

The background of the image shows the torsos of two individuals, a man and a woman, both exhibiting well-defined musculature. They are standing with their hands on their hips. A semi-transparent blue rectangular overlay covers the central portion of the image, serving as a backdrop for the text.

# YOUR GUIDE TO A HEALTHY WEIGHT

)i(TLS



# WHAT ARE YOUR GOALS?

- Why do you want to manage your weight?
- What is your ideal weight?
- How will your life be different when you achieve your ideal weight?



# WHAT ARE YOUR STRUGGLES?

## Why do you struggle with weight?

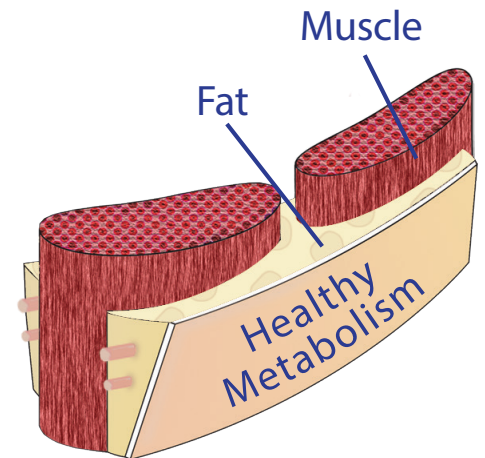
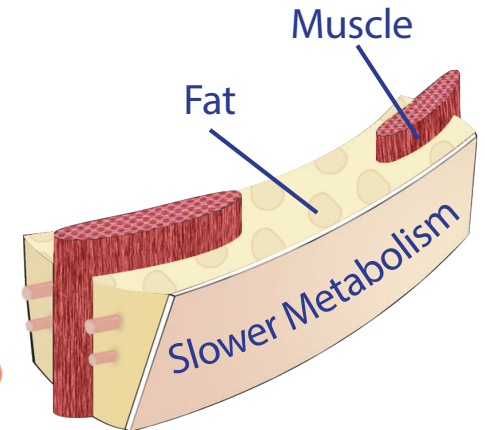
- ☐ Too much to do for everyone else
- ☐ I don't have time to exercise
- ☐ I don't like to cook
- ☐ I spend a lot of time at work
- ☐ I've tried to diet, but nothing has worked / I've fallen off the wagon
- ☐ I make poor food choices
- ☐ I eat too much, too often
- ☐ Other: \_\_\_\_\_





# WEIGHT MANAGEMENT ISN'T UNIVERSAL

- There's no one-size-fits-all plan for weight management. What's right for someone else isn't always right for you.
- Many commercial weight loss programs place an emphasis on what to eat, not how to eat.
- Many programs focus on weight loss rather than actual fat loss. True health and fitness is the result of an optimised ratio of muscle to fat.



The saying goes, "Muscle dictates metabolism." The less muscle you have, the slower your metabolism. The more you have, the stronger your metabolism.



# WHAT IS THE TLS SOLUTION?

## Four Components

### Low-Glycaemic-Impact Eating

- It's about eating right, not eating less.

### Body Composition

- Focusing on fat loss instead of weight loss.

### Science-based Supplementation

- Working with your body to enhance weight management efforts.

### Education

- Being aware and changing unhealthy behaviours for life.



# LOW-GLYCAEMIC EATING

## WHY LOW-GLYCAEMIC-IMPACT?

LEADING A LOW-GLYCAEMIC-IMPACT (GI) LIFESTYLE DOESN'T HAVE TO BE COMPLICATED. HERE'S A QUICK INTRO ON HOW THE GI OF FOODS AFFECTS YOUR METABOLISM AND HELPS YOU BURN FAT.

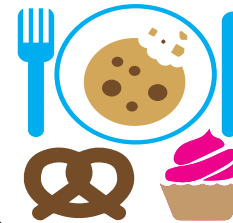
BLOOD SUGAR LEVELS

1

2

3

4



## HIGH-GI FOODS

SPIKE YOUR BLOOD SUGAR, CAUSING YOU TO LEAVE FAT-BURNING ZONE...

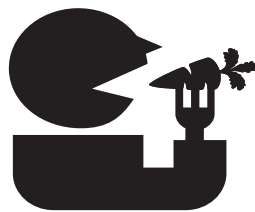


...AND LEAD TO A **CRASH** SAPPING YOUR ENERGY.

6

7

THIS IS YOUR  
**FAT-BURNING ZONE**  
IDEAL FOR WEIGHT MANAGEMENT.



EATING **LOW- AND MEDIUM-GI** FOODS KEEPS YOU HERE.



5

A BALANCED DIET OF **LOW- AND MEDIUM-GI** FOODS GETS YOU BACK ON TRACK TO **FIND YOUR FIT.**





# WHAT ARE YOUR OPTIONS?

The TLS Weight Management Solution is the most customisable weight management program available today.

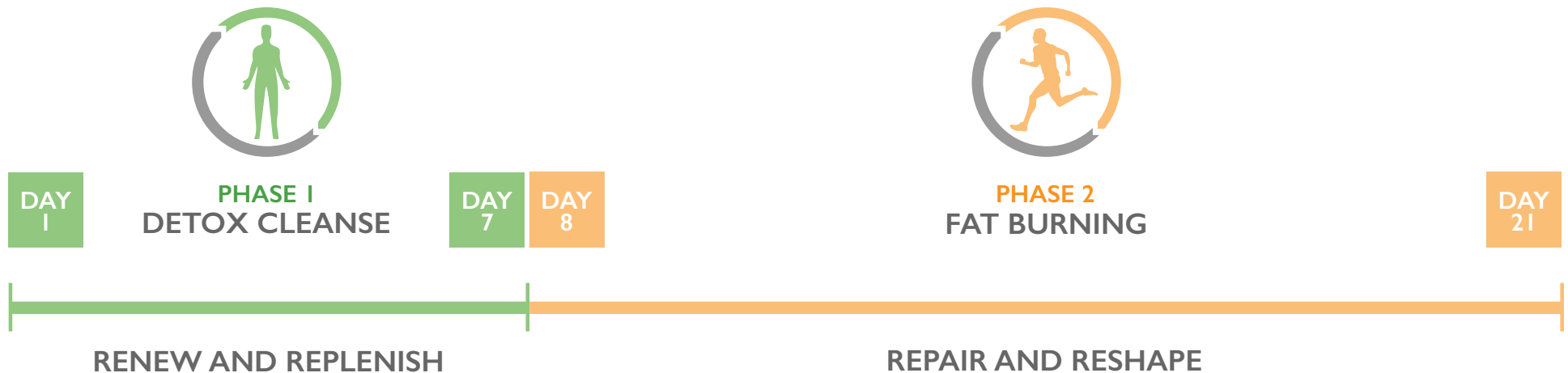
Finding a solution that fits your lifestyle has never been easier.



# 21-DAY CHALLENGE

## Why it's for you:

You're looking for a healthy way to take control of your weight, fast. You're committed to staying focused and following a regimented plan. You want to focus on flushing your body of toxins, curbing your unhealthy cravings and obtaining optimal body composition.



## Results to expect:

The seven-day detox cleanse, Phase 1, will purge the body of toxins, and prepare it for Phase 2, fat burning. With Phase 2, you can lose up to 4.5 kg.



# 21-DAY CHALLENGE

## What you'll do:

### PHASE 1

Follow a strict meal plan:

- ½ lemon in 1 cup warm water every morning
- At least 8 glasses of water (250 ml each) per day
- 3 servings of fruit each day
- Unlimited vegetable servings
- 2 servings of protein each day
- 2 servings of good fats each day\*\*\*
- No grains, starches, dairy, sugars, artificial sweeteners, alcohol or caffeinated beverages (coffee, soda)
- Avoid strenuous exercise; rather enjoy gentle stretches or yoga\*

### PHASE 2

Follow a strict meal plan:

- At least 8 glasses of water (250 ml each) per day
- 6 – 12 servings of vegetables each day
- 2 TLS Nutrition Shakes each day
- 3 – 4 servings of protein each day
- 2 servings of good fats each day\*\*\*
- 1 serving of fruit each day
- No dairy
- Fitness Australia recommends at least 150 minutes of moderate-intensity cardiovascular exercise or 75 minutes of vigorous cardiovascular exercise per week.\*\*
- Take TLS supplements, as directed

## TLS CHALLENGE BOOKLET



## 3-WEEK PROGRAM

\*Consult your physician or other healthcare professional before starting this or any other exercise program. If you experience faintness, lightheadedness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately and consult your physician or other healthcare professional. Do not start this program if your physician or healthcare professional advises against it.

\*\*[http://www.getmoving.tas.gov.au/\\_\\_\\_data/assets/file/0003/45048/Fitness\\_Australia\\_cardiovascular\\_exercise\\_prescription\\_for\\_healthy\\_adults1.pdf](http://www.getmoving.tas.gov.au/___data/assets/file/0003/45048/Fitness_Australia_cardiovascular_exercise_prescription_for_healthy_adults1.pdf)

\*\*\*Unsaturated fats like omega-3 fatty acids (e.g. avocado, flax seed, nuts, olive oil)

# DETOX POWER FOODS

## Why it's for you:

For first-time TLS participants, this four- to seven-day detox prepares the body for the TLS program; for those who experience a plateau, it helps **kick-start weight management efforts**.

## Results to expect:

Varies by individual; the seven-day plan purges the body of toxins, resulting in reduced energy in the first few days, followed by an increase later in the week.

## What you'll do:

- Remove unhealthy foods ("junk food") from the house
- Follow a strict meal plan:
  - 3 servings of fruit each day
  - As many raw vegetables as you want
  - At least 8 glasses of water (250 ml each) per day
  - 2 servings of protein each day
  - 2 servings of good fats each day
  - Eliminate all grains and starches, sugars and artificial sweeteners, dairy, alcohol, and caffeine (coffee, soda)

## TLS MENU PLANS



### Why It's For You:

You're looking for a kick-start and want to receive the maximum benefit from TLS Weight Management Solution. Whether this is your first time participating in TLS or you're stuck on a plateau, this 4-7 day detox will curb your appetite for sweet, salty and fatty foods while supporting your weight management efforts.

### A Day On Detox:

Below is an example of some of the foods you can eat. Drink at least 8 cups (250 ml each) of water daily, and supplement based on your Weight Management Profile recommendation.





<b>BREAKFAST:</b> WARM LEMON WATER & GREENS-ON-THE-GO	<b>AM SNACK:</b> ZUCCHINI BOATS
<b>LUNCH:</b> BRAISED CHICKEN	<b>PM SNACK:</b> GREEK SALAD
<b>DINNER:</b> EASY STIR FRY	<b>SNACK (optional):</b> HOMEMADE HUMMUS

### Meet our family of products.

The products in your program will be customized to meet your needs.



**Isonix OPC-3<sup>®</sup> with Pycnogenol<sup>®</sup>**

- The highest oral concentrations of the only flavanoid and blood sugar levels in healthy individuals
- Demonstrates anti-inflammatory activity
- Contains antioxidants that protect the cells and tissues from damages by free radicals

**Isonix<sup>®</sup> Multivitamin:**

- Contains 100% or more of the daily value of many essential vitamins and minerals
- Supports metabolism and conversion of food into energy, thyroid function, adrenal function, and hormones
- Aids in performance or improvement of general well being

**Ultimate Aloe<sup>®</sup>**

- A source of over 200 nutrients, enzymes, vitamins and minerals, including 13 of 17 essential minerals needed for good nutrition
- Contains no high fructose corn syrup, artificial sweeteners, thickeners or emulsifiers
- Source of amino acids

<sup>®</sup>Pycnogenol<sup>®</sup> is a registered trademark of Hupha Research Ltd., and is protected by US Patent Numbers 4,488,286, 4,720,054 and 4,772,284.

## 7-DAY CLEANSE



# FAT SHREDDER

## Why it's for you:

For those who are extremely committed to achieving short-term weight management goals, the Fat Shredder program is a high-intensity, two-week weight management regimen. With a focused food guide, a quick but intense workout plan, and the use of TLS supplements, you'll shed fat, add muscle and feel better, physically and emotionally, knowing you can do anything you set your mind to.

## Results to expect:

Lose up to 4.5 kg during this two-week program.

## What you'll do:

- Follow a strict meal plan, with each day consisting of:
  - 6 – 12 servings of vegetables
  - 2 TLS Nutrition Shakes
  - 3 – 4 servings of protein
  - 2 servings of good fats
  - 1 serving of fruit
- Take TLS supplements, as directed

## TLS MENU PLANS



# FAT SHREDDER

## LOSE 4.5 KGS IN TWO WEEKS

### Why It's For You:

You're extremely committed to achieving swift weight management goals through an effective program. You'll shed fat and feel better, physically and emotionally, knowing you can do anything you set your mind to.



### A Day On Fat Shredder:

Below is an example of some of the foods you can eat. Drink at least 8 glasses (250 ml each) of water daily, and supplement based on your Weight Management Profile recommendation.



BREAKFAST:  
VEGGIE OMELETTE



AM SNACK:  
MINT CHOCOLATE SHAKE



LUNCH:  
CHICKEN & VEGETABLE FRITTATA



PM SNACK:  
STRAWBERRY & SPINACH SHAKE



DINNER:  
GRILLED SALMON



POST WORKOUT:  
EGGS

### Meet our family of products.

The products in your program will be customized to meet your needs.



**Nutrition Shake:**

- Healthy meal replacement.
- Includes 24 essential minerals and essential nutrients, including eight B vitamins, and also antioxidants vitamins C and E for protection from free-radical damage.
- Contains 10-11 grams of dietary fibre and 18 grams of high-quality soy protein to handle your hunger.

**Isochronic:**

- Supports healthy blood sugar function.
- Help to maintain cardiovascular health.
- Helps to maintain healthy cholesterol levels.

**Isochronic OPC-3 with Pycnogenol®:**

- May assist in the maintenance of healthy cholesterol and blood sugar levels in healthy individuals.
- Demonstrates anti-inflammatory activity.
- Contains antioxidants that protect the cells and tissues from damages by free radicals.

**Isochronic Multivitamin:**

- Contains 100% or more of the daily value of many essential vitamins and minerals.
- Supports metabolism and conversion of food into energy, thyroid function, adrenal function, and hormones.
- Assists in the maintenance or improvement of general well-being.

\*Pycnogenol® is a registered trademark of Hupay Research Ltd., and is protected by US Patent Numbers 6,916,160, 7,725,960 and 8,172,266.

## 2-WEEK PROGRAM

# RAPID RESULTS

## Why it's for you:

You're motivated, dedicated and committed to do what it takes to reach your weight management goals. You're ready to break unhealthy habits and start shedding fat and centimetres.


## Results to expect:

Lose 0.9 – 1.3 kgs per week.

## What you'll do:

- Follow a strict low-glycaemic menu plan, with each day consisting of:
  - 5 – 6 servings of protein
  - 6 – 12 servings of vegetables
  - 2 servings of dairy
  - No grains or starches
  - 2 servings of good fats
  - 2 servings of fruit
- Exercise (4 – 5 days per week)\*
- Take supplements, as directed

## TLS MENU PLANS



# RAPID RESULTS


LOSE 0.9–1.3 KGS PER WEEK


### Why It's For You:

You're motivated, dedicated and committed to doing whatever it takes to reach your weight management goals. Get ready to break unhealthy habits and start losing fat and weight.


### A Day on Rapid Results:

Below is an example of some of the foods you can eat. Supplement based on your Weight Management Profile recommendation.







**BREAKFAST:**  
VEGGIE OMELETTE




**AM SNACK:**  
CHOCOLATE RASPBERRY SHAKE




**LUNCH:**  
CHICKEN SALAD



**PM SNACK:**  
LETTUCE WRAPS




**DINNER:**  
STEAK WRAPS



**WATER:**  
EIGHT (250 ML) GLASSES DAILY

### Meet our family of products.

The products in your program will be customized to meet your needs.



**Nutrition Shake:**

- Healthy food replacement
- Includes 24 vitamins, minerals and essential nutrients, including eight B vitamins, and also antioxidants vitamin C and E for protection from free-radical damage.
- Contains 10-11 grams of dietary fibre and 18 grams of high-quality soy protein to help you feel fuller.

**Isotonix® Isochrome:**

- Supports healthy blood sugar functions
- Help to maintain cardiovascular health
- Promotes overall health and strength

**Isotonix OPC-3® with Pycnogenol®:**

- Play a role in the maintenance of healthy cholesterol and blood sugar levels in healthy individuals
- Demonstrates anti-inflammatory activity
- Contains antioxidants that protect the cells and tissues from damages by free radicals

**Isotonix Multivitamin:**

- Contains 100% or more of the daily value of many essential vitamins and minerals
- Supports metabolism and conversion of food into energy, thyroid function, adrenal functions, and hormones
- Assists in the maintenance or improvement of general well-being

\*Pycnogenol® is a registered trademark of Hesperay Research Ltd., and is protected by US Patent Numbers 6,986,363; 7,025,056 and 6,577,266.

\*You should consult your physician before beginning this or any other weight management program. Individuals following the TLS Weight Management Solutions can expect to lose 0.9-1.3 kilograms per week.

\*Consult your physician or other healthcare professional before starting this or any other exercise program. If you experience faintness, lightheadedness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately and consult your physician or other healthcare professional. Do not start this program if your physician or healthcare professional advises against it.



# SURE & STEADY

## Why it's for you:

Some people don't dive right into the water; they ease their way in. The Sure & Steady plan helps those individuals looking to make gradual changes to their lifestyle, one day at a time. Throughout this 12-week program, you'll see that even small changes to your diet, regular exercise and support from TLS supplements can help achieve a healthier you.

## Results to expect:

Lose 0.45 – 0.9 kg per week.

## What you'll do:

- 5 – 6 servings of protein
- 6 – 12 servings of vegetables
- 2 servings of dairy
- 1 serving of starches
- 2 servings of good fats
- 1 serving of whole grains
- 2 servings of fruit
- Exercise (3 – 5 days per week)\*
- Take supplements, as directed

## TLS MENU PLANS



# SURE & STEADY

LOSE 0.45-0.9 KGS PER WEEK

### Why It's For You:

You're looking to make gradual changes to your lifestyle and reach your goal weight, one day at a time. With the TLS Sure & Steady program, it's not if you'll hit your goal, but when.

### A Day on Sure & Steady:

Below is an example of some of the foods you can eat. Supplement based on your Weight Management Profile recommendation.





BREAKFAST:  
BANANA PROTEIN PANCAKES



AM SNACK:  
VEGGIES WITH HUMMUS



LUNCH:  
PORTOBELLO CHICKEN PIZZA



PM SNACK:  
GO GREEN SHAKE



DINNER: TENDERLOIN STEAK  
WITH SALSA VERDE



WATER:  
EIGHT (250 ML) GLASSES DAILY

### Meet our family of products.

The products in your program will be personalized to meet your needs.



**Nutrition Shaker:**

- Healthy meal replacement
- Includes 24 essential minerals and essential nutrients, including eight B vitamins, and also antioxidants vitamins C and E for protection from free-radical damage
- Contains 10-11 grams of dietary fiber and 8 grams of high-quality soy protein to handle your hunger

**Isotonix® Isochrom:**

- Supports healthy blood sugar function
- Help to maintain cardiovascular health

**Isotonix OPC-3® with Pycnogenol®:**

- May assist in the maintenance of healthy cholesterol and blood sugar levels in healthy individuals
- Demonstrates anti-inflammatory activity
- Contains antioxidants that protect the cells and tissues from damages by free radicals

**Isotonix Multivitamin:**

- Contains 100% or more of the daily value of many essential vitamins and minerals
- Supports metabolism and conversion of food into energy, thyroid function, adrenal function, and hormones
- Assists in the maintenance or improvement of general well-being

\*Pycnogenol® is a registered trademark of Hugel Research Ltd. and is protected by US Patent Numbers 4,088,046; 4,726,946 and 5,722,466.

\*You should consult your physician before beginning this or any other weight management program. Individuals following the TLS Weight Management Solutions can expect to lose 0.45 - 0.9 kilograms per week.

\*Consult your physician or other healthcare professional before starting this or any other exercise program. If you experience faintness, lightheadedness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately and consult your physician or other healthcare professional. Do not start this program if your physician or healthcare professional advises against it.

# CONTINUED COMMITMENT

## Why it's for you:

You're at a healthy weight and are looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but are looking for a plan with flexibility, allowing the occasional indulgence.

## Results to expect:

Healthy, everyday living at your target weight.

## What you'll do:

- Follow a balanced and healthy menu plan, with each day consisting of:
  - 5–6 servings of protein
  - 6–8 servings of vegetables
  - 2 servings of dairy
  - 1 serving of starches
  - 2 servings of good fats
  - 2 servings of whole grains
  - 3 servings of fruit
- Exercise (3–6 days per week)\*
- Continue use of supplements, as directed

\*Consult your physician or other healthcare professional before starting this or any other exercise program. If you experience faintness, lightheadedness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately and consult your physician or other healthcare professional. Do not start this program if your physician or healthcare professional advises against it.

## TLS MENU PLANS



# CONTINUED COMMITMENT

A GUIDE TO HEALTHY, EVERYDAY LIVING AT YOUR TARGET WEIGHT

### Why It's For You:

You're at a healthy weight and are looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but are looking for a plan with flexibility, allowing the occasional indulgence.



### A Day on Continued Commitment:

Below is an example of some of the foods you can eat.



BREAKFAST:  
CINNAMON FRENCH TOAST



AM SNACK:  
CHOCOLATE COCONUT SHAKE



LUNCH:  
VEGGIE BURRITO



PM SNACK: PEANUT BUTTER  
APPLE-CINNAMON WEDGES



DINNER: TWICE-BAKED  
SWEET POTATOES



WATER:  
EIGHT (250 ML) GLASSES DAILY

### Meet our family of products.

The products in your program will be customized to meet your needs.



**Nutrition Shake:**

- Healthy meal replacement
- Includes 24 vitamins, minerals and essential nutrients, including eight B vitamins, and also antioxidants vitamin C and E for protection from free-radical damage
- Contains 10-11 grams of dietary fiber and 18 grams of high-quality soy protein to help you hunger

**Isochronic® Isochronic:**

- Supports healthy blood sugar functions
- Help to maintain cardiovascular health
- Promotes muscle health and strength

**Isochronic OPC-3® with Pycnogenol®:**

- The products are essential to a healthy cardiovascular and blood sugar levels in healthy individuals
- Diuretic and anti-inflammatory activity
- Contains antioxidants that protect the cells and tissues from damages by free radicals

**Isochronic Multivitamin:**

- Contains 100% or more of the daily value of many essential vitamins and minerals
- Supports metabolism and conversion of food into energy, thyroid function, general functions, and hormones
- Assists in the maintenance or improvement of general well-being

Pycnogenol® is a registered trademark of Hupha Research Ltd., and is protected by US Patent Numbers 4,981,361; 5,728,994 and 6,172,364.

\*You should consult your physician before beginning this or any other weight management program. Individuals following the TLS Weight Management Solutions can expect to lose 0.45 - 0.7 kilograms per week.



# FREE WEIGHT MANAGEMENT PROFILE

Find the best custom plan for you based on:

- Lifestyle
- Diet
- Activity levels
- Goals
- Behaviour

The image displays a 'WEIGHT MANAGEMENT PROFILE' form and its corresponding results sheet. The form is divided into several sections: 'WEIGHT MANAGEMENT GOALS', 'BEHAVIOUR & METABOLISM', and a series of numbered questions (1A-9) regarding diet, exercise, and health. Each question has checkboxes for 'Yes', 'No', or 'Average'. The results sheet, titled 'WEIGHT MANAGEMENT PROFILE', lists the questions and provides a space for the user's answers. The form is branded with the 'i(TLS)' logo. At the bottom of the form, there is a disclaimer: 'This product is not a medical device. It is not intended to diagnose, treat, cure or prevent any disease. It is not intended to be used as a general safety precaution, always consult your physician before taking any dietary supplement. i(TLS) is an exclusively licensed product of i(TLS) Personal Care and Nutrition Limited.'



# TLS SUPPLEMENTS & WHEY SHAKES

Available via  Global.  
SHOP•COM



## OVEREATING?

Tame your hunger with TLS CORE Fat & Carb Inhibitor.

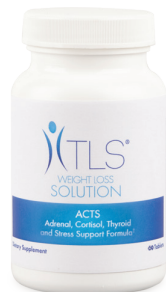
- TLS CORE helps suppress your appetite with the help of LeptiCore®, an all-natural ingredient with the demonstrated ability to enhance weight loss.
- Promote weight loss, help control carbohydrates and help your body stop storing fat with TLS CORE.



## TONING UP?

Slim down with TLS Tonalin® CLA (Conjugated Linoleic Acid).

- TLS Tonalin CLA contains natural ingredients to help redistribute fat to fat-burning muscle tissue, promoting lean muscle mass and decreasing the amount of fat stored in your body.
- A great supplement while on an exercise plan, TLS Tonalin CLA will help your body use fat as fuel, enhancing your lean muscle mass.



## STRESSED OUT?

Stabilise your mood with TLS ACTS Adrenal, Cortisol, Thyroid & Stress Support Formula.

- Don't turn to food to help you deal with stress. Your body's reaction to stress can be directly impacted by the adrenal and thyroid glands and the hormone cortisol, all of which can benefit from TLS ACTS.
- TLS ACTS addresses the root of the problem by helping your body adapt to stress and assisting you with your weight loss.



## BURNING FAT?

Accelerate fat burning with TLS Green Coffee Plus Garcinia Cambogia.

- TLS Green Coffee Plus Garcinia Cambogia helps facilitate the use of stored fat as a source of energy — promoting thermogenesis and accelerating fat burning in the body when used as part of the TLS System.
- TLS Green Coffee Plus Garcinia Cambogia uses Svetol® Green Coffee Extract, the most clinically researched brand of green coffee bean extract.



## BUILDING MUSCLE?

TLS Whey Protein Shakes – Vanilla and Chocolate Flavours

- Muscle dictates metabolism, and TLS Whey Protein is an rB-GH-free, fast-absorbing formula that contains 21 grams of protein with minimal carbohydrates and fat, providing the protein you need and nothing you don't.



Many products are made available through GLOBAL.SHOP.COM. This personal consumption program allows U.S. products to be shipped to Australia that are not available for regular sale in Australia. These products are not listed with the TGA. Any products for personal consumption must be only for your personal use.

# TLS NUTRITION SHAKES

## YOUR #1 CHOICE FOR A HEALTHY MEAL REPLACEMENT



### NEED MORE PROTEIN AND FIBRE?

- A healthy meal replacement shake
- Great tasting nutrition shake available in two flavours: Chocolate Delight and Creamy Vanilla
- Includes 24 vitamins, minerals and essential nutrients, including eight B vitamins, and also antioxidants vitamin C and E for protection from free radical damage
- Easy to prepare – just add water or milk, blend and enjoy
- Convenient, re-sealable canister for easy use and storage
- Excellent source of fibre, contains 10-11 grams of dietary fibre
- Feel full and stay satisfied: packed with 18 grams of high quality soy protein to handle your hunger
- When used in conjunction with regular exercise may contribute to weight loss or weight management
- No colour added
- Good source of calcium
- Low in saturated fat
- No added sugar
- Gluten free
- Vegetarian





# TLS TOOLS

## TLS Journal

The TLS Journal is a comprehensive, inspirational tool for tracking your weight management progress through journaling. This A5-sized book allows you to journal about food, sleep, exercise and your progress. This is important because journaling helps to reshape thinking and learned behaviours — giving you room to set new goals, and achieve them.

## TLS Health Guide

The TLS Health Guide provides information about weight management, and how to achieve it. It explains weight gain, how it happens and how to prevent it.

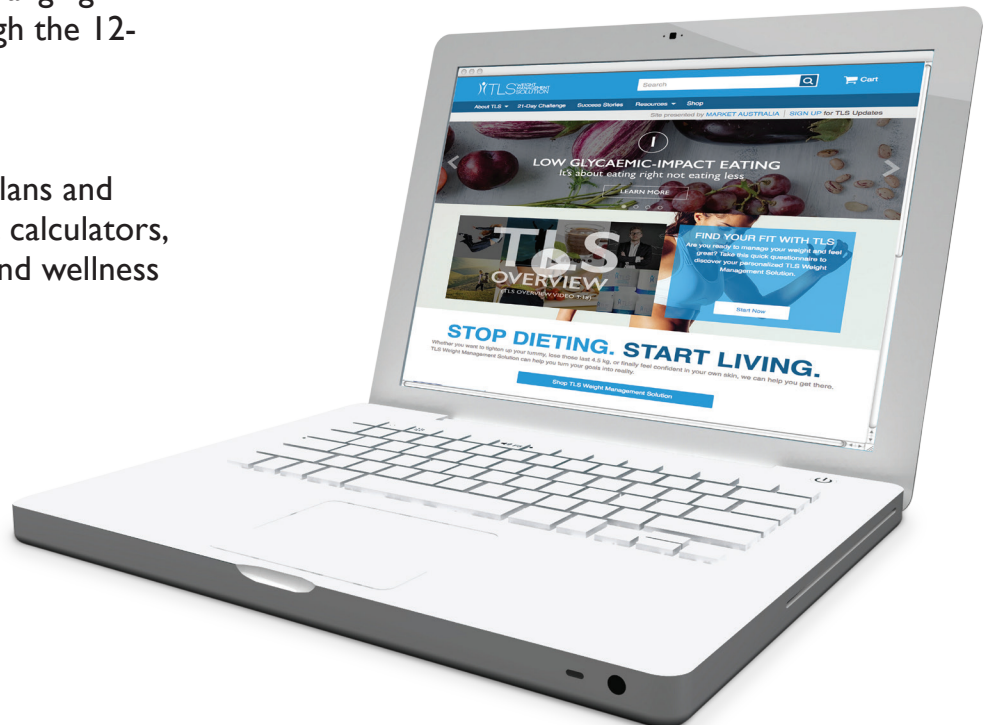
The free *TLS Health Guide*, combined with the TLS Journal, is your first step in securing your weight management commitment to both TLS, and yourself. This comprehensive guide is an essential tool for managing weight and changing your lifestyle, for good as it is specially designed to guide you through the 12-week program with ease.

## au.tlsSlim.com

Our cutting-edge website offers personalised weight management plans and supplement recommendations, educational videos, BMI and body fat calculators, TLS success stories, printable grocery lists, online parties, a health and wellness blog, TLS downloads, and so much more!

## Social Media

Documenting your weight management journey on social media is proven to increase weight loss. Using social media is very beneficial when transitioning because it provides inspiration and support. It's also a great tool for tips and finding fresh ideas or gadgets. Our social media platforms are here to help you. Connect with us on Facebook, Twitter, Instagram and Pinterest. Use our TLS blog to stay up to date on trends and the latest health news.



# Are You Ready?

You have taken the first step in getting healthy by finding TLS.  
But your story doesn't end here. TLS Weight Management Solution  
begins now! It's time to live the life you were meant to!

FIND YOUR FIT

