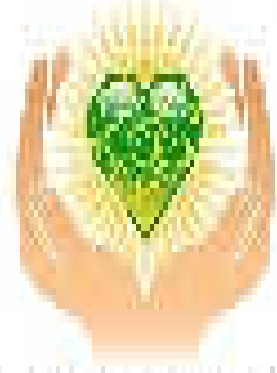


# January 2010 Newsletter

Interested in getting in shape and taking some pounds off with a support system behind you?

Join Root Diggin' Nation's TOPS Group Today!

## A Little About TOPS



### Mission Statement:

TOPS' mission is to support our members as they take and keep off pounds sensibly.

### About Us:

TOPS Club, Inc. is a nonprofit, noncommercial, weight-loss support organization based in Milwaukee, Wisconsin, USA, with chapters located worldwide. Its two-fold objective is to encourage healthy lifestyles through weight-management support groups and to sponsor obesity research. Most members refer to the organization simply as "TOPS," an acronym for "Take Off Pounds Sensibly."

TOPS was founded in 1948 by Esther Manz, as a response to the need to assist overweight and obese people lose weight by setting up a support group system.

Recognition, accountability and physician support remain key elements. An incentive for chapter members who reach and maintain goal weights set by their doctors is acknowledgement as KOPS (Keeps Off Pounds Sensibly) members. This is one of the most challenging parts of successful weight management. TOPS publishes educational material to help its members understand the dynamics of behavior change, good nutrition, increased activity aimed at developing a healthy new lifestyle. Local chapter meetings incorporate all of these elements on a weekly basis.

### Membership:

TOPS has about 170,000 members in nearly 10,000 chapters in the United States, Canada, and numerous other countries throughout the world.

Membership includes women, men, and children.

### Membership Fees:

Dues are \$26 annually in the United States, and \$30 in Canada, plus nominal chapter fees to cover operating costs—on average, less than \$5 per month. Other material is included with membership fees.

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## Rose Beal with Body Tune-Ups, LLC

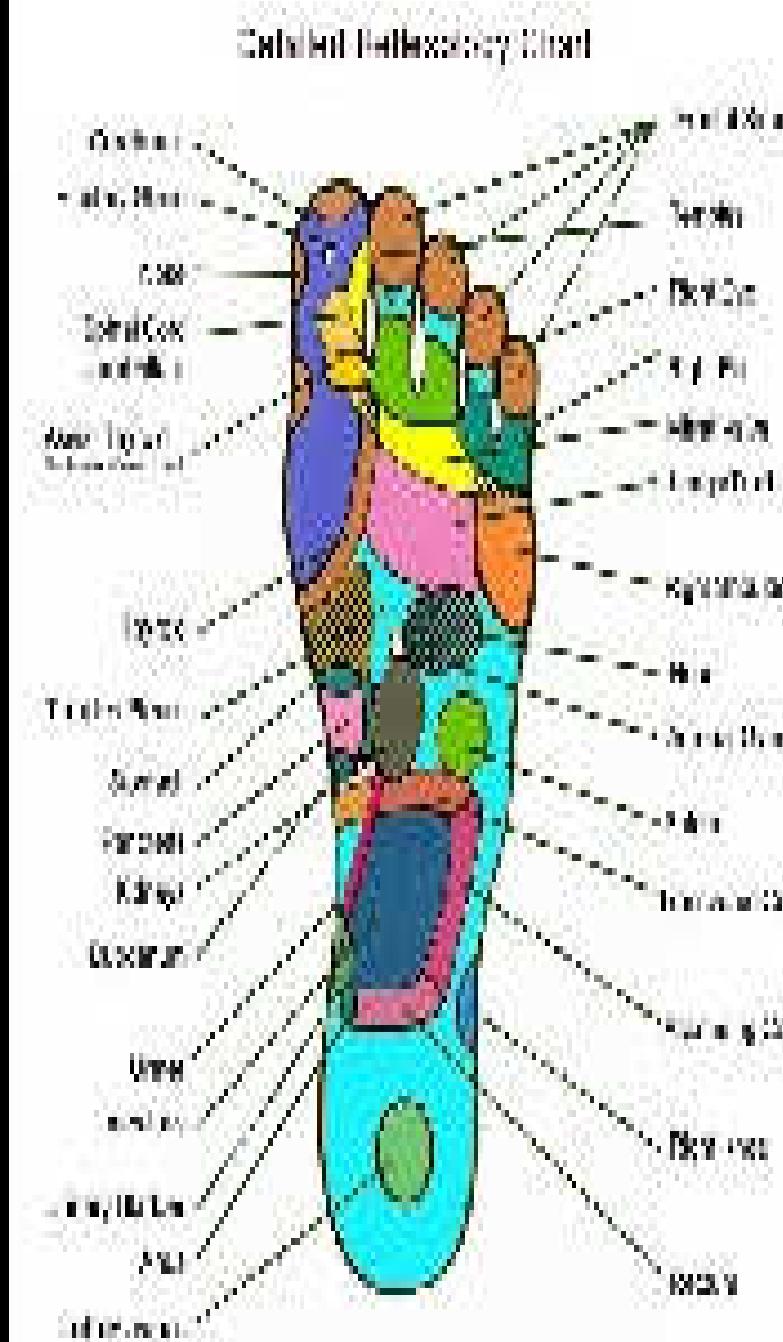
### January Super Sale!

**Buy 1 hour of Reflexology**

**Get one hour 1/2 off!**

**(Savings of over \$24.00)**

**Washington Location Only**



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