

TLS 21 Day Challenge FAQs

Who can take the TLS 21 Day Challenge?

Anyone over the age of 18 years — whether you want to tone up, have 2-9 kilograms to lose or want a jumpstart before you begin another TLS program. You should consult your physician before beginning this or any other weight-management program.

How do I follow the TLS 21 Day Challenge?

Start by purchasing the TLS 21 Day Challenge Kit. This kit includes the TLS 21 Day Challenge Guide and the recommended supplements. Use everything in your TLS 21 Day Challenge Kit and follow the TLS 21 Day Challenge Guide directive.

Why participate in the TLS 21 Day Challenge instead of other TLS plans?

If you aren't ready to commit to a longer TLS plan, but still want to manage your weight, then the TLS 21 Day Challenge is ideal for you. However, it can also be used as a precursor to any of our other TLS plans — especially if you are looking to jumpstart your weight management journey.

Would I take the Weight Management Profile before starting the TLS 21 Day Challenge?

The Weight Management Profile's function is creating customised TLS plans. Since the TLS 21 Day Challenge provides a step-by-step program created for everyone, taking a Weight Management Profile is unnecessary.

What happens after 21 Days?

If you want to continue your weight management journey we suggest taking a FREE Weight Management Profile on tlsSlim.com.au. This will determine the best long term weight management solution for you. If you reached your goal, you may want to consider becoming a Certified TLS Coach. Being a part of the weight management industry and helping others reach their goals is also a great way to keep you on track.

How many times can I take the TLS 21 Day Challenge?

While you can stay on Phase 2 for as long as you would like, we advise repeating Phase 1 no more than every 3 months, or as recommended by your health care provider.

Can I use other TLS or Market Australia products during the Challenge?

The TLS 21 Day Challenge Kit provides all the recommended supplementation you need for the Challenge. However, you may use the optional supplements listed in the TLS 21 Day Challenge Guide for additional support, or other supplements if necessary. Some of the suggested supplements are available on GLOBAL.SHOP.COM for personal consumption, so be sure to visit GLOBAL.SHOP.COM to buy more TLS Supplements. This personal consumption program allows US products to be shipped to Australia that are not available for regular sale in Australia. These products are not listed with TGA.

Do I have to take all of the recommended supplements?

For the best results we suggest using all of the recommended supplements. Success stories from the TLS 21 Day Challenge were based on participants utilising the recommended supplements.

Why is detoxing important?

Detoxing assists with improving your metabolism, curbing your cravings and kick starting your weight loss. It's important to detox because overeating, consuming unhealthy foods and sugary drinks burdens your digestive tract and liver. Overtime, this can lead to poor digestion and the inadequate absorption of nutrients. Foods like refined grains, starches, sugars, and unhealthy fats do not give your body the nutrients it needs. This causes you to feel hungry, tired and bloated — forcing your body to stay in fat storage mode. Your digestive tract and liver work together, so when one is stressed or overworked the other is too. One of the consequences of having an

overstressed or toxic liver is that it becomes so overloaded that it can't fully metabolise fat, which causes vitamin deficiencies and poor digestion.

Is it normal to feel tired during Phase 1?

Yes, during Phase 1 your body is flushing out toxins and refreshing itself, which can cause fatigue. However, midway through Phase 1 you'll experience less bloating and increased energy levels.

Why are the recommended supplements beneficial?

- **Isotonix OPC-3:** This powerful antioxidant with Pycnogenol helps fight oxidation and free radicals in the body.
- **Isotonix Multivitamin:** It delivers 100% or more of most of the recommended daily value of essential vitamins and minerals. It also contains vitamins that support the body's metabolism and conversion of food into energy to support a healthy body weight.
- **Ultimate Aloe:** This great tasting supplement is a source of over 200 nutrients, enzymes, vitamins and minerals, including 13 of the 17 essential minerals needed for good nutrition.
- **Isotonix Isochrome:** This distinctive combination of essential compounds provides nutrients like chromium and Co-enzyme Q10 that can help to support healthy blood sugar maintenance and improve the success of most weight-management programs.
- **TLS Nutrition Shakes:** These delicious chocolate and vanilla shakes are formulated to deliver an optimal balance of protein, carbohydrates and fats in every serving. TLS Nutrition Shakes are perfect for anyone who finds it difficult to get the recommended daily amount of fibre and protein.

What support materials are available for the Challenge?

Support materials include the TLS 21 Day Challenge Guide, overview video and the before and after photograph tutorial video. Additional support is provided by the tlsSlim.com.au website, TLS social media pages, Market Australia social media pages, TLS Health Guide & Journal and your TLS Coach.

Why are dairy and grains not allowed?

The TLS 21 Day Challenge is a strict program designed for intensive weight management. Even high quality dairy and grains can slow weight loss efforts and cause bloating. To achieve the best results dairy and grains should not be consumed.

Can I eat other vegetarian proteins not listed in the TLS 21 Day Challenge Power Foods list?

Yes, clean vegetarian proteins are allowed. Spirulina, chia seeds, organic non-GMO tempeh, and pea and rice protein powders are all great alternatives.

Are the Nutrition Shakes to be used as a meal replacement or as a snack?

During Phase 2, the Nutrition Shakes are recommended as snacks. However, they can be used as a meal replacement if required. We suggest enjoying the Nutrition Shakes with 2 cups of vegetables, such as spinach or kale. Nutrition shakes should only be mixed with water during the TLS 21 Day Challenge.

Can I eat raw nuts?

No, nuts are not on the list of TLS 21 Day Challenge Power Foods. The TLS 21 Day Challenge is designed for intensive weight management, and although nuts have many health benefits the fats from oils are preferred during the Challenge to achieve optimal results.

Do I have to exercise during the TLS 21 Day Challenge?

Exercise is recommended during Phase 2, but not Phase 1 of the Challenge. During Phase 1 strenuous exercise must be avoided, rather enjoy light, gentle stretching or yoga. In Phase 2 exercise is required. While each person may be at a different level, for overall cardiovascular health, Fitness Australia recommends at least 150 minutes

of moderate intensity cardiovascular exercise or 75 minutes of vigorous cardiovascular exercise per week.† If you currently exercise more than the recommendations, it is advised to maintain your current plan. It is important to consult your health care provider before starting any weight management or exercise program.

†SOURCE: http://www.heartfoundation.org.au/SiteCollectionDocuments/physical-activityin-patients-with-cvd-management_algorithm.pdf

http://www.getmoving.tas.gov.au/___data/assetsfile/0003/45048Fitness_Australia_cardiovascular_exercise_prescription_for_healthy_adults1.pdf

How can I become a TLS Coach?

Becoming a TLS Coach is a great way to continue on your journey while helping others with theirs. Ask your TLS coach or Market Australia UnFranchise Owner for more information. If you do not have a coach or Market Australia representative, please email FindYourFit@marketaustralia.com.au.

Where can I learn more about TLS Weight Management Solution or the other programs available?

Watch the [TLS Introduction Video](#) on YouTube, ask your TLS Coach, visit tlSlim.com.au or email FindYourFit@marketaustralia.com.au.

How do I send in my TLS Testimonial?

1. Include your testimonial document and photos in ONE email.
2. Title your testimonial document with your full name, e.g. "Jane Smith TLS Testimonial".
3. Label each photograph with your full name, whether it's a before or after photo, and if it's a side, back or front photo. e.g. "Jane Smith Before Front".
4. Top Tip: Please include how many centimeters and kilograms you lost in your testimonial.
5. Don't forget to sign your Testimonial Waiver.
6. Now you're ready to send everything to FindYourFit@marketaustralia.com.au!

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