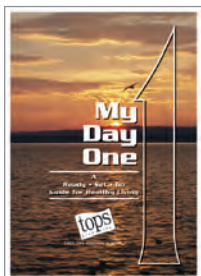


A hands-on, pounds-off approach to weight loss.®



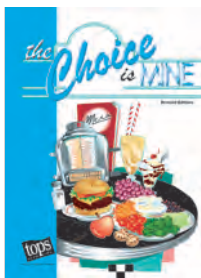
My Day One: a ready-set-go guide to kick start weight loss

Outlines simple steps to take when beginning a weight-loss program.



Nutrition in the Fast Lane: this handbook lists nutritional information and dietary exchange values for 64 popular fast-food restaurants

About one quarter of the U.S. adult population visits a fast food restaurant everyday (*Fast Food Nation* by Eric Schlosser).



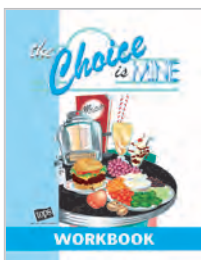
The Choice Is Mine: a 232-page weight management lifestyle guide

Created by a team of professionals in the field of obesity, nutrition, and weight management.



Achievement Log: contains weekly charts for recording "pounds-off" and physical activity

Logging activity allows individuals to track progress, identify trends, and feel a sense of accomplishment.



The Choice Is Mine Workbook: reinforces information presented in *The Choice Is Mine* through 110 pages of fun activities and practical exercises

Allows individuals to apply the basic principles of weight loss and maintenance to their own personal situation.



My Journal: provides opportunity to commit to daily goals and record accomplishments

There is a connection between chronic stress and obesity. Scientific evidence supports that journaling can help reduce stress.



Food Diary: builds self-awareness with 52 pages for quick and simple recording of weekly meals, by tracking calories and food exchange groups

Research indicates that those who write down everything they eat each day lose twice as much

weight as those who don't (*American Journal of Preventive Medicine*).



Thera-Bands: set of two resistance bands for a portable, versatile way to build strength and flexibility

Strength training can provide up to a 15% increase in metabolic rate (Centers for Disease Control and Prevention)

The Wellness Toolkit is \$59 per kit. If 10 or more kits are purchased, the price is \$50 per kit. Prices include shipping.

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