

# TOPS

## (Take Off Pounds Sensibly)

*TOPS is a nonprofit, non-commercial weight-loss support and wellness education organization with more than 10,000 associate chapters in the United States and Canada. Website at [www.tops.org](http://www.tops.org).*

### TOPS Offers:

- Friendship and support to motivate healthy lifestyle change and permanent weight loss
- Weekly weigh-ins to track weight-loss progress
- Weight-loss goal approved by your personal physician
- Approved exchange system for meal planning; no special diets or products
- Incentive and recognition programs to encourage and reward success
- Monthly TOPS magazine delivered to your home
- Low cost of \$50 per year (\$26/year national dues plus \$2/month chapter fee)
- Free introductory meetings for potential members

**NC State's Faculty-Staff TOPS chapter meets *weekly***

**Wednesdays, 12:10-1 p.m.**

**Room 2301, Student Health Center**

***We welcome your participation!***

**Faculty and staff questions: [lynda\\_hambourger@ncsu.edu](mailto:lynda_hambourger@ncsu.edu).  
(Student chapter information located on [www.ncsu.edu/health\\_promotion](http://www.ncsu.edu/health_promotion))**