Introduction and Discussion

Some of us are working toward our goal weight, but some of us may have already reached it. If you are a KOPS (a TOPS member who has reached and maintained goal weight), you may have pondered the question: I've lost all this weight—now what? We put so much effort into reaching our goal weight, which can take a long time—sometimes years. But how do we maintain our new, healthier weight? How have successful KOPS done it?

(Read George R.’s story from page 271 of Real Life: The Hands-on Pounds-off Guide. If your chapter has KOPS members, invite them to share their tips for maintaining a healthy weight.)

It can be helpful to return to the roots of what TOPS is about to reinforce how we may have become KOPS in the first place.

Activity

Let’s take some time to fill out the KOPS Tree handout you received at the beginning of the meeting. Write your answers on the appropriate section of the KOPS Tree. If you are not a KOPS yet, fill out the sections you can.

(After each question, allow members a few minutes to write their responses.)

- When you were working to reach your goal, what were your strengths? Write them on the tree branches on the left side.
- Are those strengths the same now that you are a KOPS?
- What were your weaknesses? Write them on the branches to the right.
- Are those weaknesses the same now, or do you have different ones?
- How do you feel rooted in TOPS?
- How can your TOPS roots build up your strengths and/or overcome your weaknesses?

Follow-Up

Over the next week, give more thought to these questions and see if you come up with additional answers. If they would be helpful to chapter members, feel free to bring them to the next meeting and share.
Rooted in TOPS

When you were working to reach your goal, what were your strengths? Write them on the tree branches on the left side.

Are those strengths the same now that you are a KOPS?

How do you feel rooted in TOPS?

What were your weaknesses? Write them on the branches to the right.

Are those weaknesses the same now, or do you have different ones?

How can your TOPS roots build up your strengths and/or overcome your weaknesses?

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