



Guide to Thrive

DURING THE HOLIDAYS

Here at TLS®, we don't just want you to survive the holiday season, we want you to THRIVE! We know that with the season approaching, gatherings filled with rich food and beverages come with it, and so do unwanted pounds. We are committed to your health, and to assist you in maintaining your progress and not blowing it all on one season, here are 30 proven tips to have a happy, healthy and TLS-friendly holiday season!



1 Set realistic goals.

For most people, the holiday season is *not* the time to set a goal to lose weight and get shredded. Adding additional stress and pressure to meet a goal like this is not on many Christmas lists. How about a goal to maintain your weight this season? A “zero-pound challenge” is also a fun way to name that same goal.

2 Plan out your cheat meals.

There are days coming up when you know you’re going to indulge! So, plan for it and stay on track the other days. Whether it’s having your favourite pie from Aunt Sue or Grandpa Jack’s famous stuffing, plan the night, meal or item you are going to enjoy guilt-free. TLS® is not about deprivation; the key is to plan your cheat meals and stick to that plan. Dining out? Have a TLS-friendly entrée and choose which one of the three is your indulgence: an appetizer, a dessert, or an adult beverage. Then enjoy it guilt free! You’re welcome.

3 Communicate your goals.

In order to achieve the goal of maintaining and not gaining this holiday season, it’s important to communicate to friends, family and co-workers your goal and plan. They are far more likely to support you if you request for support clearly. Let them know specifically how they can support you and why it is important to you. Keeping your goal a secret will end poorly, but a little support and accountability goes a long way!

4 Learn from the past!

Every year at the exact same time, the holidays come ... and overeating and drinking lead to feeling bad, guilty and with a lot of regret in January. *If it’s predictable, it’s preventable.* Why rinse and repeat guilt and regret? Learn from it, and this year, commit to doing it just a little bit differently so you can enjoy the entire season. That is what it means to *thrive*.

5 Bring TLS-friendly snacks wherever you go.

Big purses or small coolers are your best friends. We all know running around with a million errands and to-do lists means time we didn’t expect spent driving around, skipping meals and ending up in drive-throughs. Pack a small cooler with boiled eggs, cut-up vegetables, a salad, fruit and your **TLS Nutrition Shake**, and you’re set. A little prep prevents unwanted pounds!

6 Avoid snacks in the breakroom at work.

Office treats, snacks and homemade baking are everywhere this time of year — avoid the breakroom at all costs. Bring your **TLS Nutrition Shake** or other TLS-friendly snacks to work! Did you know you can bake delicious flour-free, sugar-free muffins and breads with our shakes? Download our free Shaking & Baking recipe document [here](#).



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it’s preventable.



The next 8 tips are a survival guide for holiday parties and festivities.

7 Use smaller plates for buffets.

It's inevitable that you'll end up encountering the all-too-tempting buffet-style party table. Grab the smaller plate or napkin to serve yourself as a way to gently remind you of smaller portions.

8 Go to the party full!

Eat a healthy snack or meal, or have a TLS® Nutrition Shake before going to a party to ease hunger, cravings and temptations. Our **TLS Nutrition Shake®** has 18 grams of protein, 10 grams of fiber, and 22 essential vitamins and minerals. If you add a small serving of your favourite fruit, some spinach, zucchini, cucumber and kale, you will be satisfied, and it won't alter the incredible flavour of the shake.

9 Don't congregate in the kitchen or by the food.

We tend to congregate in the kitchen or near the food table and grab items to munch on unconsciously. Be sure to move away from those areas so you won't be tempted to eat while you talk. Remember, conversation is calorie-free, and connections are more fulfilling!

10 Scope out the food ahead of time.

In order to preselect your choices, scope out the buffet or food options prior to approaching with a plate. This will ensure that you stay away from rich or sweet items. Fill your plate with high-fiber vegetables or dishes first, proteins next and starches/grains last.

11 Watch your portion sizes.

A good visual tool when serving yourself is to use your hand as a guide. Veggie dishes equals the size of your hand. Protein equals the size of your palm. A starch or grain equals the size of your fingers. Strategies from Tips 2 and 7–10 will also help you with this.

12 Maintain your supplement regimen.

We know that when we are busy with holiday preparations and celebrations, we often fall off track, not just with our daily eating and exercise routines, but also with our supplement regimen. So, make an effort to be consistent with your supplement regimen to meet your nutrient needs. This way, even if your diet falls short temporarily, you're still nourishing your body with key nutrients.

13 Avoid drinks mixed with sodas and juices.

We know that additional drinking is part of the season, but remember that alcohol is already filled with empty calories and sugar that goes straight to the waistline. It is also wise to avoid mixing with milk and creams. Unsweetened sparkling or soda waters, fresh lemons, limes, or flavoured liquid stevia's from the grocery store are better options. Choose wisely, set a limit and stick to it.

14 Take your TLS CLA.

Keeping yourself active during the holidays is not only good at helping you maintain your weight, but good for your energy and stress management. You may also want to consider taking **TLS CLA** to provide additional support for healthy glucose metabolism and help your body metabolize fat and carbohydrates.

Thrive this holiday season by sharing these TLS tips with your friends and family who are also looking to stay on track with you!

15 Bring a healthy dish with you. Going to a potluck? Take a side dish or fun salad. Make it tasty and guilt-free, so at least you will have one thing to splurge on. Remember, vegetable dishes don't have to be boring. Need some ideas? Click [here](#) to download numerous TLS® recipes.

16 Hold strong against the social pressure. It can be difficult to be the "only one" not indulging. People tend to say, "Oh, it's okay — just have one," or, "Let go — you only live once," or, "One isn't going to kill you," but they aren't the ones living with the choices. You are strong and independent. This is why Tip 3 is so important.

17 Reward yourself with something other than food. Set up a reward system that includes downtime, a new outfit, tickets to a game or concert, a spa treatment, or something else you enjoy. Breaking the emotional link to food is an important step in having control over food, instead of the other way around.

18 Make sleep a priority. A lack of good sleep disrupts our bodies' ability to repair and regenerate. It also causes us to crave more carbohydrates and decreases our leptin sensitivity, which leads to over-eating and the storing of fat. It is important all the time, but especially during busy and stressful times, to get enough sleep.

19 Be aware of emotional eating. Happy, sad, bored, or stressed — reaching for food is not an uncommon choice. The key is to become aware of when we're doing it and to make a different choice. Choosing to call a good friend for a heart-to-heart, start that project we've been procrastinating on or making a hot cup of herbal tea instead will be far more fulfilling!

*"I eat for fuel, not feelings.
I exercise for life, not punishment."*



**Reward yourself
with something
other than food.**





20 Take your TLS ACTS.

Do the holidays stress you out? Cortisol is our “stress hormone.” Among many other negative effects, it can prevent the body from releasing weight and can even cause us to gain weight. To support a healthy stress response, be sure to take your **TLS® ACTS**. Just check out all these amazing benefits*:

- *Helps reduce the symptoms of stress, such as fatigue, sleeplessness, irritability and the inability to concentrate**
- *Helps to temporarily promote relaxation*
- *Helps in the function of the thyroid gland*
- *A factor in the maintenance of good health*

21 Don't skip meals!

A detrimental strategy is to limit your intake of calories or skip meals leading up to, or after, the big holiday meals. Long term, this has the opposite effect. It puts the body in fat-storage mode. If you starve yourself

during the day, you could wind up so hungry that by the time you sit down at the dinner table, you eat way too much. Eat a healthy breakfast and a protein-packed lunch before the big feast and you will be much better off.

22 Keep exercising!

As busy as you can get, know that even an intense 10-minute workout is better than nothing! Don't stop exercising; this will slow your metabolism and fat-burning. Exercise releases endorphins and helps to reduce stress. A short but intense workout can boost the metabolism for up to 18 hours! Fit in your fitness.

23 Wear form-fitting clothing.

No sweatsuits — you will be less likely to overeat if you wear a form-fitting suit or dress to family dinners or gatherings with friends. Repeat after us: No jogging suits allowed!

24 Start with protein, end with starches.

Eat your plate in this order: lean protein, vegetables, starches and grains, and finally (if you planned a cheat item), end with simple sugars. Remember, protein and fiber blunt the glycemic index and help you feel full. This simple strategy helps slow the breakdown of starches and prevents the spike of blood sugar levels that puts you in fat-storage mode.

25 Take your Thermochrome with Svetol Green Coffee Bean.

Love your sweets and feeling tired with all the holiday preparations? Taking **TLS® Thermochrome with Svetol Green Coffee Bean** helps increase energy and burn fat at the same time. It helps facilitate the use of stored fat as a source of energy and maintains normal blood sugar levels.

26 Eat slowly.

Pausing between bites, taking a deep breath or two, and putting your fork down are all strategies that will aid digestion and allow the body to give you the “I am full” message before you’ve overeaten.

27 Drink water between each cocktail.

For many, alcoholic beverages are a big part of the season, so if you must, drink an entire glass of water between each cocktail/drink to space it out. This will inevitably lessen the amount you drink — reducing the number of empty calories you consume. It should also help with how you feel the next morning. You’ll thank us later!

28 Say positive affirmations daily.

A daily reminder of the goals you set and the behaviors you want to adhere to is very important. Read your goals, look at your dream board and say your positive affirmations daily. Write your own and put them up on your bathroom mirror or fridge. Some of our favourites include:

“Making myself a priority with TLS® is the best thing I can do for myself, my health and my loved ones.”

“I am stronger than my cravings.”

“I am successful at everything I do, and overcoming obstacles makes me stronger.”

“I deserve to be the healthiest version of myself, and my new habits are getting me there.”

29 Reduce guilt — utilize the different TLS programs.

We have multiple plans with TLS that allow flexibility. For instance, if you are currently on Rapid Results, try Sure & Steady or Continued Commitment for the season, a week or even just certain days. This way, you are always on TLS, but still feeling like you get to indulge. We are a lifestyle, not a diet. Learn more about our programs [here](#). Menu plans and recipe books are free for download on each program [here](#).

30 Keep the main thing, the *main* thing.

Isn’t the holiday season more about spending time with those we love? If we keep the main thing, the main thing, we will be more fulfilled at the end of this season, focusing on what truly feeds our hearts and souls — connection with our loved ones. Choose conversation over calories, and creating memories and experiences instead of over-indulging.

We appreciate you reading our Guide to Thrive During the Holidays. Thank you for being a part of our TLS community and we wish you and your family a happy holiday season!

Consider the 30-Day Jump-Start Kit to launch your New Year off the right way.

*These statements have not been evaluated by the Food and Drug Administration. This product(s) is not intended to diagnose, treat, cure or prevent any disease.