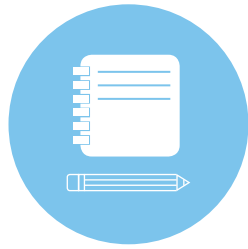
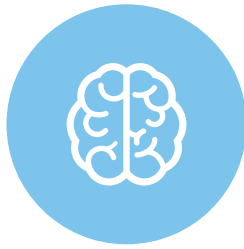


WEIGHT MANAGEMENT IS A JOURNEY & YOU NEED A GUIDE!

WHAT'S IN THE TLS HEALTH GUIDE & JOURNAL?



Journaling pages



Education



Weigh-ins and measurements



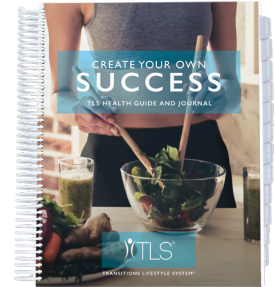
Testimonials



Goal setting pages



Stress and relaxation tips



37%
of the world's adult population are



or



SPACE TO TRACK YOUR WEIGHT LOSS

- ✓ FOOD
- ✓ EXERCISE
- ✓ SLEEP
- ✓ PROGRESS

Using a



6 days a week

nearly
DOUBLES
your
WEIGHT LOSS



DID YOU KNOW?

In a recent survey **1 in 5 Canadians** (about **5.3 million people**) reported height and weight information that categorizes them as obese.

¹ <http://www.sciencedaily.com/releases/2008/07/080708080738.htm>

² <http://www.healthdata.org/infographic/obesity-and-overweight-increasing-worldwide>

³ <http://www.statcan.gc.ca/pub/82-625-x/2015001/article/14185-eng.htm>