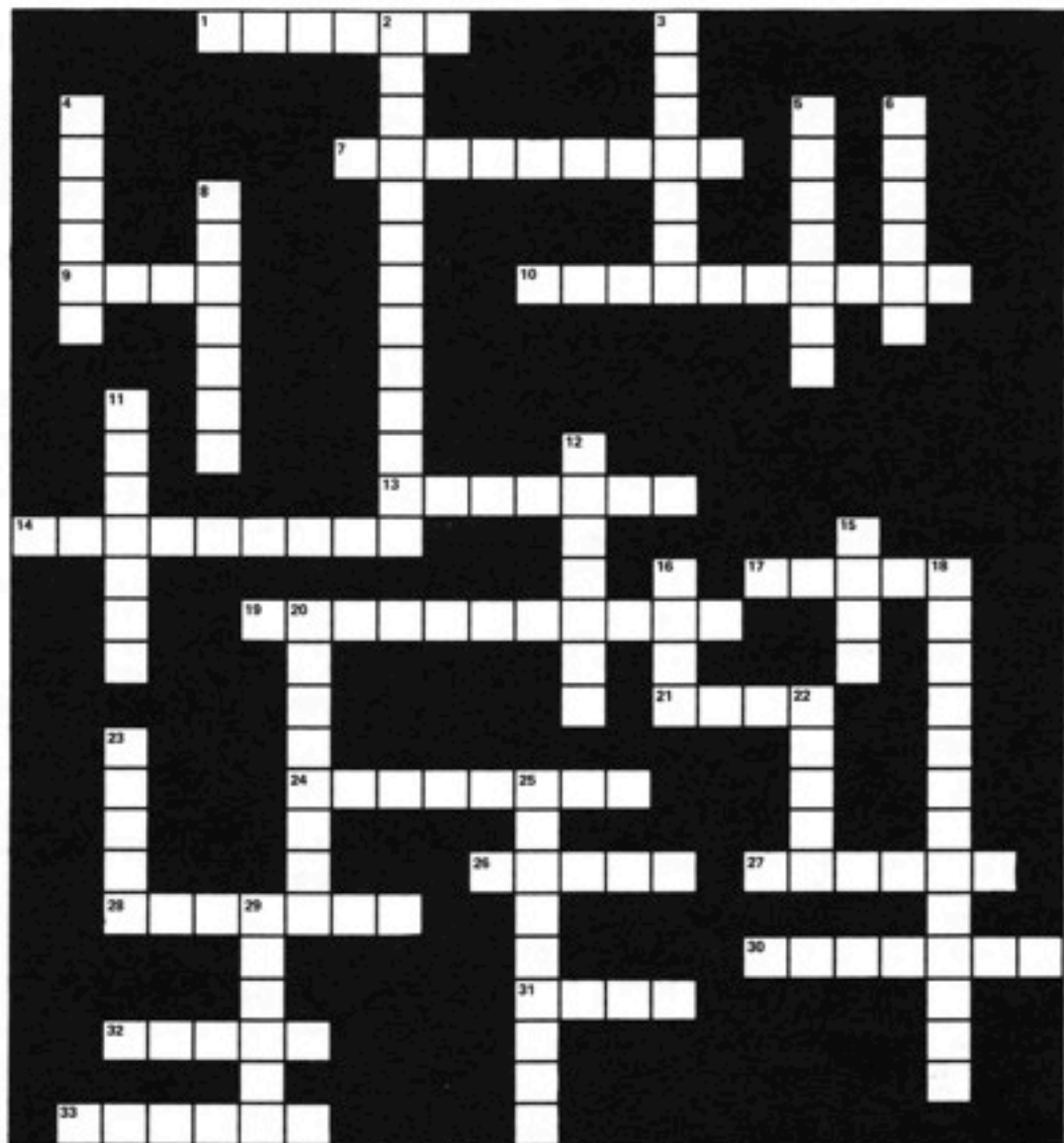


A tops WORD PUZZLE



By Patti Luther, TOPS #IA 56, Creston

ACROSS:

1. Units of weight
7. To get together to honor weight-loss efforts
9. An increase in pounds
10. Temporary lull in weight loss
13. Overweight
14. The study of a proper, balanced diet
17. Expectant mother's weight-loss group
19. Acknowledgment of weight-loss efforts
21. Reduction in weight
24. Units of energy supplied by food
26. Instrument to measure weight
27. Three pounds above and seven pounds below goal
28. Consume more food than we should
30. Local TOPS group
31. Take Off Pounds Sensibly
32. Type of therapy used by TOPS members
33. Feeling you get when daily calorie allotment exceeded

DOWN:

2. Will to attain your goal
3. A strong feeling
4. Solemn promise to lose weight
5. To weigh less than before is to be _____
6. Constant _____ between you and food
8. Weight-loss competition between teams
11. An important part of a balanced diet
12. Secretary's write-up of weekly chapter meeting
15. Keep Off Pounds Sensibly
16. Desired weight
18. KIW *Very old term, stands for "kops in waiting"*
20. This activity helps reducing
22. Common _____ helps us diet well
23. Taken before and after losses to show improvement
25. Thing that helps person keep on dieting
29. To make smaller

(Solution in next month's issue.)

Answers to TOPS word puzzle

