

Joyce's Jottings ... Feb 2011

I CAN'T BELIEVE I'VE LOST 1/12 of 2011 Already!

I will really have to push to keep on track if I want to meet my "GOAL"

Get
Out
And
Lose

Yes we can't just sit and expect those pounds and inches to fall away
In Jan at our first meeting at my chapter they recognized that maybe we
needed a review so out came copies of the "My Day One" that we give to
starting members. Great reminders of what we can do, should do, and
must do if we want to get 'Healthier"

When we checked page 5, we decided that even though you can burn up to 10 calories
minute chopping wood perhaps we would just increase our walking .[Great list to check
out for ideas]. Of course we were reminded "Write It Down", Control That Stress and
Be Positive.

Check page 8 for 100 calorie snacks to add to your grocery list.
Remember a sensible snack between meals helps you eat slower at meals.

Today I am going to try the recipe on page 9 for Pudding Kisses, serving size 5 kisses
Drop by level tbsp 1/3 cup sugar free choc pudding on wax paper. Freeze.

The message I am sending is... use all the great resources TOPS gives us.

Isn't the February TOPS magazine an exceptional inspiration? When you finish it, share it with
your physician's office OR at your health club. Be sure and cover your name and address.
Remember that even if your physician has given you a diet plan, TOPS provides the DO IT.

I've received the new program from Headquarters on "Super Foods' and am looking forward to
visiting the chapters in my area to present to you soon.

To all you KOPS out there please give me a call so I can share with you about our great
KOPS meetings that are held once every quarter. My number is: 817.430.8346.

I hope I will be seeing a lot of you at SRD in April.

Plan for it

Save for it

Get registered for it.

Come be inspired!

TOPS LOVE *Joyce Lange*