

Join TOPS Today!

Your first visit to TOPS is free.

When you join TOPS, you will receive a free *My Day One* booklet—a ready-set-go guide for healthy living.

Ask about discounted memberships for spouses and children between the ages of 7 and 17.

To locate a chapter visit www.tops.org or call 800-932-8677



**TAKE OFF POUNDS
SENSIBLY**

International Headquarters
4575 S. Fifth St.
PO. Box 070360
Milwaukee, WI 53207
www.tops.org

Your doctor prescribes the diet. TOPS provides the "do it."

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TAKE OFF POUNDS SENSIBLY

**Powerful Support
for Weight Loss
and Lifelong Health**



**TAKE OFF POUNDS
SENSIBLY**

Come to TOPS to Lose Weight

TOPS Club, Inc. (Take Off Pounds Sensibly) is a nonprofit, noncommercial, weight-loss support and wellness education organization with thousands of chapters in the United States and Canada.

Losing weight takes personal commitment and a decision to do things differently, which can be difficult to maintain on your own. The collective goal to lose weight is a powerful force. Drive and energy generated by a group of like-minded individuals can inspire and motivate you.

TOPS members **learn** how sensible nutrition, portion control, and regular physical activity add quality and years to their lives.

TOPS members are **encouraged** to incorporate change gradually, allowing a healthier person within to emerge.

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

TOPS members work in **partnership** with their healthcare professional to set appropriate goal weight.

TOPS members **benefit** from weekly chapter meetings that provide accountability and camaraderie.

TOPS members **maintain** their individuality and dignity.



"The first time I'd finally lost enough weight to use the scale at chapter was one of the happiest moments of my life."

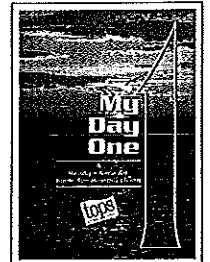
Louise Clanzy,
TOPS 2009
International Queen,
lost more than 228 pounds

Membership Benefits

TOPS membership is **accessible** and **affordable** at just \$26 per year in the United States and \$30 in Canada, plus nominal weekly dues. Chapter meetings include a weigh-in and informational program. Programs support members' efforts to make positive lifestyle changes that will lead to weight loss and wellness.



Immediately upon joining, every new TOPS member receives a free copy of the *My Day One* booklet—a ready-set-go guide to healthy living.



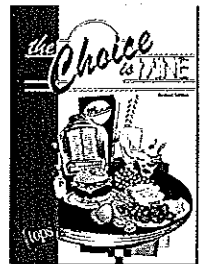
A key element that sets TOPS apart is our **recognition**. Celebrating our members' success is important whether they are losing weight or are maintaining their goals as KOPS (Keep Off Pounds Sensibly). Recognition can be:

- varied by contests and incentives at chapter level
- weekly, short-term, and long-term
- area, state, province and international levels

Membership Tools

Up-to-date lifestyle information is available through a number of tools including

- TOPS' website, www.tops.org
- TOPS' lifestyle guide, *The Choice Is Mine* and its companion workbook
- TOPS' *Food Diary*, useful in tracking daily calories/exchanges
- TOPS' *Tracker*, an achievement log to track weight, measurements and physical activity for two years
- And more!



Find a Chapter

Nearly 10,000 chapters meet weekly throughout the United States and Canada. Visit www.tops.org or call 800-932-8677 to find a chapter near you. Your first visit is free.

Can't find a chapter that is convenient for you? Start one of your own!

Only four people – with a desire to take off pounds sensibly and keep them off – are needed to start a TOPS chapter.



Starting a chapter is easy!

Materials and support are provided by TOPS Headquarters. Call for details.

Online Membership

Get started right away! If attending a chapter meeting is not possible, join TOPS as an online member. You will receive many of the same materials and website access as chapter members. TOPS is best known for our supportive, educational chapter environment and recognition efforts. For this more personal touch, online memberships are fully transferable to chapter membership.



"I don't think I could have lost weight without my TOPS friends by my side. They give me encouragement and hugs. They never let me give up."

-TOPS member Sandra Eakins, lost more than 100 pounds

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