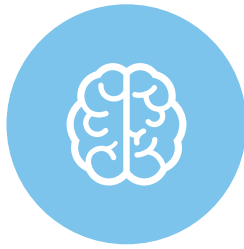


WEIGHT MANAGEMENT IS A JOURNEY & YOU NEED A GUIDE!

WHAT'S IN THE TLS JOURNAL & FREE DOWNLOADABLE TLS HEALTH GUIDE?



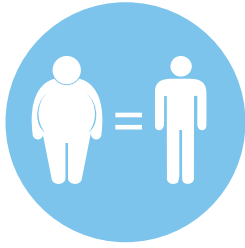
Journaling pages



Education



Weigh-ins and measurements



Testimonials



Goal setting pages



Stress and relaxation tips

SPACE TO TRACK YOUR WEIGHT LOSS

✓ FOOD

✓ EXERCISE

✓ SLEEP

✓ PROGRESS

Using a



6 days a week

nearly **DOUBLES** your **WEIGHT LOSS**³



DID YOU KNOW?

In Australia, more than half (**56%**) of us believe we are overweight.¹ **46%** of Australians have tried to lose weight in the last 12 months.²



63%

of Australian's adult population is obese or overweight⁴



or



¹<http://www.nielsen.com/au/en/insights/news/2015/trimming-the-fat.html>

²Reference: Online survey by the Dietitians Association of Australia of 811 Australian men (October 2015)

³<https://www.sciencedaily.com/releases/2008/07/080708080738.htm>

⁴<http://www.aihw.gov.au/WorkArea/DownloadAsset.aspx?id=60129556760>