

TEN why REASONS tops

1. TOPS stands for Take Off Pounds Sensibly.
We encourage wellness through a healthy lifestyle that includes a balanced diet, exercise and on-going encouragement and support

2. TOPS provides support for all stages of the journey.
Getting started on the road to wellness through weight loss is hard. Staying there can be harder. Whether members have made it to goal or need help maintaining, thousands of TOPS chapters worldwide provide support whenever and wherever needed.

3. TOPS understands that weight loss is more than just a number.
Losing weight isn't just about counting calories or what the scale reports. TOPS provides on-going support and up-to-date wellness information through the TOPS website, the membership magazine, *TOPS News*, and *The Choice Is Mine* membership guide.

4. TOPS chapter meetings encourage members.
In addition to a weekly weigh-in, chapter meetings include programs that address various wellness topics such as nutrition, movement, dealing with stress, and other issues to support members' commitment to positive lifestyle changes.

5. TOPS celebrates achievement.
TOPS members are encouraged every step of the way as they work towards their goal weight. Special celebrations mark achieving this goal as well as maintaining it.

6. KOPS are TOPS with staying power.
TOPS members who reach their goal Keep Off Pounds Sensibly and graduate to KOPS status. KOPS often serve as inspiration and mentors to TOPS members focused on achieving their weight-loss goals.

7. TOPS supports obesity research.
TOPS has funded more than \$6.8 million in the clinical study and research into obesity, metabolic reactions and related problems.

8. TOPS does not set goal weights.
Members meet with their healthcare professional to set a realistic and appropriate goal weight. TOPS does not impose standard weight chart guidelines on its members.

9. TOPS is nonprofit.
TOPS is committed to providing long-term support for people seeking long-term weight loss. Annual membership fees are sensible, too, plus nominal weekly dues.

10. TOPS was first.
TOPS was founded in 1948 with the philosophy that the best way to lose weight, achieve wellness, and maintain a healthy lifestyle is by incorporating a balanced diet, regular exercise, and continued support and encouragement.



TAKE OFF POUNDS SENSIBLY
For more information call
1-800-932-8677
Or visit the TOPS website at
www.tops.org