

WE'D LIKE YOU TO MEET TOPSI



Meet TOPSI, the symbol of TOPS Club, Inc. You will see her frequently as you go into your battle with overweight. She graces all TOPS publications and is a registered trademark of TOPS. As such, she may not be used by anyone but TOPS.

To our members TOPSI symbolizes themselves as they want to be - slim, trim and attractive. One of our members, some years ago wrote a clever inspirational little ditty about TOPSI. This was taken from the TOPS NEWS after it had been shortened and edited.

I am TOPSI, symbol of TOPS Club, Inc. My arms are outstretched in friendship to all obese persons.

I would like to help you lighten your burden of overweight if you will meet me halfway.

I stand on tiptoe that I might see and aid every person in need of TOPS help, regardless of race, color, creed, sex, financial ability to pay, social position or lack of it.

With my right foot raised, I lead you in a step forward in the right direction.

My head is bowed in humility for no matter how much I may want to I cannot do it for you.

You must do your share.

Only YOU can say "No" to second helpings and rich, fattening foods

Only YOUR hands can keep food from your mouth.

Only YOU can take up a hobby or other constructive activity as a tool in fighting the urge to eat.

I am slender as an example for you to follow.

I wear shoes to protect my feet on the rocky road from overweight to a sensible weight goal.

I represent you, a NEW you! A you who has the character required for self~control.

A you whose willpower is strengthened by exercising it daily.

A you who looks forward with excitement to trying on new clothes. A happier, slimmer YOU.