

April 2009

This morning as I watched a talk show there was part of an interview that had occurred on the Oprah show. A lady that had lost a lot of weight using a popular program that sells food and she had advertised for them was admitting she had regained all of her weight back plus some. She had felt confident and decided to cut herself some slack. Next she turned her exercise room into a dining room so she could have dinner parties. She felt badly because she had let a lot of people down. I felt badly for her because she let herself down and I know just how that felt years ago. As the old say goes "BEEN THERE, DONE THAT". It confirms our TOPS belief that group support and exercising is both the key to losing and keeping weight off. For those of you who attended SRD I know you were inspired by all of our winners and determined to be on that stage next year as Division winners or, better yet, our ultimate goal of KOPS. I'm really looking forward to your successes. For those who were unable to attend this year, please start thinking about next year on the sandy beaches of Corpus Christi on April 9 and 10, 2010. Many people say SRD was what inspired them to greater efforts. As I stood in the circle of light, I thought about the many years I have been privileged to do so and the beauty of it still brings me to tears. This year I am attending a TOPS retreat again. I try to attend one every other year to be refreshed and renewed while making it fun to learn more about nutrition and the fun of making more TOPS friends from other states. I will be out of town most of the month of May so am looking forward to chapter visits again as soon as I return. I can be reached by telephone @ 214-354-4512. ^{12th - 25th}
CELL

Just a quick recipe to utilize all the fresh fruit coming into the market right now.

Creamy Fruit Salad

This recipe is rich in vitamin A and vitamin C (plus some calcium for the yogurt and some vitamin E if you use the almonds).

Ingredients

- 1 cup sliced strawberries
- 1 cup diced cantaloupe or mango
- ½ cup (or a 6-ounce container) lemon or vanilla low-fat yogurt
- 1 dash ground cinnamon
- 2 tbsps chopped or sliced roasted almond, or reduced-fat granola (optional)

Yield

2 servings

Nutritional Information:

Per serving: 115 calories

Remember if you bite it, write it.

TOPS love,
Joyce

