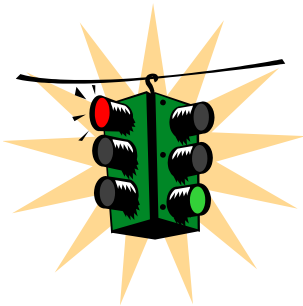


March 2011



The Road Trip To Success (our new theme for 2011-2012) is so thought provoking to me. I have started paying attention to road conditions with renewed interest comparing them to my journey.

I want to avoid "potholes" caused by stressful situations by looking to my TOPS friends for support and encouragement. When I am tempted I want to picture a "Stop" signal and stop and think about each food choice I make.



Each grocery aisle should be equipped with a traffic light. I will stop [red light] long enough to check the nutritional values and use caution [yellow light] before I go ahead [green light] and buy what will best help me on my journey. And when I do these I can look forward to the "Curves Ahead" sign.

Of course I will arrive at my destination because I have a great roadmap, "The Choice Is Mine". I am looking forward to your arrival too.

We recently had a meeting with Cindy and she shared a "Bucket List" with us that was presented at a recent Field Staff training meeting. The program suggested that each chapter come up with a list of accomplishments they wanted to achieve in 2011. Here is my bucket list for the chapters that I serve:

1. Keep active members and have a 10% increase in membership
2. No chapters 'in the red' at year end
3. 'Perfect' resumes submitted at year end
4. Each chapter to have an average loss per member of 8 pounds
5. 10% increase in the total pounds lost in my area
6. For each chapter to have at least one program a month from "The Choice Is Mine" or the Workbook



I am anxious to see the new officer's charts and am thankful for each of you as you lead your chapter on the "Road To Success". Thank you for all you do.

Joyce Lange

Area Captain #6063

817.430.8346 joycelange75022@yahoo.com