

LEARNING MY TOPS ABC'S

(A)ttending a TOPS meeting is the first step. It takes a
(B)rave soul to admit a weight problem. Overcoming this
(C)hallenge takes
(D)etermination to use maximum
(E)ffort to
(F)ight for
(G)oal weight.
(H)alfway to goal, you'll feel
(I)nspired to stay on the road to a thinner you. Your
(J)ob as a TOPS member is to
(K)now when other members need support.
(L)earn to plan healthy
(M)eals, and
(N)otice other members' losses and get ideas from them as
you improve yourself.
(O)thers will begin to notice the new you.
(P)rove to yourself that you can do it and maybe even
become a
(Q)ueen or king.
(R)ewards will come your way.
(S)upport others so they too can earn awards. Learn the
(T)ruth: that overeating is a bad habit but not
(U)ncontrollable. Make those pounds
(V)anish.
(W)eight loss will take you to
(X)anadu once you are at goal and
(Y)ou realize you have
(Z)ero pounds left to lose!