

# Heidi's Happenings

January 2017

## MESSAGE FROM HEIDI

Hello, everyone! I'm really excited to be your Area Captain in Northern Utah! I've had a great time in the Southern Area, but it will be nice to be closer to home.

I will be visiting each of your chapters this year to present our new program, which is really great! I look forward to seeing all of you.



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See Newsletter and other great stuff on  
[www.whywelovetops.com](http://www.whywelovetops.com)

TOPS website: [www.tops.org](http://www.tops.org)

Facebook: Search "TOPS in Utah"

## Open House

January and February are a perfect time to hold a TOPS Open House. There are supplies on the TOPS website, let me know if I can help and if you have one.

## Newsletter Items

I will be including a few items about your chapters in my newsletters. If you have a new member, a new KOPS, a no gain meeting, or something else you are particularly proud of, please send me these items.

In December, 334 Roy ended the month in the black, with a loss of 9.2 lbs. and all of their KOPS in leeway!! That's really impressive, 334!

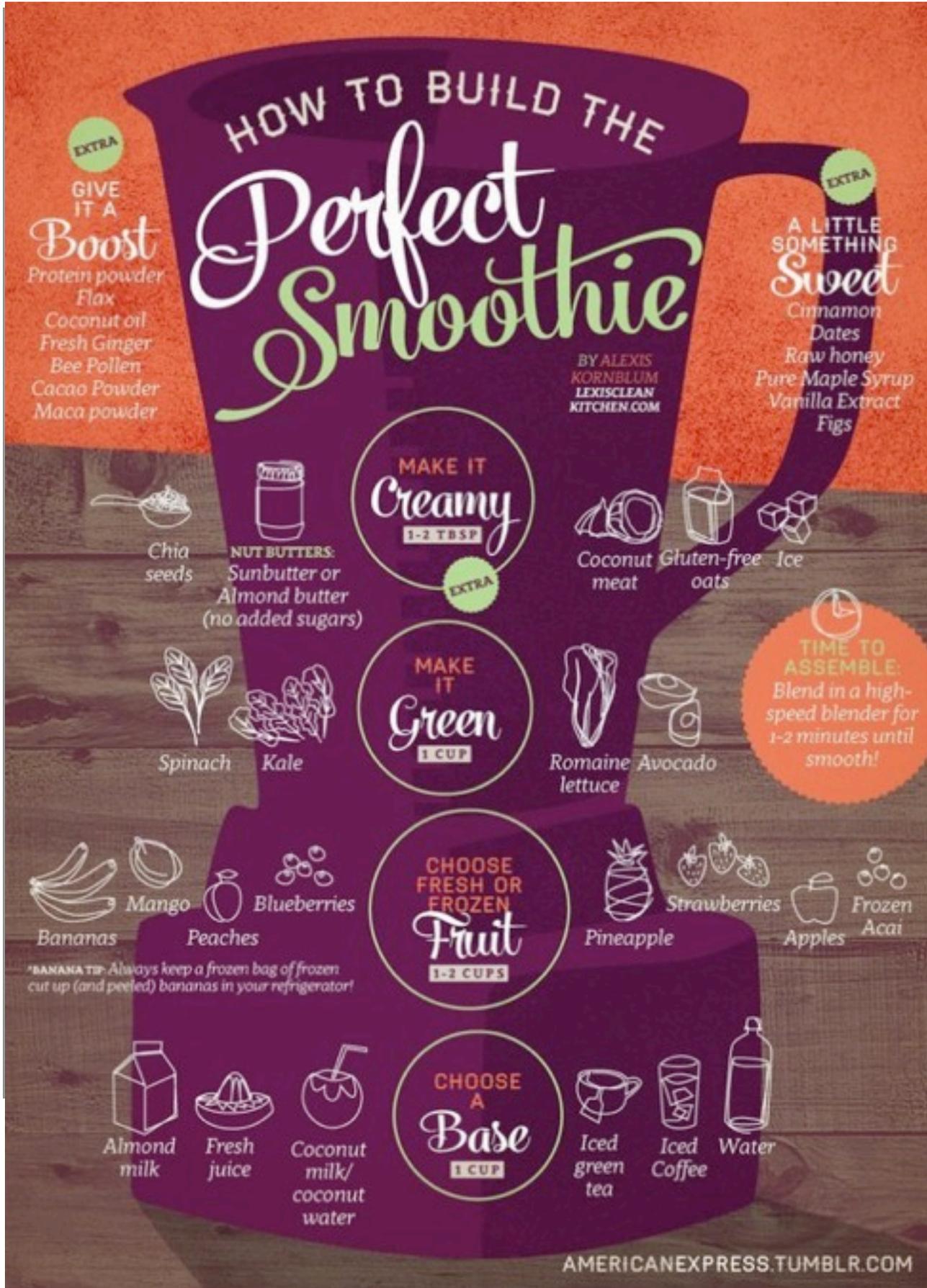
Kaylene Draper of 54 Logan was reinstated as a KOPS!!! Great job, Kaylene!!

You can find the website version of this letter on [www.whywelovetops.com](http://www.whywelovetops.com). Sometimes I will include pictures of chapter visits or other TOPS events.

A New Year's resolution is something  
that goes in one Year and out the  
other.



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This month, I am including a guideline for making a good smoothie. Smoothies can be a great meal on the go and can be very healthy.

- Freeze your own fruit to cut down on added sugar found in the store bought kind.
- Use avocado to add some healthy fats as well as make it really creamy
- Use almond milk rather than fruit juice to cut down on sugar
- Adding spinach or kale adds a lot of fiber to your drink and doesn't affect the taste
- Add a little cocoa powder to make it chocolatey
- Try out lots of different combinations to find what you like best
- My favorite recipe: Almond milk, frozen bananas, fresh mangoes, peanut butter, and cocoa powder