



TAKE OFF POUNDS SENSIBLY

Monthly Newsletter

Covering Allegheny, Washington and Counties

April 16, 2011

Volume 2, Number 01

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- **Officers Workshop**
April 30th 9-NOON
- **Workshop with Dr. Nick Greiner Nutritionist**
May 7th 9-12
Monroeville
- **June 4th 9-12**
Washington



What a GREAT TIME! Thank You everyone that attended. I hope you as great a time as I did. It was awesome!



I have my rooms booked for SRD 2012 already.



Contact Me
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TOPS... My Knight in Shining Armor

Hear ye, Hear ye...
Ye all arth invited
to attend our SRD
May 3rd, 4th, & 5th, 2012
to be held at
Lancaster Host
Lancaster, PA

tops CLUB INC. TAKE OFF POUNDS SENSIBLY
www.tops.org

TOPS WEBSITE

www.tops.org

PA LOCAL WEBSITE

www.topscares.com

*My Newsletter and Fall Rally Forms can be viewed on this website.

TOPS Website

*TOPS News electronic version now available



Anniversary

Congratulations

Jan-Feb-Mar-April

Sue Johnston

New KOPS PA 0060

Audrey Brett

32 Years PA 0067

Barb McCullough

9 Years PA 0360

Jean Allen

8 Years PA 0360

Gay Bernard

43 Years PA 0615

Virginia Wozniak

6 Years PA 0615

Leona Chahoy

7 Years PA 1269

Rosalie Augustus

1 Year PA 1269

Ruth Pyle

20 Years PA1269

Donna Orris

2 Years PA1496

John Cindric

5 Years PA1544

Judy Holmes

1 Year PA 1544

Mary Le Donne

1 Year PA 1544

Donna Geisler

1 Year PA 1641

Great JOBS!!!!!!!!!!!!!!!

New TOPS Theme T-Shirt – Now Available in TOPS Store

TOPS' new theme for 2011/2012 is "The Road to Success."

Wearing this shirt will let everyone know that you are "On the Road with TOPS" and focused on success. This dynamic black shirt features an enthusiastic driver in a sporty red car.

New TOPS DVD – "It Works" – Now Available in TOPS Store

TOPS empowers you to change your life. Member testimonials and medical commentary explain the benefits of the support, accountability and recognition provided by TOPS. Share the message with your family, friends and community – TOPS works! Featuring our own 2009 State King Scott Wood and his wife Lisa.

L-001 forms should have been in by now and if you have a designate you need to renew them each March 1 Form L-050. Both of these can be found on the website and printed.

WELCOME NEW AND RETURNING OFFICERS! Make sure to put your pictures in your local newspaper as this is a great way to publicize your chapter and get New Members!

Officers/Leadership Workshop

April 30th 9 AM-NOON

Move It and Lose It

Fitness Nutrition and Weight Loss Center

605 Scenery Drive Elizabeth PA 15037

This meeting is for New and Re-elected officers, and weight-recorders. It is designed to help make your job as an Officer rewarding and fun! We will be discussing everything from A-Z. This is a meeting for you to discuss what works, what does not work, what you need help with as a chapter. With all of us brainstorming, just imagine the wealth of information that will be available to you. Please bring anything that makes your office easier, jot down some things you do as a chapter that worked for you and share it so we can all be healthier, happier people. I will be discussing what is available to you on our website in hopes to make it work for you. Make your job easier, make life easier. You'll be amazed!

Make a list of any forms you may need etc. as I will have everything available here for you that day. I will have a display of TOPS forms, merchandise, promotional products for your advertising use.

Fall Rally “The ABC’s Of Weight Loss”

Summer Contest
Recognition Day

Fall Rallies
Sept. 17, 2011
4 Points
Sheraton Mars

October 01, 2011
Penn Hills
Comfort Inn

Cost \$24.00

Time 9am-Noon

Basket Raffles



ATTITUDE
BELIEF
COMMITTMENT

*8-Eight of glasses of cold
water a day burns 434
calories a week and it
takes 500 calories a
week to lose 1 pound.
Drink and BURN!*

We will be having an open discussion meeting of your concerns and needs. Not a complaining session, we will address how we can help change your insufficiencies. Build better chapters with people that are there for the reason of *Taking Off Pounds Sensibly*. We will discuss how to get your members to participate. Work to achieve all of our goals. Together we can each achieve more!

You can virtually guarantee your success in any endeavor if you know who you are, what you want, where you are going, how you will get there, and what you will do once you arrive. Planning before you act helps you do things better, faster, and cheaper. Involve others. It is your prime responsibility to acquire useful knowledge from others and to apply it appropriately. You don't have to reinvent the wheel. It behooves you to do the homework, to read, and to converse with others who have first-hand knowledge based on actual experience. Shortening your learning curve saves buckets of blood, sweat, tears, time and money.

Being an officer does not have to be burdensome. It can be one of the best things you can do for you and your fellow members. Each day I see a change in someone or something they accomplished because I took the time to be there for them makes me realize that I must be a better healthier person also, to be able to help them achieve a happier healthier lifestyle is so rewarding. If they breathe a little easier, walk a little further, improve their blood pressure, etc. That is why I am there to support them and to give of myself. I truly believe what goes around comes around and my day will come. My chapter is my support system every day, not just on meeting night. I truly care about each and every one of them and I would hope that they want me to succeed as much as I want them to succeed. You get out of something what you put into it. Put your heart and soul into becoming healthier and you will succeed with the support of others. You cannot do it alone.

We are a support group for Weight Loss.

Please make an honest effort to attend this workshop as it for you! You owe it to yourself to make this year your year to succeed. Set some goals for you and your chapter. This makes it a win, win situation. Find out what chapters are doing to produce KOPS. That is why we are here, RIGHT? Learn it first hand from those who are doing it!

“The ABC’s of Weight Loss” Back to Basics

Fall Rally 2011 we will be starting from the beginning and taking a step back to basics. I feel sometimes we forget to do the basic things we need to do to lose weight and worry about too many other things. After all it is simple, EAT LESS----- MOVE MORE! Make plans to be a part of this sun filled day. It is a time when we can all get together and share ideas and gather inspiration from those who are doing it. EATING LESS AND MOVING MORE! Look for your Fall Rally dates in the side



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Contact me about coming to your chapter and presenting the 2011 AC Program on “Super Foods”

Learning Overview

- What are Super Foods?
- List of Top Super Foods
- Health Benefits
- Power Packed Nutrition
- The Foods by Color
- How Many Servings Do We Need?
- Are We Meeting Our Quota?
- How to Incorporate Super Foods into Your Meal Plan
- Test Your Knowledge
- Research and More Information



Welcome NEW Chapter PA 1658 Pittsburgh

They started their chapter with 30 Members. In their first 6 weeks they lost a total of 262 pounds and have set a goal of 300 by Easter! Good Luck! Their Leader and Treasurer are leading by example as they have both lost over 25 pounds each! Keep up the good work!

HAPPY EASTER

I wish each and every one of you a very Happy Easter. Enjoy the time with family and friends. If you have anything you would like to share in our newsletter please send it to me. Whether it be a picture, recipe etc. I would love to share it.

TOPS Hugs, Debbie