

Try it  
**FREE**

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

*I asked myself one question:  
Do I love myself enough to  
make healthier choices?*

—Audrey, lost 81.75 lb. with TOPS®

I said Yes



**Real People.  
Real Weight Loss.®**



Audrey 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 Sensibly<sup>SM</sup> for 70 years. Call 800-932-8677

What do you have to lose? Try TOPS® today. [www.tops.org/wd](http://www.tops.org/wd)