



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, lose weight or want a jumpstart before you begin another TLS 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 Booklet and the recommended supplements. Use everything in your TLS 21-Day Challenge Kit and follow the TLS 21-Day Challenge Booklet 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 lose 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 loss journey.

What happens after 21 Days?

If you want to continue your weight loss journey we suggest taking a full 12-week program with a TLS certified coach. This will determine the best long term weight loss solution for you. If you reached your goal, you may want to consider becoming a Certified TLS Coach. Being a part of the weight loss 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 Hong Kong 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 Booklet for additional support, or other supplements if necessary. You should consult your health care provider before beginning this or any other weight-management program.

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 utilizing 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 metabolize fat, which causes vitamin deficiencies and poor digestion.

Is it normal to feel tired during Phase 1?

Yes, during Phase 1 your body is 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?

• NutriClean® Advanced Fiber Powder & Curcumin Extreme™

This supplement uses nutrients, herbs and botanicals to mildly purge, detoxify and cleanse the digestive system.

• TLS® CORE Fat & Carb Inhibitor

TLS CORE assists with weight loss and helps inhibit carbohydrate absorption in the body.

• 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 fiber and protein.

What support materials are available for the Challenge?

Support materials include the TLS 21-Day Challenge Booklet, overview video and the before and after photograph tutorial video. Additional support is provided through TLS Facebook 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 rapid, but healthy weight loss. 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. Highly processed vegetarian or vegan proteins should be avoided.

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 in a pinch. 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 rapid weight loss, 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, the American Heart Association recommends at least 30 minutes of moderate-intensity aerobic activity at least 5 days 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 loss or exercise program.

*http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults_UCM_307976_Article.jsp

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 Hong Kong UnFranchise Owner for more information. If you do not have a coach or Market Hong Kong representative, please email tls@markethongkong.com.hk.



TLS® 21日修身挑戰常見問題

誰人適合參加TLS 21日修身挑戰？

挑戰適合任何18歲以上人士參加 — 無論你是想增加肌肉、減磅，或是在展開另一個TLS計劃前迅速做好準備，都可參加挑戰。

怎樣跟從TLS 21日修身挑戰？

首先，購買TLS 21日修身挑戰套裝。這套裝包括TLS 21日修身挑戰指南和建議補充品。使用TLS 21日修身挑戰套裝內的所有工具，並跟從TLS 21日修身挑戰指南的指示。

為甚麼要參加TLS 21日修身挑戰，而並非其他TLS計劃？

如果你未準備好參加更長期的TLS計劃，但仍希望減重，那TLS 21日修身挑戰就適合不過。你亦可以先參加挑戰，再進行其他TLS計劃，尤其是如果你希望迅速展開減重旅程。

21日後要怎樣做？

如果你想繼續減重旅程，我們建議你與TLS授證教練進行完整的12週計劃。這有助你訂立最佳的長遠減重方案。如果你已達到目標，你可考慮成為TLS授證教練。加入減重行業並協助其他人達到目標亦是助你維持減重成果的好方法。

我可以參加TLS 21日修身挑戰多少次？

你可以按喜好一直進行第2階段，但我們建議最少3個月才重複進行第1階段，或按照醫護人員的建議進行。

挑戰期間可以使用其他TLS或美安香港產品嗎？

TLS 21日修身挑戰套裝已為你提供挑戰所需的一切補充品，但你可以使用TLS 21日挑戰指南所列的補充品以提供額外支援，甚或按需要使用任何其他補充品。開始挑戰或任何其他減重管理計劃前，請先諮詢你的醫護人員。

我需要使用所有建議補充品嗎？

我們建議你使用所有建議補充品，以達到最佳效果。TLS 21日修身挑戰成功故事的參加者都有使用建議補充品。

排毒有何重要？

排毒有助提升代謝、停止你對食物的強烈渴望，並助你快速開始減重。排毒非常重要，因為過量進食、進食不健康的食物和高糖份飲品會對你的消化道和肝臟造成負擔。日積月累，便會導致消化不良和營養吸收欠佳。精製穀類、澱粉質、糖和不健康脂肪等食物無法為身體提供所需營養，令你感到飢餓、疲倦和胃脹，逼使人體進入儲存脂肪模式。你的消化道和肝臟互相合作，如果其中一個受壓或負荷過重，另一個亦然。如肝臟負荷過重或充滿毒素，其中一個後果是無法完全代謝脂肪，導致缺乏維他命和消化不良。

於第1階段感到疲倦正常嗎？

正常，你的身體於第1階段重整，因而會引致疲勞。但到了第1階段中段，胃脹的情況會減少，而且能量水平會上升。

建議補充品有何好處？

• **NutriClean腸道營養纖維粉及薑黃精華** — 補肝排毒配方
這些補充品利用營養、草藥、植物溫和淨化和潔淨消化系統，幫助排毒。

• TLS® CORE高效修身配方控醣 • 控脂二合一

TLS CORE高效修身配方控醣 • 控脂二合一促進減重，並有助抑制人體吸收碳水化合物。

• TLS®高纖蛋白營養飲品

這些美味的朱古力味和雲呢拿味營養飲品經精心調配，每食用份量均含有最理想的蛋白質、碳水化合物和脂肪平衡。如果你難以吸收每日建議的纖維和蛋白質份量，TLS高纖蛋白營養飲品就是最合適的補充品。

挑戰有甚麼支援資料？

支援資料包括TLS 21日修身挑戰指南、TLS 21日修身挑戰概覽短片，以及拍攝減重前後照片的教學短片。TLS Facebook專頁、TLS健康指南和日誌及你的TLS教練亦可提供額外支援。

為甚麼不可進食奶類和穀類食品？

TLS 21日修身挑戰非常嚴格，務求助參加者快速而健康地減重。就算是優質的奶類和穀類食品，都可以拖慢減重進度，並引致胃脹。為達到最佳減重效果，請勿進食奶類和穀類食品。

我可以進食TLS 21日修身挑戰營養食物清單所列以外的素食蛋白質嗎？

可以，你可進食素食蛋白質。螺旋藻、奇亞籽、有機非基因改造丹貝、豌豆和大米蛋白粉都是很好的選擇，但請避免高度加工的素食或純素食蛋白質。

高纖蛋白營養飲品是代餐還是小食？

於第2階段，我們建議以高纖蛋白營養飲品作為小食，但如有需要亦可當作代餐。我們建議於飲用高纖蛋白營養飲品時配合兩杯蔬菜食用，例如是菠菜或羽衣甘藍。於TLS 21日修身挑戰期間，高纖蛋白營養飲品只可以清水混和。

我可以進食生的堅果嗎？

不可以，TLS 21日修身挑戰營養食物清單並不包括堅果。TLS 21日修身挑戰專為快速減重而設，雖然堅果具有眾多健康好處，但我們建議於挑戰期間只攝取來自油份的脂肪，以達到最佳效果。

於TLS 21日修身挑戰期間需要運動嗎？

我們建議於挑戰第2階段運動，但不建議在第1階段運動。於第1階段，請避免劇烈運動，但可進行輕度、溫和的拉筋或瑜伽運動。於第2階段必須運動。每個人的運動水平或有不同，但要促進整體心血管健康，美國心臟協會建議每星期進行最少5次中度帶氧運動，每次最少30分鐘*。如果你現時運動量多於建議，我們建議你維持現有計劃。展開任何減重或運動計劃前，請先諮詢醫護人員。

*http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults_UCM_307976_Article.jsp

怎樣成為TLS教練？

成為TLS教練有助你繼續減重旅程，同時協助他人減重。向TLS教練或美安香港超連鎖™店主查詢更多資訊。如果你不認識教練或美安香港代表，請電郵至tls@markethongkong.com.hk查詢。