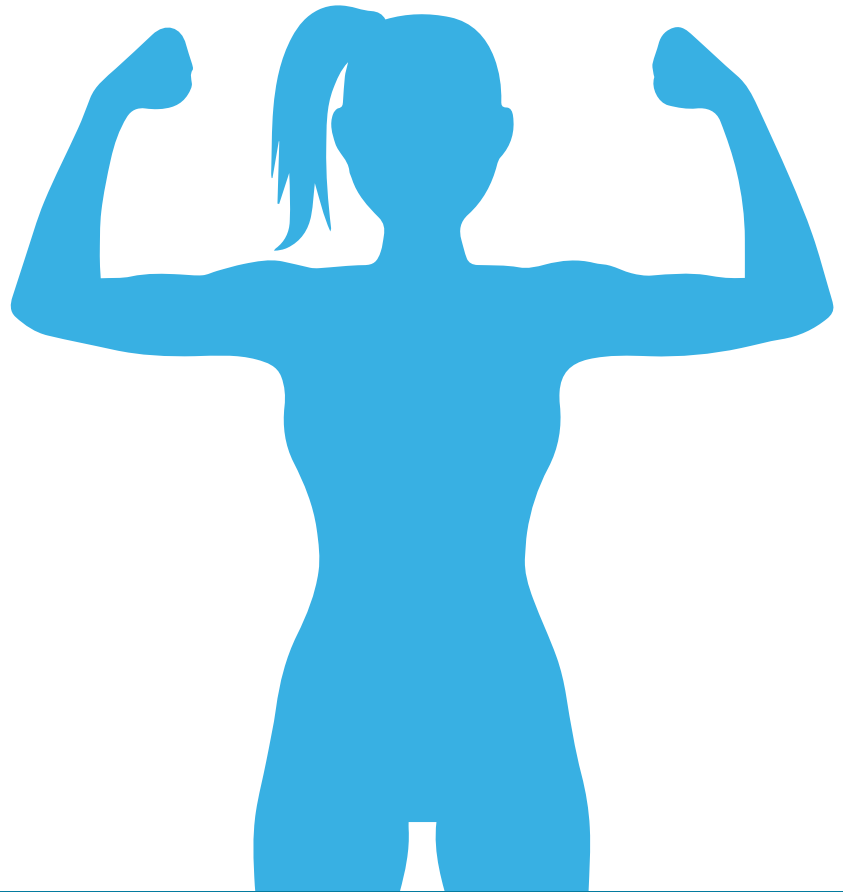


COMPOSITION AND WELLNESS



The Right System

- Emphasises both fat loss and lean muscle retention with a healthy body composition
- Helps you to shed kilos and look thinner in a manner that is sustainable and healthy
- Can translate into countless overall health benefits resulting from a healthy body composition



The “Other” Systems

- May help you look thinner, but results may be short-lived
- Fail to address the important issue of body composition
- Often reduce valuable, calorie-burning muscle, while retaining excess fat
- Increase risk for numerous health concerns due to an unhealthy body composition or rapidly fluctuating weight

Impact of Body Composition

Two-thirds of Australians 18 years and older are overweight or obese. Just one-third were within the healthy weight range.* Approximately 20 percent of overweight Australians may not realise they need to lose excess body fat because they physically appear to fall within a “normal” weight range. Surprisingly, they may still have an altered or unhealthy body composition: a state of carrying too much fat in comparison to lean muscle tissue. In other words, their percentage of body fat is much higher than their lean body mass.



More Than Just Weight

Body weight alone doesn't give a realistic analysis of body composition. After losing weight, it's still possible to have too much fat. Many weight-loss programs shed mostly muscle, giving you the impression that you're healthy because you dropped weight. But losing lean muscle means you burn fewer calories and retain a higher percentage of body fat. Just because you look thin doesn't mean you're healthy!



Achieve a Healthy Body

The TLS Weight Management Solution provides a unique approach to weight management. It's not a fly-by-night diet, but rather a complete lifestyle renovation that helps you achieve a healthy body composition. A higher ratio of muscle to fat often increases the body's metabolic rate, enabling the body to optimise calorie expenditure throughout each day. By targeting fat and preserving muscle, TLS promotes a body composition that keeps fat off long-term, prolonging your health and keeping you lean.