

TOPS Coordinator #588 - Paula Rice

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Dear Chapter leaders and members,

To get started on weight loss: be reasonable and realistic goals, reduce calorie, nutritionally-balanced eating plan, get regular physical activity and a behavior change plan to help you stay on track with your goal.

For funday we need to define exercise is planned structured and repetitive bodily movement that is performed to improve or maintain one or more component of physical activity (any bodily movement). So that wear pedometer please count only steps you are doing for exercise not daily activities.



Well SRD 2011 TOPS Goes Country in Tulsa was great!



Congratulations to Queen Bonnie Peebles from TOPS #OK504, Sapulpa with a loss of 88.25 pounds ,King Robert Kuntz from TOPS #OK573, Rush Springs with a loss 30 pounds and Runner-Up Queen Vivian Ashley from TOPS #OK250, Sapulpa with 73.25 loss. Bonnie and Robert will represent Oklahoma well at IRD in Milwaukee, WI in July. Also I need to ask for donations for area captains as they go to IRD. Form is enclosed



to all Oklahoma State Division winners:

Female: Karen Scott from TOPS #OK282, Hobart with loss of 90 # 1st place Div I
Mary Malone from TOPS #OK647, Allen with loss of 61 # 2nd place Div I
Kimberley Gordon from TOPS #OK626, Del City with loss of 72.5 # 1st place Div 2
Nancy Webb from TOPS #OK074, Broken Arrow with loss of 46.5 # 2nd place Div 2
Patricia Wagner from TOPS #OK047, Enid with loss of 69 # 1st place Div 3
Amy Mayen from TOPS #OK270, Oklahoma City with loss of 57.25 # 2nd place Div 3
Bonny Losano from TOPS #OK498, McAlester with loss of 46.5 # 1st place Div 4
Sharon Bennett from TOPS #OK667, Owasso with loss of 45.5 # 2nd place Div 4

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Betty Faley from TOPS #OK065, Tulsa with loss of 13 # 1st place tie Div 5

Jeannette Barton from TOPS #OK201, Norman with loss of 13 # 1st place tie Div 5

Cleo Gish from TOPS #OK250, Sapupla with loss of 13 # 1st place tie Div 5

Jane Laxton from TOPS #OK418, Okmulgee with loss of 12.75 # 2nd place Div 5

Arnell Harris from TOPS #OK618, Muskogee with loss of 43.25 # 1st place Div 7

Vicki Coday from TOPS #OK506, Miami with loss of 54 # 1st place Div 9

Terri Krebs from TOPS #OK591, Poteau with loss of 38 # 2nd place Div 9

Male: Charles Gordon from TOPS #OK626, Del City with loss of 58.25 # 1st place Div 1

Eugene Perkins from TOPS #OK618, Muskogee with loss of 57 # 2nd place Div 1

Landon Carter from TOPS #OK572, Duncan with loss of 36 # 1st place Div 2

Max Smith from TOPS #OK573, Rush Springs with loss of 25.25 # 2nd place Div 2

Marvin Erickson from TOPS #OK440, Grove with loss of 26.75 # 1st place Div 3

Robert Kuntz from TOPS #OK573, Rush Springs with loss of 13.25 2nd place Div 3



Start planning now for SRD May 4-5, 2012. Theme TOPS Mardi Gras Magic to be held at the Southern Hill Marriott Hotel, in Tulsa, OK. Remember the sleeping room you reserved will not be ready till 3:00 pm, even though workshops start at 10:00 am. The Promotional and Hospitality room will be open on Thursday May 3, 2012 at 6:00 pm, also early chapter packet pick up

Thank you leaders for sharing this information with the whole chapter at a meeting.

TOPS love

Paula Rice

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