

"A Pound Of Fat"

First before I type it out, let me explain. I put a pound of ugly chicken fat, or any ugly kind of fat I can get in a candy box or can. I close it up and ask everyone to open and look at it without making any commitment until it goes completely around the room. You should see their faces and what a discuss after this. While they are passing this around, I tell them they may have a no gain next week. Guess what, most of the time the chapters tell me they had only 1 person to turtle or only 1 to gain. There has been a few with no gains the following week.

Enough of talking so here is the letter:

"I am Only One Pounds Of Fat"

Hello, TOPS Member,

Do you know me? If you don't you should. I'm a pound of fat, and I'm the happiest pound of fat that you would ever want to meet. Want to know why? It's because no one ever wants to lose me. I'm only one pound, just a pound of fat. Every one wants to lose 3,5,10,15 pounds, but never only one pound. So I just stick around and happily keep you fat. Then, I add to myself ever so slyly, so that you never seem to notice it, that is, until I've grown to 10, 20, 30, or even more pounds in weight. Yes, it's fun being just a pound of fat, Left to do as I please. So, when you weigh in, keep right on saying, "Oh, I only lost one pound." (As if that were such a terrible thing). For you see, If you do this, you'll encourage your fellow members to keep me around because they'll think I'm not worth losing. And, I love being around you, your arms, legs, chin, hips, thighs, and every part of your body. For you see, " I'm Only One Pound Of Fat"

(As you read this just act it out a little with expression.)