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Hi Everyone – Just dropping in to wish you all a Very Happy New Year! A NEW year gives us an opportunity to start with a fresh outlook on the benefits we can reap by focusing on our weight loss goals.

TOPS president, Barb Cady, has challenged TOPS members to collectively lose ONE MILLION POUNDS in 2017. Sounds like a lot, huh? Let's see if we can break it down a little. Given the number of active members in TOPS, it is only necessary for each of us to lose 10 pounds this year. That's a little less than a pound per month and I'm sure we can all do that, right?

I believe that our Region CAN accomplish the goal of a 10 pound loss per member. I am excited about being able to report our progress to Barb and hope that you will keep me updated on your chapter's progress throughout the year.

I'm also anxious to hear what steps your chapter is taking to make this goal a reality. Perhaps your chapter has a contest that is particularly motivating, or programs that seem to really inspire your members. Are you using a visual way of tracking your progress?

We have a wonderful tool on the www.whywelovetops.com website where we can share ideas with the rest of the region. Let's make use of this great tool.

And what do YOU get out of this? You could wear a smaller size, have the ability to move easier, or do things that you may not have been able to do for some time. Maybe you'll even be able to reduce the amount of medications you take and your knees and hips will thank you for it and life will be much more enjoyable.



This year's Area Captains' program will get you clapping your hands and tapping your feet and introduce you to another avenue to help you in your weight loss efforts. Be sure to contact your Area Captain to set up a time for this presentation.

And as you are preparing your weekly chapter programs, be sure to check out the treasure trove of ideas in the TOPS News and on the www.tops.org website. There are chapter programs, contests, certificates and many more resources available to you.

I am looking forward to hearing from you on your chapter's progress.

Because I Care,
Margie