

Why Lose Weight ???

"I wanted to lose weight for my husband. I wanted him to be proud of me. It is embarrassing to be so large that ready-made clothes don't fit you; that you can't sit in a restaurant booth because you are just too large to squeeze in; that you're afraid to sit in chairs for fear they will break or that you will get stuck in them! I just felt like an outcast. It was a wonderful thing that happened to me when I heard about TOPS in 1968."

Alberta Anderson
TOPS #IL 1048, Pekin

"When I became a little older and interested in boys, I realized they wouldn't be interested in me when there were a lot of slimmer girls around. I also knew that if I ever wanted to wear the 'in' clothes and do all the things my friends were doing, I'd have to lose my excess weight."

Kathy Madden
TOPS #KY 181, Greenup

"My mother and several relatives had lost weight in their later years. I didn't want to stay heavy until I got old. Right then I became determined to lose weight now."

Lorena Blanchard
TOPS #AK 20, Kenai

"My doctor said that I . . . had to lose more than 100 pounds if I wanted to live very long."

"I was tired of being overweight and passing up all the 'mod' clothes, especially since we had moved to Hawaii. I felt so self-conscious being on the beach looking like a beach ball instead of playing with one."

Ida Melissa Carter
TOPS #HI 24, Barbers Point

"I wanted to lose weight for my husband. I wanted him to be proud of me."

"I was gaining more and more weight until I wore a size 26½ dress. One day I passed out at work and regained consciousness in the hospital. My doctor said that I had dangerously high blood pressure and had to lose more than 100 pounds if I wanted to live very long. . . . I dieted on my own and lost a little, but I knew I needed help. I had belonged to TOPS for a short time in 1971, and my husband insisted I rejoin. Thank God he did."

Betty Funk
TOPS #VA 343, Coeburn

"One day I was playing with my two grandsons and they wanted a 'horsey back ride,' so down on the floor on all fours I went. My oldest grandson, who was then four, climbed aboard. Failing the first time, he bravely tried to get on again, his little legs sticking straight out across Grandma's broad back. He told me I would make a good elephant if I had a trunk. That did it! Two weeks later I was in TOPS."

H. Jean Ratliffe
TOPS #IL 844, Roanoke

"When my husband and I arrived in Ankara, Turkey, we went to a dinner party with my husband's commanding officer and his wife. That was when I took a long look at myself and didn't like what I saw. The colonel's wife was at least 15 years older than I was, but she looked far more attractive simply because she had kept herself slim and in good shape while I was overweight. I decided that night to go on a diet — again."

"By a lucky coincidence, I read about a new TOPS chapter forming. I remembered what had happened in the past when I went on diets and then gained back the weight, so I decided to give TOPS a try. I joined in September 1974 and reached goal six months later."

Sylvia Dugan
TOPS #TU 9, Ankara

"One day I went shopping with my older sister, who has always been nice and slim. I couldn't find anything that would fit me, and the only size I could even think of getting into was a size 18. There was no way I was going to buy a size 18 with my sister watching. I went home feeling sorry for myself and even cried about it. My husband overheard me and came into the room. He said, 'Judy, no one can do it for you; you have to do it for yourself.' That week I went to TOPS."

Judy Lafreniere
TOPS #MB 1065, Thompson

"There was no way I was going to buy a size 18 with my sister watching."

Because . . .

"When I joined TOPS, I had a 'chip' on my shoulder and was full of anger and frustration. I felt that if I couldn't be witty or popular or beautiful, I could at least gain attention and recognition by losing weight. After I lost some 'easy' weight, I felt I had had enough of dieting. My goal seemed so far away that I thought of quitting. But by this time my attitude was changing. The people at TOPS were interested in me. They were my friends and liked me. If I gave up, I would be letting them down and I couldn't do that. So I kept coming to meetings, telling myself, 'Just this week.'"

Barbara Daley
TOPS #GE 27, Wiesbaden

"I guess I just got tired of being overweight."

"I had dieted several times and would lose 10 or 15 pounds, but they never stayed off. In April 1974 my wife joined TOPS and reached her goal two months later. I saw her figure return to what it was when we were first married. Then I looked at our wedding pictures and said that if she could do this for us, why couldn't I?"

James Moore
TOPS #GE 98, Hanau

"It was one thing to hurt myself by being overweight, but it was something else when my children had to suffer for it."

"My sister's urging me to join TOPS with her coincided with overhearing my daughter's conversation about being embarrassed about having an overweight mother. I was crushed and surprised. I had been heavy all my life and never thought it had bothered my children. I had tried every diet around. I was not convinced that TOPS would be the right way, but I was ready to try anything. Then, 10½ months after joining, I had lost 104½ pounds with no gains and the glorious moment of reaching my goal arrived. Dieting is still something I must work at each day, but the new me is more than worth the effort."

Ruth Gielow
TOPS #WI 440, Sussex

"I guess I just got tired of being overweight. You can stand it for so long and then it hits you and you say, 'I'm overweight and nothing I can wear and nothing I can say changes that.' That's when I decided to buckle down and take off those extra pounds."

Tammy Niswonger
TOPS #IN 848, Bourbon

"The people at TOPS were interested in me. . . . If I gave up, I would be letting them down."

"My daughter came home from school crying because her classmates were making fun of her for having an overweight mother. She said she couldn't understand their feelings. I did a lot of soul-searching and realized my children had never seen me any other way than overweight. My son was starting school, and I couldn't stand the thought of him suffering the same humiliation as my daughter just had. It was one thing to hurt myself by being overweight, but it was something else when my children had to suffer for it."

"Also, my husband had been great about my weight, never using it against me or nagging me about it. I suddenly realized that such a wonderful guy deserved something better than an overweight wife."

Judy Schwanz
TOPS #IA 110, Fort Dodge

"I joined TOPS as a New Year's resolution after I had spent the holidays avoiding 'dressing up' since none of my nice, dressy clothes fit anymore."

Gerrie Jones
TOPS #ST 1, Edzell

"I have five daughters. After the birth of the first four, I knew I was very much overweight. At three of my older daughters' graduations from high school and college, I was really embarrassed because I was so big. I would say that sometime soon I'd diet, but I never did — until after my fifth daughter was born. I started dieting because of her. I want to be in the best of health for her future. I want to be able to go out with her and not feel ashamed of myself."

Agnes Fox
TOPS #VT 45, Danville