

HIGHWAY TO KOPSTOWN

When you take a trip this year by car you usually plan the best way to go to reach your destination. Road maps and road signs can be invaluable. Or you start your journey and get back again on the right track should you get lost.

Dieting is like a trip! You have a destination -- your goal. And this map or guide to good sensible eating can help get you to this destination -- your ideal weight on the scale. In both cases you are in the drivers seat. It's all up to you. Do you choose a smooth ride with no bumps or detours to your destination or the course can be rough, by hitting detour that causes delays in your journey!

Just as there are no best traveling routes for all people or situations there is no best guide for reducing diets.

When (*name of person being honored*) joined our TOPS (*chapter name*) here, she knew her destination. Her ideal goal! She immediately set up her route, watching the road signs along the way. On this trip she would need to take willpower, desire, determination, enthusiasm, with some fellowship of her fellow TOPS members to help urge her on. Willpower she had as she had already lost some on her own before joining TOPS. Along the way desire was tucked in. For without the desire she knew she could be on the wrong highway and find many detours.

With this you must take along determination. Determination to stick to sound sensible eating. This a must until her goal was reached. Along with these necessities she must pack in some patience! You must not let engine troubles and detours get you down. It's patience when you take the small losses when you feel you should have gotten more miles to the gallon! Obey all highway signs, remembering that the fastest route is not always the safest one!

She kept in mind her progress. Keeping a weekly record of her progress as to her mileage. Many miles would have been repeated if you speed while traveling this diet highway. Records will help you to see just where the road is leading. Remember - the total miles traveled in the end will show what a sensible driver you have become! With her sensible driving she arrived at KOPSTOWN - but for some of us the trip can be a slow one - so keep in mind your destination and you will make progress.

Before (*name*) probably realized, she was halfway to goal. Passing many bumps and detours she knew she must continue to pass these by as she continued on her destination - her ideal goal weight.

Perhaps the last few miles seemed long as these seem slow to travel, but you had remembered what awaits you at the trips end, so not looking right or left, but straight ahead, with your hands upon the wheel and your eyes upon the sight ahead in view you started off. You had traveled far enough this time that there was no need to stop and rest. You weren't about to let anyone or anything get in your way now as the reward was too great to slow down. You then continue on, you had already set your speed limit and by sticking to these limits your destination would come into view.

Your goal was reached, the trip was over. your fellow TOPS members share this joy with you. But keep in mind even though the road was paved there are far too many obstacles along the way so never take this road again!

We congratulate you (*name*) on your KOPS graduation. (*Can be anniversary*) We wish for you much happiness and unending success in being a KOPS as you Keep Off Pounds

Sensibly!

Please accept this (*candle, diploma ect whatever you give*) as the outward signs of your accomplishments and light your candle of continuity and may the memories of this day be yours always.

CONGRATULATIONS