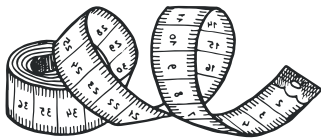


TOP 10 REASONS WHY TOPS CLUB, INC.



is 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. 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.



4. You can be an online member: Can't make it to an in-person meeting or looking for more flexibility? With TOPS online support, you can access the same great tools, resources and motivation—whenever and wherever it fits your schedule. Stay connected to your goals with the same low price and all the encouragement you need!



5. TOPS is affordable: New member packages start at less than \$6 a month, so it's you—not your wallet—that will be feeling lighter.



6. Access to great resources: We provide a variety of free tools with your membership, including a **My Day One** quick-start guide, **TOPS News** magazine and a **members-only website** with online tracking tools, recipes, inspiration calendars and more. A variety of books and resources are also available for purchase in our store, but are not required.



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. TOPS provides the blueprint: We offer **thousands of local chapters** throughout the United States and Canada that provide a nonjudgmental place where people get the support that they need to reach their goals. Many members enjoy the camaraderie and make life-long friends in TOPS.



9. We've guided millions since 1948: We've **helped millions of people** like you make healthy lifestyle changes that lead to lasting weight loss and better health. Several university studies published in leading medical journals 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 in their chapter helps them keep their weight off long-term.

**Learn more at www.tops.org
or by calling (1)414-482-4620.**