



Introduction to TOPS®

TAKE OFF POUNDS SENSIBLY

People Come to TOPS to Lose Weight

TOPS Club, Inc. (Take Off Pounds Sensibly) is a nonprofit, noncommercial network of weight-loss support groups. TOPS embraces a powerful, common-sense approach to weight loss that encourages healthful eating, regular exercise, and support from others.

What Sets TOPS Apart

Group Support—The collective goal to lose weight is a powerful force. Group support provides positive reinforcement to adhere to nutrition and exercise programs.

Accountability—Weekly weigh-ins and meetings provide accountability and camaraderie.

Recognition—Members are recognized for achieving—as well as maintaining—weight loss. Area, Provincial, State and International Recognition Days are held annually to honor successful losers and enable members to come together for inspiration.

Membership Benefits

- Weekly chapter meetings include a weigh-in and informational program. Programs support members' efforts to make positive lifestyle changes that will lead to weight loss and better health.
- *TOPS News*, our membership magazine, provides members with the opportunity to share their inspirational stories, learn about healthy lifestyle issues, and enjoy activities that will support their chapter experience.
- Up-to-date lifestyle information is also available through a number of other tools including, but not limited to, TOPS' website, and *The Choice Is Mine* guidebook.

People Helping People

Losing weight can be difficult to maintain on your own. It takes personal commitment and a decision to do things differently.

- *TOPS teaches* members how sensible nutrition, portion control and regular physical activity add quality and years to their lives.
- *TOPS encourages* members to incorporate changes gradually, allowing a healthier person within to emerge
- *TOPS helps* members discover that ongoing support and accountability are the keys to lifelong health.