



TAKE OFF POUNDS SENSIBLY

TOPS® QUICK FACTS

TOPS (Take Off Pounds Sensibly) is the short name for TOPS Club, Inc., the original nonprofit, noncommercial network of weight-loss support groups. TOPS offers tools and programs for healthy living and weight management, with exceptional group fellowship and recognition.

Mission: TOPS' mission is to support our members as they take off and keep off pounds sensibly.

Membership: Almost 170,000 members (women, men, children) make up nearly 10,000 chapters worldwide. Dues are \$26 annually in the US, and \$30 in Canada, plus nominal chapter fees to cover operating costs—on average, less than \$5 per month.

How It Works: Weekly meetings include private weigh-ins and professionally prepared, informational chapter programs, featuring up-to-date information on nutrition, exercise and healthy lifestyles. Programs provide positive reinforcement and motivation to adhere to food and exercise programs.

KOPS: (Keep Off Pounds Sensibly) Goal weight is set in consultation with a member's health-care professional. When a TOPS member reaches their weight loss goal, they are called KOPS. These members are maintaining their weight, continuing to attend chapter meetings for accountability and support as they **Keep Off Pounds Sensibly**. About 30,000 of our members are keeping their weight off, and many have been recognized with Century Awards for losing over 100 pounds!

Publications: *The Choice Is Mine* is TOPS' 200-plus page practical lifestyle guide featuring nutrition, fitness, menu planning, recipes, and healthy living information. Members receive *TOPS News* magazine nine times each year, which is filled with inspirational stories and news. Educational brochures are available to health care professionals and anyone interested in changing their lifestyle.

Experts: TOPS has experts in the fields of medical research, nutrition, fitness, and psychology. Since 1966, TOPS has funded obesity and metabolic research at the Medical College of Wisconsin, providing more than \$6.8 million from earnings and members to-date.

Fabulous Figures: In 2009, TOPS members lost 431 TONS!
U.S. members lost 691,205 pounds; TOPS Canadian members lost 169,884 pounds; TOPS overseas members lost 101 pounds—for a grand total of 861,190 pounds!

Operations: Founded in 1948 by Milwaukee homemaker Esther Manz, TOPS is administered by a nine-member Board of Directors. A Field Staff of 372 Area Captains, 107 Coordinators, and 10 Regional Directors assist skilled, volunteer Chapter Leaders. TOPS Ambassadors are real-life weight-loss experts who have achieved and maintained their goal weight. They represent TOPS at conferences, seminars and special events throughout the US and Canada.

International Headquarters: 4575 S. Fifth St., Milwaukee, WI 53207-0360. (414) 482-4620
Visit us on the web: www.tops.org (Click on "Find a Chapter" to locate a chapter near you!)