



Welcome to Week 10 of your weight loss journey!

We hope you're happy with the progress you've made, and are starting to see a new lifestyle ahead. You can be celebrating your results well before the final weigh-in. As a lead-up to that great occasion, it's a good time to start thinking about progress and results; they're what all TLSers are after. Finding new ways to move toward and maintain results is what TLS® Weight Loss Solution is all about!

Results come in two forms: the measurable and the immeasurable. What's also important to remember is that both count!

We hope you've dropped pounds, burned body fat, and are seeing a better (yet smaller) version of yourself every time you look in the mirror. Even if you've not quite reached your goals by now, it's also a good time to reflect on how the inside job of weight loss is coming.

We're talking about the kind no one can see, but that make up all the hallmarks of health. Things like:

- More energy
- Fewer aches and pains
- Better quality sleep
- Improved attitude and focus

As much as any others, changes like these are a big part of what TLS Weight Loss Solution is all about. As we've said all along, this isn't a diet; it's a lifestyle.

Moving forward, we want you to love every minute of it!