



Wellness with TOPS®

TAKE OFF POUNDS SENSIBLY

TOPS Club helps you to address the fundamental dimensions of wellness:

Social Wellness involves our ability to function in relationship to other people.

TOPS was built on a foundation of support and encouragement from others.

Emotional Wellness involves self-awareness and understanding of our individual coping skills.

TOPS chapters provide a supportive environment where members can express and share feelings in a constructive manner.

Physical Wellness involves a healthy lifestyle that allows us to experience daily activities without undue fatigue or physical stress.

TOPS emphasizes that, regardless of weight, we can all benefit from movement and balanced nutrition. Members take off and keep off pounds safely and sensibly by involving their healthcare professional to set an appropriate goal weight.

Environmental Wellness involves our recognition of a responsibility to effect a positive influence on the environment of our homes, communities and the world around us.

TOPS chapters are involved in highway clean-up and litter campaigns in some areas. Members participate in teamwork and physical activity while also making a positive impact on the community and environment.

Occupational Wellness involves the level of satisfaction and fulfillment we derive from our chosen career or occupation while still maintaining a balanced life.

TOPS' Wellness Initiative addresses rising healthcare costs and obesity rates by helping employees, caretakers, and parents take control of their weight, resulting in a healthier individual and a more productive environment.

Intellectual Wellness involves our openness to new experiences and ideas, as we strive to achieve personal growth, group interactions, and community improvement.

TOPS' up-to-date resources – including our professionally prepared programs, lifestyle guide, and membership magazine – keep members engaged in the pursuit of well-being and lifelong learning as we work hard to enhance their knowledge of health and wellness.

Inner Balance Wellness involves our personal ability to live a life of meaning and purpose that is congruent with our needs and values.

TOPS helps members put all aspects of wellness into proper proportion. Wellness is more than nutrition and exercise. It's about making choices toward a more balanced, healthy lifestyle.