



Real Life: The Hands-on Pounds-off Guide

TOPS Club Inc.

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Real Life is 300+ full-color pages of the latest nutrition, fitness, motivational, and medical information available to help you create and sustain a healthy lifestyle that works for you. There's even a section with inspirational stories from TOPS (Take Off Pounds Sensibly) members who share their struggles and successes as they Keep Off Pounds Sensibly. This spiral-bound guide provides a "hands-on pounds off approach to weight loss" with many worksheets, activities, and discussion questions. This book is divided into easily reviewed sections, including: • Balanced Eating • Change for the Better • Moving More • Obesity and Your Health • Keep Off Pounds Sensibly

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