



TAKE OFF POUNDS  
SENSIBLY

# What Is TOPS®?

TOPS Club, Inc. (Take Off Pounds Sensibly) is the original, nonprofit, weight-loss support and wellness education organization. We were established in 1948 to champion weight-loss support and success. TOPS promotes successful, affordable weight management with a philosophy that combines healthy eating, regular exercise, and support and recognition from others at 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
- Expectations of chapter Officers
- Support of Field Staff
- Website resources and networking with fellow members
- Forms necessary for operations and communications
- Meeting content guidelines
- Membership rules

### Lifestyle Information

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

### Awards and Recognition Programs

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

## ■ Members Provide:

### Environment

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

*"I know that serving as Leader requires dedication and time, but it can be managed and is well worth the journey. The commitment serves as accountability for me with my weight-loss goals and keeps me focused."*

Phshikie Mackey, Leader of NCDDES Workplace Chapter

**For more information: 800-932-8677 or [www.tops.org](http://www.tops.org)**