

WEEK
12

AND NOW, A NEW YOU!



On behalf of all of us on the TLS® Team:

CONGRATULATIONS!!!

Welcome to Week 12 of your weight loss journey!

Just 12 weeks ago, you made a commitment to make a positive change in your life. You planned, prepared and now you've prevailed!

We hope you're proud of your achievements and that you take the time to celebrate, TLS style – this might be treating yourself to a nice meal, picking up some new clothes to fit the new you, or just sharing with friends and family about your journey. Make no mistake: you've earned this moment, and it's worth savoring!

This week, along with a Final Weigh-In and Measurement session, we HIGHLY encourage you to take some high-quality "After" photos that you can send to findyourfit@marketamerica.com. There's nothing we like better than hearing and sharing stories of personal transformations like yours on our TLS blog, so be sure to share your story with us, and who knows? You might make the front page of our weekly feature!

While these 12 weeks have passed, your journey is just beginning: the big question now is "What Next?" ...

- Have you reached your goal? If you're not quite there yet, just log on to tlsSlim.com, reset your Commitment Date, and keep up the good work. You can reach any goal you set if you give yourself enough time!
- Are you at your target weight, but need some help to trim, tighten and tone? Consider making a switch to your Menu Plan, turning your workouts up a notch and switching to supplements like TLS Tonalin CLA and TLS Whey Protein Shakes to help get the job done!
- If you feel like you're right where you want to be and are just looking to maintain the healthy habits that got you there, consider switching over to the Continued Commitment Plan. With a focus on easy routines, balanced eating and regular exercise, it's the plan that will help you go the distance as a TLS Success!

Whichever path you choose, remember that you have now taken ownership of an all-new way of living. When you change the way you see things, the things you see change, and where there were limitations before, now you've got nothing but opportunities.

For now, and always, we want you to remember one thing:

YOU ARE WORTH IT!