



Congratulations on making it through Detox Week – the biggest challenge you’ll face with TLS® Weight Loss Solution is over!

If you’ve learned anything over the course of the past seven days, it’s patience.

Patience (noun): The capacity to accept or tolerate delay, trouble or suffering without getting angry or upset.  
*Oxford English Dictionary*

This is part of the reason Detox Week comes first, and it’s a big part of the mindset that’s necessary for moving forward. Gaining weight isn’t an overnight process and neither is weight loss. TLS Weight Loss Solution isn’t about sweeping things under the rug – it’s about cleaning house!

This means clean eating, clean living and clean thinking. Along with putting patience into practice, here are five points to focus on when moving into your weight loss phase:

- 1) **BRING BACK PROTEIN:** Of all the food groups, this one is most important for weight loss (especially when paired with fiber), because it helps to burn calories and preserve muscle. Start making it a point to include protein and fiber in every meal and snack.
- 2) **GET MOVING:** Even if you’re new to exercise, forming the habit with a 30-minute walk three or four times a week is a great beginning. Over time, you can turn things up.
- 3) **FORM NEW HABITS:** trading old habits for new ones can make or break your weight loss results. Choose wisely, and be consistent with things like daily servings of vegetables, a regular exercise routine and consistent supplementation. Whatever product or products you’ve chosen – TLS CORE, TLS Thermochrome, etc. – make sure you build them into your daily routine. A great way to stay on track is using the Supplement Tracker in your [tlsSlim.com](https://tlsSlim.com) account. This tool even includes options for text message and email reminders!
- 4) **PUT IT IN WRITING:** The habit of journaling cannot be overemphasized. Those who journal and log food have been shown to effectively double their rate of weight loss. Make it a point to journal daily, using your TLS Mobile App or [tlsSlim.com](https://tlsSlim.com).
- 5) **START A SCHEDULE:** A key difference between those who succeed and those who don’t is simple planning. Taking the time to go over your daily and weekly schedule – including grocery shopping, exercise and preparing meals – enables you to stay ahead of roadblocks and detours on your weight loss journey.