Fun Day in Miami.

BRING & SHARE

Would you like more contest ideas? I would like for all the chapters that are attending the April 2nd fun day to bring enough copies of contests they've done to hand out one per chapter.

SUPER FOODS

The program I am coming out to teach on is SUPER FOODS. "This time, I'm going to do it!" How many times have we stated that optimistic phrase? I will be offering a *Daily Do It* booklet that allows you to track what you eat-including food exchanges and calories-how often you exercise, as well as how you are progressing throughout your journey over 13 weeks (one quarter of a year).



FUTURE FUN DAYS

6/11 TOPS OK694, Pryor

Fun In The Sun is the theme and will be held in Claremore.

8/13 TOPS OK451, Claremore

Back To School is the theme and will be held in Claremore.

We are still in need of a chapter to host a fun day in October. If you are interested, please let me know.



*Wishing you all a Happy Valentine's Day.
Losing together a pound at a time.
~Kathy*