

February 2011

Feb. is national heart health month. We hear, see and read about heart disease for men and women. Exercise and healthy meals are two important ways to prevent heart attacks and strokes. Our program encourages us to follow both. The Choice is Mine is full of good information to help prevent heart disease. If you haven't looked at your book in a long time – get it out and refresh your chapter with a program from our book. It will give you points for out track across Texas!!!

Everyone should have received the SRD letter last week. I hope a lot of you are planning to join in the fun in April. We have lots of winners to celebrate. Graduates to cheer and a king and queen to honor. Wings of Change, what a great idea! I look forward to seeing you in April.



I recently went to Chapter #1686, Bastrop's open house. They had some neat posters with some interesting sayings. I would like to share them with you.

One poster had the 3 D's, desire, discipline and dedication – the 3 D's you need to help you get control. Desire to lose, discipline to control binges, and dedication to stay on track. On another was "Make an effort not an excuse," "Tops is education," and "People can alter their attitudes." Makes you stop and think! They also had "You need a purpose to start," "Write it down and keep it in sight," and "Being healthy is an alternative." Think about these, a little change may help you stay motivated to reach your goal.

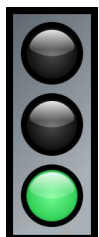


March will be here before we know it! Spring time and time to elect new officers.

Being involved in your chapter helps keep us motivated towards our weight loss goals. Run for an office and share your ideas with your chapter. Be a program chairman or volunteer for one of the other jobs needed in our chapters.



If you would like for me to install your new officers, let me know when and where and I will do my best to be there.



Our trip from Laredo to Austin is a month down the road. Kay's road sign for Jan. was go. I hope it helped a lot of you "go" towards that weight loss goal for the month. Use some of the road signs for challenges to keep your chapter going. To find out what Kay has in store for us this month go to TexasTops.org and read her letter.

If you have something you would like to share with the other chapters, send it to me and I will include it in my next letter.

TOPS HUGS

Grace Powell