



Margie Fisher
Regional Director
2725 Via Montezuma
San Clemente CA 92672
(949) 481-7821
mfisher690@cox.net

Hi Everyone – As the first quarter of 2017 comes to a close, I am anxious to hear how your chapter is doing on the One Million Pounds Challenge. Now is a good time to take a look at your progress and see if you are on track to lose at least 10 pounds this year.

Congratulations to those of you who have lost at least 2.5 pounds since January – you are on target. You've found the things that work best for you and should be proud of your accomplishments.

For those of you who haven't quite reached the 2.5 pound loss, it's not too late. Take a good look at your current food plan and see where you can CUT 100 calories a day from your current intake and BURN 100 calories a day by adding a little more activity to your schedule.

With all of us working together, we CAN reach the goal of ONE MILLION POUNDS LOST!

THE RESULTS ARE IN! Our members have done a WONDERFUL job of taking off and keeping off pounds and we have MANY Division Winners, KOPS and our State Royalty to recognize at your SRD. I am very much looking forward to joining you as we celebrate the success and be inspired by our winners and recharge our determination to achieve our own success. I hope to meet all of you and share this special event with you.

I'm very happy to hear that more chapters are using TOPS' materials for your programs and also are presenting the programs before the business portion of your meeting. TOPS provides us with wonderful resources for programs and they have been checked and double-checked to make sure that the information in the TOPS resources is sound.



You can find all kinds of programs in the TOPS News, on the TOPS Website and in the Real Life Guide.

These are the types of programs that prospective members are looking for when they check out your chapter.

And don't forget to allow time for discussion in your meetings. Letting your members have an opportunity to share their successes and challenges helps us to know what kind of support is needed.



Recently chapter leaders received a mailing from TOPS which included the Second Edition of "Making Your Chapter Great" (Chapter Manual.) Included with that mailing was a coupon for a second free copy of the manual. To obtain the free second copy you must return the original copy of the coupon to TOPS no later than May 31st.

Additional copies can be ordered on the TOPS website in the TOPS Store for a cost of \$2.00 per copy. Or it can be downloaded to your computer to make an easily "searchable" reference.

MAKE A DIFFERENCE:

Has your chapter experienced this scenario? A prospective member attends your meeting to check TOPS out and joins, then you never see them again.

Chapters with New Member Coaches find it's much more likely that a new member will become an active part of the chapter. Why is that? A new member comes into a TOPS meeting and is immediately, bombarded with confusing terms (TOPS, KOPS, turtles, etc) and may not really be able to understand what is going on.

A New Member Coach comes alongside the new member and helps them to navigate through the "alphabet soup", helps them to feel welcome and part of the group from the very start.

There is a more detailed description of the New Member Coach in the "Making Your Chapter Great" Chapter Manual on page 36.

It's important that EVERY chapter have a New Member Coach and if your chapter is one that gets frequent visitors or new members, you might need more than one.

REMEMBER: The New Member Coach is so much more than a "greeter" or someone to sit with a new member during their first meeting, but rather someone who walks beside the new member for a few weeks to help them integrate into the chapter.



Are you frustrated because the scale didn't go down this week?

Instead of looking at what "didn't" happen, try looking at the small victories you had this past week.

Maybe you walked a little longer, passed on dessert or second helpings, drank ALL that water.

Whatever it was for you, celebrate the small, non-scale victories. They will get you closer to your goal.

And... stop looking back – you're not going that way!

Because I Care,
Marjie