

What Is TOPS®?

TOPS Club, Inc. (Take Off Pounds Sensibly) is a nonprofit weight-loss support organization. TOPS encourages weight loss and maintenance through mutual support of sensible eating and exercise. The heart of that support comes during weekly chapter meetings.

A TOPS Chapter is a self-help group of like-minded people willing to encourage one another, share information and help each other stay on track as they develop enjoyable lifestyle changes.

■ TOPS Club, Inc. Provides to the Chapters:

Framework

- Weigh-in accountability
- Meeting content guidelines
- Expectations of chapter Officers
- Membership rules
- Forms necessary for operations and communications
- Support of Field Staff
- Website resources and networking with fellow members

Lifestyle Information

- Lifestyle guide, *The Choice is Mine*
- Membership magazine, *TOPS News*
- Professionally prepared chapter programs
- Quick start guide, *My Day One*

Awards and Recognition Programs

- State/Province Recognition Days
- International Recognition Days
- Award items
- Contests
- Ceremonies

■ Members Provide:

Environment

- People to interact—members and chapter Officers
- Meeting place—community centers, churches, schools and libraries are some possibilities
- Scale
- Supplies—notebooks, stationery, etc.