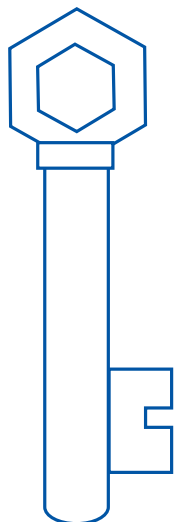
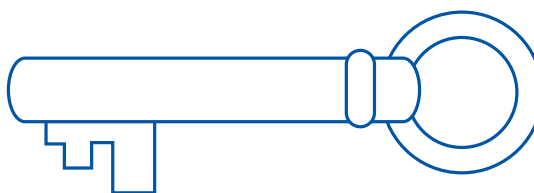
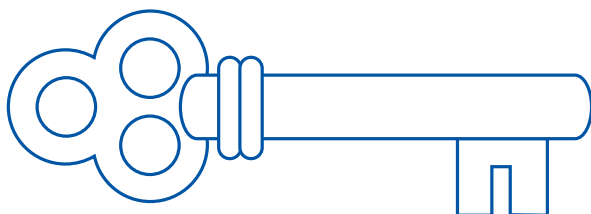


## The Keys to Weight-Loss Success

(Submitted by Pat Kornele, TOPS #OK 0497, Mustang)

TAKE OFF POUNDS SENSIBLY



### Preparation:

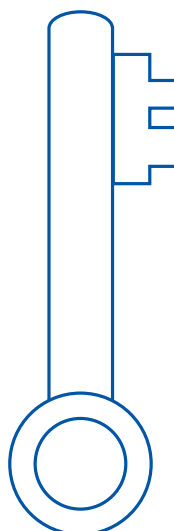
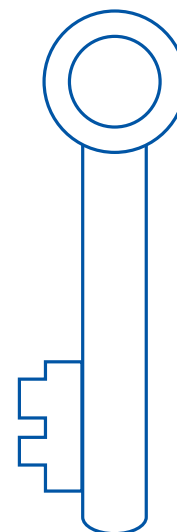
Make key shapes out of gold and silver scrapbook paper. To do this, you may trace around one of the keys from your key ring, or copy the keys on this sheet and cut them out.

### Each member may win up to five keys in a chapter meeting by:

1. Having a loss or staying within KOPS leeway
2. Walking at least three miles this week
3. Exercising at least 1.5 hours this week
4. Keeping a food diary all week
5. Encouraging another member by phone, email, or mail

### Keeping Track:

Have members write their names on each of the keys they win. Your chapter may use a jar to collect the keys – OR – your chapter may punch a hole in each of the keys and keep them on strings or ribbons to display at meetings.



At the end of six weeks, the member with the most keys wins a prize.

### Some suggestions for prizes include:

- Movie tickets
- Mini gift basket with assorted relaxation items such as herbal tea, bath salts, scented oils or candles, etc.
- \$20 gas card
- TOPS T-shirt
- Gift certificate for a massage
- Store gift card
- Mini “fit kit” with a Thera-band, pedometer and water bottle

