

TAKE  
OFF  
POUNDS  
SENSIBLY®

# TOPS News

Real People. Real Weight Loss.®

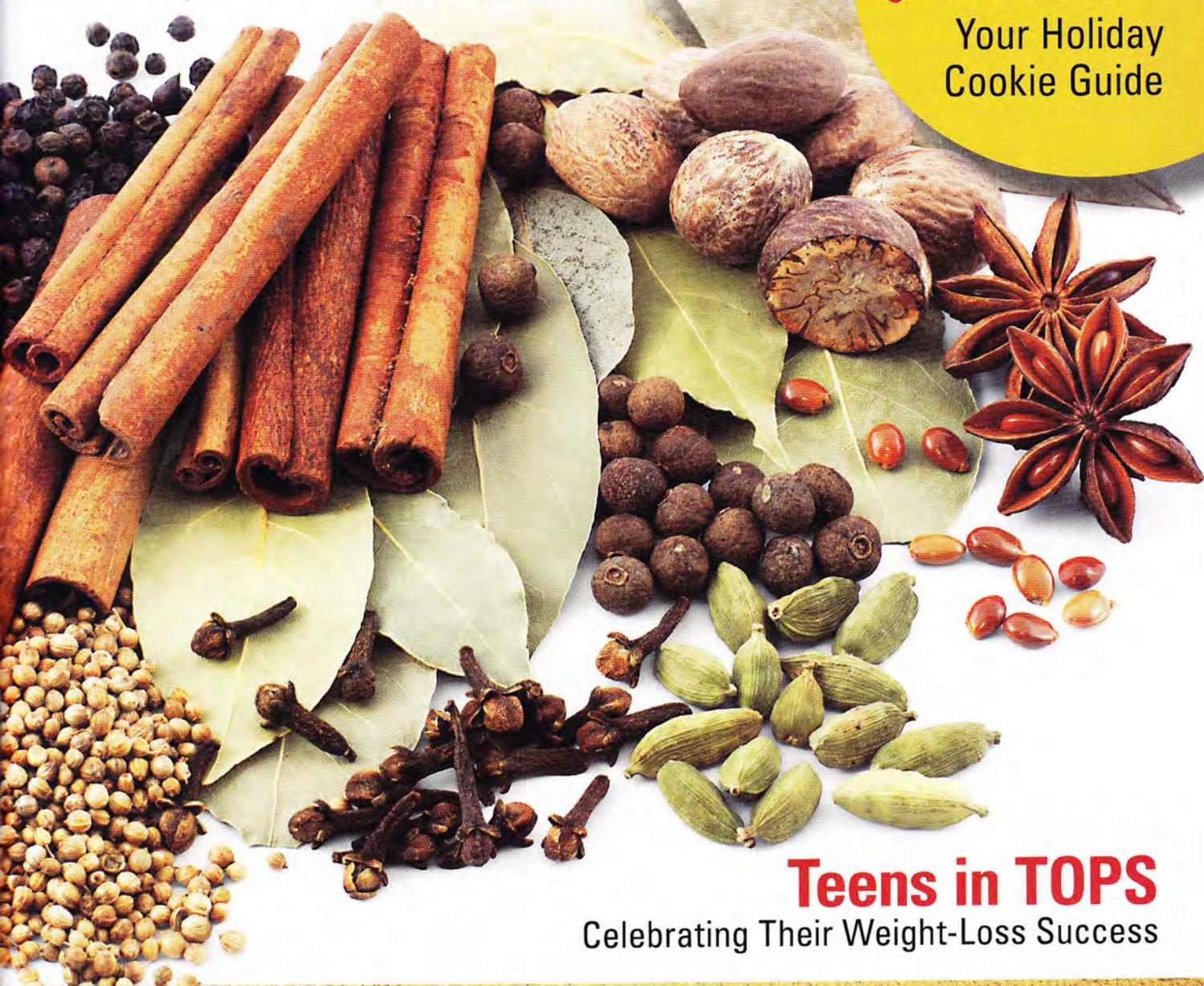
DECEMBER 2015/JANUARY 2016

## SPICE Your Meals Up & Keep Calories Down

5 Hearty, Healthy Winter Recipes

Naughty  
*or* Nice—

Your Holiday  
Cookie Guide



## Teens in TOPS

Celebrating Their Weight-Loss Success

Retro Activity (An  
Old-Fashioned Exercise  
Program!) page SP2

Cold and Flu  
Mythbusting  
page 44

Our New Theme  
Revealed! TOPS is  
a Life Saver page 1

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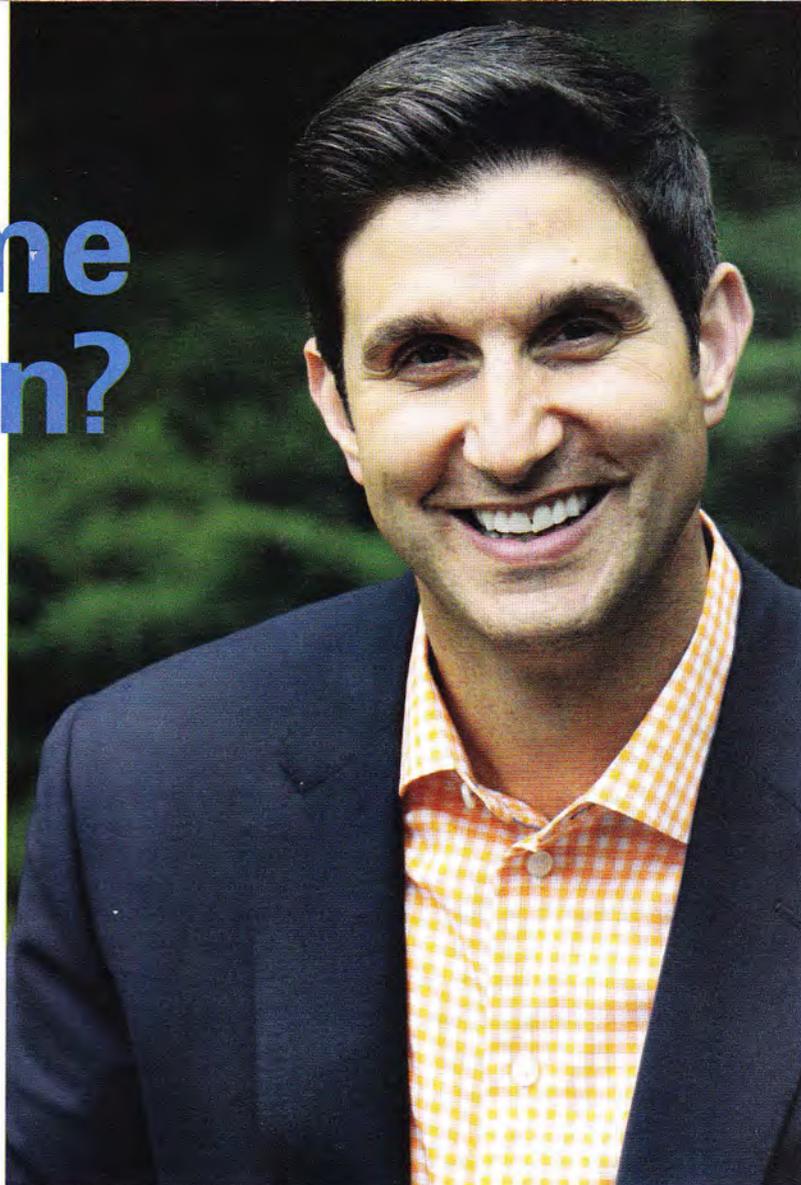
# Need Some Motivation?

## Learn to Live Your Best Life at IRD 2016

**N**ationally renowned professional speaker and author Paul Vitale has been speaking at regional TOPS' events for many years. This year he joins us on our biggest stage of all, at our International Recognition Days in July, where he will share a powerful message to help TOPS members "Energize the Enthusiasm ... that Exists Within."

While the road to success is never an easy one, there are numerous ways to keep yourself and those around you motivated to live the best and healthiest life possible. In his presentation, Paul will challenge members to achieve maximum results by coming face to face with their full potential and striving for excellence.

His message is fit for people from all walks of life and is designed to help members find their weight-loss niche. "With any circumstance in life, you are either going into it, you're in the middle of it, or you're coming out of it," Paul says. "You can either give up, or you can let the frustration and discouragement be the reason to become that much more intentional in your weight-loss journey."



Paul Vitale, motivational speaker and author of *Discover the Now*, can help you live more in the moment. Learn more at [www.paulvitale.com](http://www.paulvitale.com).

In addition to authoring four books, Paul enjoys volunteering with Big Brothers/Big Sisters and the March of Dimes. His energetic and enjoyable presentation style has made him a favorite at countless conventions, seminars and training conferences. Don't miss out on this unique and extraordinary opportunity to hear Paul speak at IRD 2016! ■



Want to get more energized about your weight-loss journey? Hear Paul Vitale's inspiring talk at TOPS International Recognition Days in July. For more about IRD, turn to page 46.