



Basketball and TOPS

Watching the Dallas Mavericks in the NBA Finals reminded me of TOPS since we are striving to be on a winning team.

Let me count the ways the comparison can be made

1 The team has to work together to want to win, to be positive of their goal always encouraging each other [Note those high 5's they give after every point scored].

2 It takes practice to score. You can't just expect the pounds to fall away. Good habits practiced repeatedly will become a "new way" lifestyle and then the pounds will come off

3 A basketball team does not sit still and neither should we so let's "move it to lose it"

4 When things aren't working well or you are worn out take a "time out" to refresh , regroup and refocus on the goal

5 In basketball you need to know where to aim to score. What is your goal?

6 What is your target? Are you focused? Are you a positive member of the team guarding against anything that would prevent you winning the game?

Just like I would like the Dallas Mavericks to win the championship I also want each of you to win your game in life also.



Is this what they call the "Dog Days of Summer"?

I'm finding this heat wave a "little" more than I asked for during those winter cold snaps so the dog and I are getting up even earlier for our morning jaunt. As the sun is coming up and there is that slight breeze brushing by I am ready to face a new day looking forward to keeping this weight off. My desire is that each of you join me in "The circle of light" so let's all do what the winning basketball team does by being the great team players that I know each of you are capable of Call me if you have any problems

TOPS and KOPS love to each of you



Joyce