

Joyce's August Jottings

Wow have we got great new royalty for TOPS! I can't wait for the issue of our TOPS NEWS magazine so you can read their great success stories. Milwaukee was awesome weather wise, only got up to 90 degrees one day.

Visiting TOPS HDQR was an inspiring trip back in time with all the memorabilia showing the start and growth of TOPS, all because one special lady was willing to encourage her friends and thus all of us to be healthier. You can't imagine what it takes to run the TOPS organization. We are so lucky to have such great helpers at HDQR. The record keeping involved in maintaining 63 years of information is unbelievable.

Are you ready for a few figures from International Recognition Days?

Century club winners that attended - total loss 4800 lbs with 5 of them being 200 lb losers

Total loss for State and Province royalty 7600 Lbs

I will be mailing a copy of TOPS winners to your leader this week and I challenge each of you to check your division to see what is possible per month and see what you can do between now and end of the year. Consider going to IRD next year in San Diego July 5-7th. Since it is going to be in a resort area with everything at one location and several tourist sites nearby would make a great vacation.



Do you truly hate TV commercials? They actually can be your best friend. Get out those hand weights or exercise bands [do you remember where you left them?] Place by your "easy" chair and use them during commercials instead of "tripping" to the kitchen. Right there you can save the 100 calories and burn them too for the "Cut and Burn" challenge. I actually am going to start using that 0 calorie mustard in place of my mayo and of course 1 piece of bread sandwiches with lots of lettuce for crunch [2 thumbs up I CAN DO IT]

In Milwaukee people from everywhere came up to us to let us know they will miss Willie Bird and of course not as much as I will. What a great enthusiastic friend she was and an inspiration for all.



For those of you I have not visited yet I will be calling to set up a convenient time for you.

TOPS AND KOPS love to all of you

Joyce Lange

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