

Top 10 Reasons Why...

■ TOPS helps you Take Off Pounds Sensibly

We are here to encourage you as you make changes to live a healthy lifestyle. This includes sound nutrition and exercise plans to reach weight goals set by your healthcare professional.

■ TOPS provides support for all stages of your journey

Getting started on the road to wellness through weight loss is hard. Staying there can be harder. We have chapters near you who will help you reach your goal and, then, keep the weight off.

■ TOPS supplies the tools you need for success

Losing weight isn't just about counting calories or what the scale reports. We want to support you as you become more active, change habits and cope with everyday stress. To accomplish this, we have programs and current information to share with you.

■ TOPS empowers you at weekly chapter meetings

Join us in our journey to better health. We share the challenge and offer our support along every step of the way. TOPS helps you focus on making changes that result in success.

■ TOPS celebrates your achievement

TOPS enjoys awarding your progress. We have special milestone awards for recognizing your achievements, as well as providing praise and reinforcement of your best efforts.

■ TOPS enables you to live your dreams...as KOPS

When TOPS members reach their goals, they become KOPS (Keep Off Pounds Sensibly). KOPS serve as examples of success and want to mentor you as you work toward your goals.

■ TOPS supports obesity research

TOPS has funded more than \$8 million in the clinical study and research into obesity and its causes with an eye toward safe, effective treatment.

■ TOPS is affordable

TOPS' annual membership fee is \$28 in the US and \$32 in Canada, plus nominal chapter fees (on average, \$5 per month) collected for local chapter expenses. You receive a wonderful starter guide, *My Day One*, and issues of our magazine, *TOPS News*.

■ TOPS benefits you and your family

We want to help you help your family to better health, too. Members' spouses and children 7 through 17 years of age are welcome to join you as members in the journey at half price.

■ TOPS has staying power

Lifestyle changes take a lifetime, not a few weeks. Since 1948, TOPS' philosophy continues to be that ongoing support and accountability, week after week, works best. We know you can do it and we are here for you.

For more information, call (800) 932-8677 or visit www.tops.org



**TAKE OFF POUNDS
SENSIBLY**