

What is a KOPS?

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A KOPS is the finished product of all of you. She is the result of months, maybe even years of self-denial, weigh-ins and food charts. She is what you all can be...if you want, and, will be...if you try.

A KOPS didn't just wake up one morning and find herself in a size 10 or 12. She didn't just suddenly lose her desire for chocolate cake and ice cream sundaes. She never did find a cure for shattered nerves when things go wrong. A KOPS just worked, plugging along, looking only to the next TOPS meeting where she hoped she would show the loss of another pound. Her stomach growled from hunger pangs, and sometimes frazzled nerves went uncomforted with excess food.

A KOPS is an overweight person who came to TOPS for help, and you gave it. Your KOPS is your own creation, and should be looked at with love and pride, A KOPS is living proof of what each of you can do. She sat where you are sitting, and felt the pain of overweight as you sometimes do. She dieted like you sometimes do, she hoped like you hope, and wished like you wish. She often watched other KOPS as you now watch her, and silently renewed her pledge to one day reach her KOPS goal.

So I say to each of you: A KOPS is your own success and living proof that someday you will share with her the title of "KOPS."