



Vernie's Vibes



FEBRUARY 2011 NEWSLETTER


We are now into the second month of the year. Are you working your plan for a successful 2011? This has been an unusual year with the weather being such as it is, I know a lot of chapters have had no meetings, which is O.K. as long as you are continuing with the plan you have set out for yourself. Life must go on and we adapt and continue our plan.




February is National Heart month; we all need to take a few minutes to make sure we are doing things to help us have a healthy heart. You must plan your eating and exercise to help you have a healthier heart. If you have not been exercising start out slow but as time goes by continue to increase or add to the time you exercise. Learn ways to cook healthier and study recipes to find the ones that include healthy heart cooking. Experiment with new and different vegetables, you might find some that are really good.


The theme for the year is TOPS, The Road to Success; in the North Central TX area we are going to take the high road. We are all going on a Hot Air balloon ride. I will be getting a hot air balloon to each chapter; your balloon will rise at the end of each month with the amount of the net loss of your chapter. You will also each have a small balloon, it will rise at the end of each month with your net loss, or heaven help if you should have a gain then the balloon will descend that number...(but we KNOW...that no balloons will go lower!!!! Please bring your chapter balloon to all Fun Day's so we can see how you are doing. At the end of the year your name will be put in a drawing for each 5 pounds you have lost, for a drawing of a hot air balloon clock.



 The SRD letter has been mailed and many are already signing up, if your chapter did not receive one please let me know and I'll get one to you.

 REMEMBER---- the first meeting in March is the night for chapter elections, after you have your election PLEASE send the names to Cindy ASAP. Cindy will then let you know if all are approved.

 Mark your calendar for March 19, for our FUN DAY RALLY that will be in Decatur, start making your plans now to come and meet all your TOPS friends and have a real fun day. The letter will be arriving shortly.

 I want to encourage you to hold an open house to let people in your area know about what TOPS has to offer. Would you believe some people have not heard about TOPS or they do not know that a TOPS chapter meets in their town?



We had some excellent losses this past year, but I think we can do better this coming year. We had a new chapter that had a loss by everyone in their chapter that is something we should all strive for.



Please mark your calendar for Feb. 19; I will be holding a Weight Recorder Workshop at the Highland Heights Baptist Church in Wichita Falls, 2003 York St. The meeting will be from 10:00 till 11:30, on that Sat., if you need to come to Wichita Falls we will be thru so you can do what you need in town, while you are here. This meeting is for weight recorders but anyone is welcome to attend, and would be good to have extras from your chapter here.

TOPS HUGS,



Vernie Nordstrom
940.855.4308
vnords5418@aol.com

