



To my dear TOPS family,

Happy new year! I want to wish you all the greatest year of health and Happiness that you have ever achieved! My wish for you is for our KOPS to keep their hard earned status and for all of our TOPS to have healthy weight losses for 2012.

Always remember: We belong to the oldest weight support system in the world! Being in a support chapter means that we help each other to attain our weight loss goals. My wish for you is to have a loving chapter whose members strive to help each other to become a healthier, happier person. Always keep in mind- TOPS is a support group- a weight loss support group! The best in the world!

Our 2010 Texas state king, Billy Bodine, has shared part of his successful TOPS weight loss tips. My favorite is "to lose weight, IT IS all between your ears". In other words, it is mind over matter. If you put your mind to it, the food doesn't matter.

Keep up the good work, TOPS. Aim to bring your weight lower than your first weigh in of 2012. Small changes can make that happen! KOPS, best of luck at continuing to maintain your status. Aim to get below goal. It makes "KOPS" living a lot easier. Happy New Year, Harris County!

Chapters don't forget: Our international dues are now \$28.00, yearly. What an awesome price for the best bargain in weight loss!

SRD newsletters will be arriving shortly. I hope that you are planning on going. The theme is so much fun- "invest in tops", "denim, diamonds and lace". We have some great speakers planned. Also, huge weight losses for our winners. Come early to hear as many stories as possible. I always say, come to SRD because something or some-one will inspire you to greater weight loss health.



Happy New Year
TOPS LOVE,



Bridget