

Try it  
**FREE**

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



**I wasn't happy with myself. So I watched my food choices and added exercise into my daily routine. I'm enjoying an altogether better life now.**

**—Crystal, lost 82.4 lb. with TOPS®**



**Real People.  
Real Weight Loss.®**

Crystal 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)