



# T.O.W.N. Weight Loss Clubs Take Off Weight Naturally

Issue 28

June 2017

Around T.O.W.N.

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## Important Dates:

### Quarterly Weight Returns

to Head Office –  
10 July 2017

### T.O.W.N. Weight Loss Clubs AGM

Melrose Receptions  
9 September 2017

### Results for 2016-2017

All results from  
Recognition Nights 2016-  
2017 are available on the  
website.

### Ritchie's IGA Community

TOWN has joined the Ritchie's - IGA Community Benefit Card program. **Our Community Benefit number is 82964.** A small percentage of your shopping bill can be donated to TOWN Clubs of Victoria. Quote our number to your Ritchie's - IGA store.

### T.O.W.N. Promotional Video

<https://youtu.be/O5D17cyfN0Y>

Have a look at this video

## Recognition Nights - 2017

A fantastic night was had by all members and guests that attended the T.O.W.N. Recognition Nights on the 27<sup>th</sup> May and 3<sup>rd</sup> June 2017. Marvelous results were achieved by our award winners on nights, inspiring and motivating all members of T.O.W.N.



## WINNERS FROM ALL DIVISIONS – QUEENS, KINGS GRADUATES AND 50 KILO AWARDS

Website:

**TOWN**  
WEIGHT LOSS  
CLUBS

The updated website is complete and looks fantastic!  
Visit [townclubs.com.au](http://townclubs.com.au)

**T.O.W.N. Closed Facebook  
Take Off Weight  
Naturally – TOWN Clubs  
Closed Group**

A closed Facebook group has been developed to provide T.O.W.N. members with additional online support and a place to interact with other TOWN members on their own personal weight loss journey in a private environment.

Success  
IS THE SUM OF  
SMALL EFFORTS,  
**REPEATED  
DAY IN &  
DAY OUT.**



**Contact Us**

<http://www.townclubs.com.au>

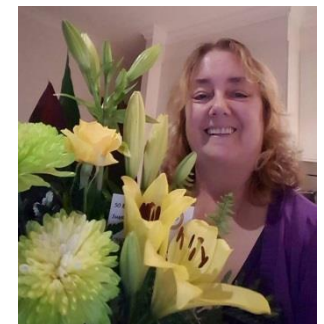
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[www.facebook.com/takeoffweightnaturally](http://www.facebook.com/takeoffweightnaturally)

ABN 242 616 765 INC NO A0040800S



**Some 50 Kilo award winners**

## T.O.W.N. 50th Birthday Celebrations

T.O.W.N. Turns 50 in 2018. It has been decided that this fabulous achievement will be celebrated as part of the 2018 T.O.W.N. AGM. A sub committee is being formed so if there are any members willing to assist in the preparations of this event please contact Head Office.

### Daryl Madex - Newtown T.O.W.N. Club

#### Runner Up King Div 4, 5 and 6 - 2016-2017

My mission statement: Before starting at the Newtown Club, and at State Night. All diets work if your head is in the Game! We have a great club; the support from the members, friends and family has been my rock. Before town 220kg... now 135kg and going down still... Thank you to all for such a great evening last Saturday..

I had tried everything over the years including two town clubs. Unfortunately never stuck it out at the T/clubs.. A good friend of mine and I decided to try TOWN again as I had the best success at town previously. On joining I was 205.6kg, with both knees also spine problems, exercise was virtually impossible. I looked at surgery which is expensive also you still need to diet and may well stretch your stomach then eventually put it back on.. So I eat less, rarely have bread, biscuits pasta etc. I have small meat portions with larger veg/salad portions. I would eat around 1000-1500 cals per day. My snacks are fruit/nuts. No added sugar in anything, coffee is a long black with milk also white tea rarely a cappuccino. I have started walking in the local Pool recently and am feeling the benefits. Anyone can and ask me about my regime and I am happy to help. Everyone's situation is different. The main thing is you must get your head right, you must want to do it more than anything and if you fall off the wagon hop back on asap.

