

Seven Under Three Over

Welcome into the magic land of seven pounds under and three pounds over! In this land live the happy people known as KOPS. KOPS may be found in all sizes and goals. But all KOPS share a heartfelt gratitude to TOPS for helping them reach this magic land. KOPS are humble hearts wrapped in happiness and success with smiles on their faces. They are the pride of their families. The inspiration to their fellow members, and the despair of their leaders when they hit their three pound limit. KOPS realize that they are living proof to every that TOPS can and does help people "take off pounds sensibly." And not only for your own health and well-being, but also for the image of TOPS that you present to the rest of the world. All TOPS share in the happiness that you have found in your new life in this magic land of "seven pounds under and three pounds over." Isn't it a wonderful place to live? We welcome you to KOPS and hope with all our hearts you remain a KOPS for life.