



Welcome to Week 7 of your weight loss journey! With your next weigh-in one week away, it's a natural time to be thinking about progress, or the lack thereof.

In other words, it's time to talk about Plateaus.

TLS® Weight Loss Solution defines a Plateau as a period of no less than four weeks during which no weight, no inches and no body fat is lost – if any of these three measurements are continuing to reduce, progress is still being made. As always, the number on the scale is only one out of three reliable indicators of improvement.

On the other hand, if you can confirm that you have lost no inches, no body fat and no pounds for a four-week period, then you'll have to ask a few questions:

- Are protein and fiber being incorporated into every meal and snack?
- Are supplements being taken every day?
- Are at least two liters of water being consumed every day?
- Is exercise taking place most days of the week?
- Can all of these things be confirmed from your journal?

If all of these things are in line, it's time to look at other factors like daily stress, lack of sleep, and dietary inconsistencies. To get some more information on plateaus, we recommend you watch *Overcoming Plateaus* on [tlsSlim.com](https://tlsSlim.com).

For now, take the time to celebrate the progress you've made so far...

From all of us at TLS Weight Loss Solution, CONGRATULATIONS! *(and please, don't celebrate with cake!)*