



Weight Management

- One of the best things you can do to ensure a healthy lifestyle is to have your weight and body fat in healthy ranges
- We recommend a total health program called TLS® Weight Management Solutions which is based on 3 components:
 - Eating Low Glycemic (balancing your blood sugar)
 - Behavioral Modification
 - Exercise

We have supported the TLS program for a few key reasons:

- The focus is on **total lifestyle change not restriction** – it's a program that will teach you how to eat and cook healthy for you and your family.
- It is based on the Glycemic Index - By **eating Low Glycemic** you are balancing your blood sugar levels, which helps minimize the risk of diabetes and heart disease and teaches your body to burn fat not store fat.
- The results are in – average people through a 12-week program **lose over 4% body fat, 4" around the waist and 14lbs.** Most who follow lose a lot more.
- Through **education, behavioral and personal support** people are finding lifetime success with this program

Some overall information on the program

- The program is offered via group setting, self guided or 1:1 and is supported with health journals, literature, great recipes, an interactive website and numerous educational videos and webinars.
- Personalized support to help teach you how to modify current behaviors
- Customized accelerators and nutrients as appropriate
- Education on label reading, stress, exercise, eating out, fats, sugars, grains and a lot more

Contact our recommended Certified TLS coach with questions on the program or how to get started

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