

TOPS® Program Overview and Benefits



TAKE OFF POUNDS SENSIBLY

Real People. Real Weight Loss.®

Come to TOPS® to Lose Weight

TOPS® doesn't pay celebrities to endorse us, and we don't promise quick fixes or promote unrealistic images of the "perfect" body. The National Institutes of Health has declared obesity a disease and not a matter of willpower. TOPS® focuses 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.®

TOPS® stands for Take Off Pounds SensiblySM, and we've helped millions of people do that for over 70 years. We're nonprofit and noncommercial, which means we keep our costs low, and we don't accept any outside advertising. We do offer a network of thousands of weight-loss support groups across the United States and Canada. These groups, called chapters, provide a non-judgmental place where people just like you learn how they can make changes and get the support they need to reach their goals.

What Happens at a Meeting

Each meeting starts with a private **Weigh-In**, which is often followed by **Roll Call**, a chance for members to share challenges, successes, or goals *if they would like to share*. Many chapters hand out **Awards** each week or month. Meetings include an **Informational Program** to support your weight-loss efforts. The meeting usually closes with a **Thought for the Week** or other inspirational activity.

TOPS® members **learn** to eat better, move more, and stay motivated through engaging educational programs that our experts prepare and that volunteers present at weekly meetings.

TOPS® members **discover** that ongoing support and accountability are the keys to lifelong health.

TOPS® members work toward a goal weight that they set **together** with their doctor or licensed healthcare professional.

TOPS® members focus on **improvement**—not perfection. They keep their individuality and dignity no matter what they weigh.

TOPS® chapters **recognize and celebrate** the victories big and small that each member has along the way.

Membership Benefits

TOPS® membership is affordable at just \$32 per year in the U.S. and \$48 CAD* per year in Canada, plus nominal weekly dues. For that, members receive:

- *My Day One*, a ready-set-go guide to healthy living
- One-year subscription to *TOPS® News* magazine
- Healthy recipes, 28-day meal plan, weight tracker, wellness videos, self-care program, and more on our members-only website

In addition, many members enjoy the weekly camaraderie and make lifelong friends in TOPS®.

A key element that sets TOPS® apart is our recognition. Celebrating our members' success is important—whether they are losing weight or maintaining their goals as a KOPS® (KOPS® is our term for members who have met their weight-loss goals and now Keep Off Pounds SensiblySM).

Recognition can be:

- Varied by contests and incentives at chapter
- Weekly, short-term, and long-term
- At local, regional, and international levels

A variety of books, educational materials and weight-loss tools are also available for purchase, but are not required for our weight-loss program.

Online Membership

Get started right away!

If face-to-face meetings aren't your style, or if you can't find a meeting that fits your schedule, you can be an online member and still take advantage of our experts' tips and our many print and online materials. Plus, you can choose to join a chapter anytime in the future. To join online, just go to www.tops.org and click "JOIN" or call 800-932-8677.

Join TOPS® Today!

Your first visit to any chapter is free. No advance notice required. Each chapter is a little different, so it's a good idea to try more than one before you join. With thousands of chapters across the U.S. and Canada, chances are you can find one near you that suits your needs using the "FIND A MEETING" page on www.tops.org.

Ask about discounted memberships for spouses and children ages 7-17.

If you can't find a chapter that's convenient for you, it's easy to start your own. All you need is four people. We provide an outline for a year of meetings and a free starter kit as well as guidance from TOPS® Field Staff. Call for details.

*2020 rate based on \$36 USD. Adjusted annually to reflect exchange rate.



For more information: 800-932-8677 or www.tops.org