



It's Week 11 of your weight loss journey. We're sure you've seen lots of changes in how you're looking and feeling, and now you have a base of knowledge about proper eating, exercise and what living a leaner lifestyle is all about!

This week, it's time to take things a step further and practice walking the path on your own. This means learning about and playing out different scenarios where you have to adapt to circumstances, and stepping slightly out of your comfort zone. You won't always be completely in control of a situation, but now you have the skills to keep you on your journey!

To get prepared for living a lean lifestyle in a less-than-lean world, try the following:

Dine out, TLS style. It's easier than you think, and is mostly about following a few simple pointers.

- Base your meals on low-GI carbs and lean protein.
- Steer clear of dishes based on rice or pasta.
- Order any dressings or sauces on the side, and avoid any that are based in high-fat dairy, such as cheese or cream.
- If you choose a restaurant that automatically serves bread, chips or other high-GI carbs, politely decline the offer.
- As backup, expect the unexpected with TLS CORE!

For more great tips like these, review the **EATING OUT** section in Chapter Two of your **TLS HEALTH GUIDE AND JOURNAL**, as well as the **DINING OUT QUICK GUIDE**, located in the Appendix – they provide all your need-to-knows for dining out!

Another great test is to figure out an improvised, on-the-spot workout at your home or in your neighborhood, and stay on track with your workout schedule. This gets you ready for when the gym has unexpectedly closed, or that you're called away on business – there's always a way to make it happen!

It may seem a little silly at first, but it really is the ability to adapt to the unexpected that makes the difference in your long-term success. It's just as important to make changes on the inside, and this is a **BIG** one!

Today, if you're willing to do what others won't, odds are tomorrow you'll be able to do what others can't. That's where you're headed, and it's definitely a place worth going!