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DECLARE YOUR INDEPENDENCE!

Half of our year has almost passed and it's time to take a good, honest look at where you are and where you want to be at the end of the year.

Right now is the time to declare your independence from unhealthy food and exercise habits and make a SMART goal to achieve your dreams.



I found this in an issue of Woman's World and I think it is a good reminder:
"Dreams have a way of coming true when you really want them to."

Time to make our goals a reality by making them a priority!

5.00 pounds or

6.50 pounds ?

The **TOPS MILLION POUND MISSION** is also at its half-way point. What exactly does that mean?

It means that if you have been faithfully maintaining a weekly .25 pound loss thru the end of June, each of us will have lost 6.50 pounds. Some may have already gone past the ten-pound mark! Wherever you find yourself in your journey, remember that there is still time to reach the goal of a 10 pound loss for the year.

TOPS is asking **ALL** chapters to report their losses to date after their last meeting in June so that they can announce the amount of progress that has been made during the first half of the year at IRD. (You can find out this figure by subtracting the ending weight of every TOPS (not KOPS) from their starting weight this year. Then add all the **losses** together. For this report they do not need to subtract the gains.

Make sure that these figures are reported to your Coordinator.

I was privileged to attend the Nevada, Arizona and California SRDs and meet so many new friends. Your winners were all so inspiring and motivating! I'm sure we all were moved by their success stories and are moving forward in our own personal weight loss efforts.

Please join me in welcoming a **brand new chapter**
To our region.



CA 2525 Descano was chartered on April 8, 2017.

We wish them success in reaching their personal and chapter weight loss goals

Chapter Programs Everyone is busy, busy, busy. Just ask anyone in your chapter and you'll find their days are full and they are too "busy". TOPS recommends that you present your "program" immediately following your weight loss Roll Call. This will allow the discussion to be determined by interest in the subject and not by the clock.

After the program, those who need to leave may do so without missing out on the educational/motivational part of the meeting.

If you are not already doing so, I challenge you to do this for a month. I think you will find that you have more participation in the program and it's more likely that prospective members will join when they see that we really are a "weight loss support group".

And don't forget that there are many program ideas to be found in the TOPS News, The Real Life Guide and on the TOPS website. These programs are designed specifically with our members in mind and to be a help to them as they "Take Off and Keep Off Pounds Sensibly."



IRD Information

I will be leaving for IRD on Saturday, July 8th and returning on July 16th. If you need to reach me during that time, I will be staying at the headquarters hotel and I will have my laptop with me

I am looking forward to the recognition of all our State Royalty and the announcement of our new International Royalty and Division Winners, as well as congratulating our grads and alumni. Maybe I'll see you there!

Because I Care,
Marjie