

Top 10 Reasons Why



TOPS® may be the right weight-loss choice for you...

1. We help you Take Off Pounds Sensibly®.

We don't pay celebrities to endorse us, and we don't promise quick fixes or promote unrealistic images of the "perfect" body. Our weight-loss support groups help you focus on making small, steady lifestyle changes that provide lasting weight loss and better health. That's what we mean by "Real People. Real Weight Loss.®"

2. You eat foods you enjoy.

While TOPS® provides sample meal plans and healthy eating advice, we don't sell foods, and we don't advocate a one-size-fits-all diet. No foods are required or forbidden. Instead, members find what works for them, eating the foods they enjoy in moderation.

3. TOPS® provides the "do it"® at weekly meetings.

We offer thousands of local chapters throughout the United States and Canada that provide a nonjudgmental place where people just like you get the support they need to reach their goals. Many members enjoy the camaraderie and make lifelong friends in TOPS®.

4. You can be an online member.

If face-to-face meetings aren't your thing, or if you just can't find a local chapter that fits your schedule, TOPS® offers online support for the same low price.

5. TOPS® is affordable.

Yearly dues in 2017 are just \$48 CAD* in Canada, so it's you and not your wallet that will be feeling lighter. Local chapters set their own dues for incidental expenses, usually about \$5 per month.

*Based on \$36 USD. Adjusted annually to reflect the exchange rate.

6. You get great resources.

We provide a variety of helpful tools free with your membership, including a *My Day One* quick-start guide, *TOPS News* magazine and a members-only website with online tracking tools, recipes, a medical library and more. A variety of books and tools are also available for purchase but are not required for our weight-loss program.

7. TOPS® celebrates your success.

Staying motivated can be challenging, but the TOPS® recognition program celebrates your successes big and small, whether it's praise and recognition for your best efforts during a weekly chapter meeting or at the regional or international level.

8. We don't tell you how much you should weigh.

You work with your doctor or healthcare provider to set a healthy goal weight that's attainable for you.

9. We've helped millions since 1948.

We've helped millions of people like you to make the healthy lifestyle changes that lead to lasting weight loss and better health. A 2010 university study published in a leading medical journal showed that TOPS® is just as effective as well-known commercial programs, but costs much less.

10. You get the support you need to stay at your goal.

Losing weight is hard—keeping it off can be harder. When you reach your goal, you can Keep Off Pounds Sensibly®. KOPS® members hold a special place of honor at TOPS®, and they often find that staying active in their chapter helps them keep their weight off long term.



**Real People.
Real Weight Loss.®**

To try it free, call (800) 932-8677
or visit www.tops.org