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It's not a diet.
It's a lifestyle.

You're worth it

Most of my life I hid my true self. I lost my health and happiness. I realized I wanted more. I changed my eating habits and added a regular exercise plan. I work hard every day to stay healthy.

—Monica, lost 200.25 lb. with TOPS®



**Real People.
Real Weight Loss.®**

Monica made a choice to change with TOPS® weight-loss support. In a world of quick fixes, TOPS® offers an affordable, doctor recommended alternative that's realistic and effective no matter how much you have to lose. Nonprofit and noncommercial, TOPS® has been helping millions Take Off Pounds SensiblySM for 70 years. Call 800-932-8677

What do you have to lose? Try TOPS® today. www.tops.org/wd

