

TOPS® Is Family Friendly



TAKE OFF POUNDS SENSIBLY

With TOPS, healthy living is a family affair. We help families learn how to make healthy, sustainable lifestyle choices that benefit the well-being of the entire family.

- TOPS members are not required to eat special foods and are able to prepare healthy meals that all family members can enjoy. With TOPS, there is no need to prepare separate meals for family members who are watching their weight.
- TOPS offers half-price* membership for spouses of current members.
- Children as young as seven years through age seventeen may also join for half-price*. The number of overweight children has tripled since 1976. Overweight preteens and adolescents are more likely to become obese adults and are prone to an increased rate of serious health risks later in life.
- TOPS encourages family groups and makes it easy for families to start their own chapters — the Wetherholt family of Murray, Kentucky embraced the TOPS philosophy of caring support when they joined and all have had remarkable success.
- Through use of the Exchange System and other nutritional tools, TOPS members learn how easy it is to create healthy, balanced meals all family members will enjoy. Portion sizes may be easily adjusted to accommodate those who are not aiming for weight loss.
- In the positive environment of a TOPS chapter meeting, families share tips, ideas, support and encouragement to make healthy decisions with fellow members.

“The ability to eat everyday foods and eat with your family – no fad products or 'program' foods to buy – just learning to eat properly and in proportion are the reasons we selected TOPS for our corporate wellness program.”

Kimberly Dean
Manager of Insurance Services
Boddie-Noell Enterprises, Inc.

* Half-price membership does not include the TOPS News subscription.

For families, sharing one subscription to take advantage of this savings is sometimes preferred.