

**JANUARY 2011**



**NEWSLETTER**

Happy New Year!

It's a time for looking back and moving forward to our future goals. The 2011-12 TOPS theme, *The Road to Success* is lighting the way out of the tunnels and byways to a new healthy YOU! Any trip requires a map and direction, so plan your arrival to your destination. There are many sites along the way so take the time to enjoy your trip by celebrating each new glimpse of the new You.

Many are now searching for ways to become more healthy and fit. So it is the perfect time for an *Open House* to encourage those in your community to join in our efforts of a healthy lifestyle.

Hope you all have returned your resumes and maintenance fees to our coordinator, Caryl Pfeiffer, if not please do so as soon as possible. She has deadlines too.

It is important that our TOPS forms section and membership information remain secure, thus your leader and designates are the only chapter members allowed to access information from [www.tops.org](http://www.tops.org) web site. If you are having problems logging in or copying material from the site please contact me. I'll lead you thru the log-in procedures, email you the info or mail a copy of the material to you.

Our 2011 Texas SRD is in Beaumont this year, so I hope to see many of you there sporting the *Wings of Change* theme. Butterflies are everywhere this year. Change is in the air and I hear the flutter of their wings as they burst forth to a new healthy YOU!

A very special Thank You for the help in achieving my goal of visiting all my chapters and presenting the 2010 AC program. TOPS new 2011 AC Program, *Super Foods* is in, so I am once again looking forward to visiting and presenting the AC program to each of you. There is also a *TOPS Daily Do It* booklet that accompanies the AC program that you may purchase.

TIP: Remember to drink plenty of water. Even though the temperatures are low, we still become dehydrated in winter due to less moisture in the air.

Have a wonderful year ahead filled with inspiration and a successful journey.

Smiles (Hugs)

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