



TAKE OFF POUNDS
SENSIBLY

Captain's Notes

June 2011

Candy's Progress
Gain of 2.2 lbs - May



Hello everyone...

Enjoying the road to accomplishment

It's possible to be a little too focused. With blinders on, it becomes easy to completely live in our vision of where we will be in the future, while ignoring the improvements that we have made in the present. The road to a healthy lifestyle is a long trip. While it's very important to realize what we are shooting for, we also need to make sure that we keep our heads in the present to enjoy the progress we've made. If your goal is to lose weight, instead of waiting to celebrate until you lose it all, enjoy today's small victories and take advantage of your improved health now. This approach serves as motivation for any aspiration in life. Set ambitious goals and enjoy the road to accomplishing those goals, because life might pass you by if you are always planning for tomorrow without ever seeing today.

~Healthy Reflection from Sparkpeople.com

Officer's Workshop was May 21st. There was a nice turnout. 12 Chapters represented along with 38 members. If you haven't mailed your \$25 workshop fee to me, please do so. I have much needed paperwork to send to those chapters that were unable to attend.

NY 0327 North Syracuse had a no gain meeting on May 3. *Congratulations!*

So far I have visited the following chapters: 0278 N. Syracuse, 0602 Phoenix, 0183 Camillus, 0719 Pulaski, and 0327 N. Syracuse. I have the following chapters scheduled: 0307 Syracuse, 0862 Liverpool, 0442 Oswego, 0283 Baldwinsville, 0267 Central Square, and 1090 Williamstown. If you don't see your chapter number/name here, then give me a call or email to get your chapter visit on my calendar. So far I have a lot of open dates.

Thank you to the chapters that have sent me stamps. They truly do come in handy.

Own all your choices and you will succeed.

Hugs,

Candy Malone

Area Captain

cmalone1@twcny.ny.com

(315) 564-5772

272 Chapel Road, Hannibal, NY 13074

Stop living life for what's around the corner
and start enjoying the walk down the street.

- Grant L. Miller, motivational guru