



## Evidence that the TOPS way to weight loss has many successes

TOPS has been helping people lose weight and keep it off for more than 60 years. KOPS (Keep Off Pounds Sensibly) are a testament to this.

What is a KOPS? A KOPS is a TOPS member who has reached their goal weight.

- To become a KOPS, a member must secure a signed and dated goal weight slip from a licensed healthcare professional.
- A KOPS goal weight must be maintained within the following leeway: three pounds above goal weight and seven pounds below goal weight.
- Through chapter meetings, KOPS are able to celebrate their success, inspire members, and learn to deal with a new set of challenges associated with weight maintenance.
- KOPS receive recognition from TOPS Club, Inc. upon registering as a KOPS and for each five-year anniversary of continuously maintained KOPS status.

The following table represents KOPS members who have embraced the TOPS lifestyle and Keep Off Pounds Sensibly:

<b>Cumulative Years as a KOPS</b>	<b>Number of KOPS</b>	<b>Total Pounds Lost</b>	<b>Average Pounds Lost</b>
25+	1,491	34,740	23
10-24	5,645	143,770	25
5-9	5,366	159,003	30
0-4	11,739	402,728	34