

A JOURNEY FROM TOPS TO KOPS

From: [MaggyTOPS1](#)

The journey with TOPS to KOPS can well be compared with a cross-country journey. When getting ready for a cross-country journey, whether traveling by car or going in a multi-transportation vehicle, there has to be planning. You scan your map for the best way to get to your destination; you might consult friends who have been to that same place. One important thing to be considered if you are driving is whether or not your mode of transportation is in the best of condition.

Once you decide about transportation and you have a good start, you need to watch for things that might cause you to go back to your starting point--such as the vehicle breaking down and needing to go back to your favorite mechanic. On the road you might run into potholes, have to cross mountains or the road might be completely washed out--but if you want to get to where you started bad enough you will not let anything hold you back. Remembering the old saying "when an obstacle gets in your way, you can dig under, climb over or go around"-no matter what the obstacle is, you will start again and keep on until you finally reach your wonderful, delightful destination. So it is when you join TOPS with the destination of becoming a KOPS in mind. Most people who join TOPS have better health by losing weight as their destination.

You might say that TOPS is definitely a multi-transportation vehicle because it is much easier for most people to get to their destination of losing weight with the help of friends than it is to go it alone. It is better to have someone along the way who will give you encouragement when obstacles slow you down. For most of us, those obstacles are many and very close together. Even when we get a good start on the journey to better health, it is so easy to stumble. How easy it is to get sidetracked! For any number of reasons we feel the urge to eat more than our body needs: We eat when we are happy, we eat when we are sad, we eat just because the food tastes so good--and sometimes we eat when we are mad.

But when we know we have friends who really care, who will give us a hand up instead of a "dressing down," who will cheer for us when we have good times and say "I'm sorry" when our eating habits have been bad--then it is so much easier to really keep our eye on our goal, to not get sidetracked quite so often.

It is a wonderful feeling to know that when we do get to our journey's end and reach the status of KOPS, we have good friends who have already been through what we've just encountered and are willing to help us keep steady on the KOPS road.

But becoming a KOPS does not mean we can let up--it means we should have learned to be more conscious of our personal obstacles and learn to either go around, go through, go under or just climb over and keep on that road to better and better health.

Today we honor you, KOPS members, for the years you have spent in maintaining your destination as a KOPS. We know it hasn't always been easy, that you might have occasionally stumbled and had to re-find a safe haven---but you have persevered and won the race. Although you might get sidetracked once in awhile and have a little gain, you do not get mired down and stay there---you remember your TOPS and KOPS pledges, work to get back on track and once again set a good example of what KOPS do when they Keep Off Pounds Sensibly.

You are a tremendous example for those who are following you on the TOPS to KOPS

journey---so, now KOPS friends, will you please light your yellow candles from the blue candle as a light for us who are still on the journey with TOPS to KOPS.