

TOPS = Take Off Pounds Sensibly

TOPS Club, Inc. is the original, nonprofit, weight-loss support and wellness education organization. We were established in 1948 to champion weight-loss support and success. TOPS promotes successful, affordable weight management with a philosophy that combines:

- healthy eating
- regular exercise
- wellness information
- awards and recognition
- support from others at weekly chapter meetings

TOPS Fees:

TOPS' annual membership fee is \$26* in the US, plus nominal chapter fees (\$2 per meeting) collected for local chapter expenses. If members' spouse and children age 7 through 17 join and prefer not to receive their own copy of *TOPS News*, they pay half price.

TOPS Membership:

TOPS is comprised of men, women, and children age 7 and older, with about 170,000 members in nearly 10,000 chapters throughout the United States and Canada.

Visitors are welcome to attend their first TOPS meeting free of charge.

Members meet weekly in their local chapters, where they receive positive reinforcement and motivation in adhering to their food and exercise plans.

New members consult with their healthcare professionals to obtain a healthy goal weight and share it with the chapter Weight Recorder.

A private weigh-in is followed by an interactive program focused on various aspects of a healthy lifestyle.

Chapters elect volunteer Leaders and officers from their membership.

TOPS Offers:

- A system of competition, awards and recognition for success, effort and support
- A variety of useful tools, including The Choice Is Mine, a healthy lifestyle guide
- Retreats, rallies and recognition events
- *TOPS News*, a membership magazine included in the annual membership fee
- Online access

TOPS Cares:

A network of professional Field Staff guides the volunteer chapter Leaders.

A nine-member Board of Directors administers TOPS internationally.

Since 1966, TOPS has provided more than \$8 million from earnings and members' contributions to establish and support a medically-oriented obesity and metabolic research program at the Medical College of Wisconsin in Milwaukee. Findings from these studies have been published in more than 140 papers and medical journals. Volunteer TOPS members are currently part of a landmark research project overseen by Dr. Ahmed Kissebah, medical advisor to TOPS Club, Inc.