

TLS Weight Loss Solution®

Winter/Spring Agenda 2012

Meeting Tuesdays 6PM at the Grantsburg Fitness Center unless otherwise noted or rescheduled

Week of January 3 – Evaluation & materials prep with Darcy Brookins

January 10 - Week 1 – Jump Start Your Success

View video together

Learn how to accomplish a successful detox and why

“Before” photos (optional)

January 17 – Week 2 – Getting Healthy Body & Mind with the Glycemic Index

View video together

Learn the Level I Eating Plan

Begin using your Daily Journal for journaling and reference

January 24 – Week 3 – Supplements for Success

Review purpose of and options for weight management supplementation

View video at home prior to class

Sampling of **TLS®** products

Discussion of exercise & fitness

January 31 – Week 4 – Healthy Kitchen Basics I and II

View both videos at home prior to class

Weigh and Measure this week!

February 7 – Week 5 – Reading Labels

View video at home prior to class

Learn about label summaries and common mistakes in reading labels

Bring in labels to evaluate together

February 14 – Week 6 – Grains & Your Health (A Calorie is not a Calorie)

View video together

Learn about different carbohydrates and their effect on your metabolism

Discover the benefits of fiber

Begin “New Foods Challenge”

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February 21 – Week 7 – TLS® Plateaus

View video together

Presentation of **Isotonix®** nutritional supplements and developing your personal nutritional wellness program

More product sampling

February 28 – Week 8 - Get off the Sweet Stuff (A Calorie is not a Calorie)

View video at home prior to class

Weigh and measure this week!

Learn about natural and artificial sweeteners

March 6 – Week 9 – Good Fats/Bad Fats (A Calorie is not a Calorie)

View video at home prior to class

Learn why not all fats are created equal and how to make smart & healthy choices

March 13 – Week 10 – Stress & Weight Gain

View video at home prior to class

Learn about hormones and stress and their effect on weight gain

“Emotional Eating” presentation

March 20 – Week 11 – Stop Dieting & Live the Lifestyle

View video together

Evaluation of your TLS Weight Loss Solution® program experience

March 27 – Week 12 – Graduation!

Final weigh and measure and “After” photos!

Self-quiz

Bring your friends and family to help celebrate!

NOTE: you are welcome to invite any family member or friend to any one meeting of special interest or to introduce to TLS Weight Loss Solutions® at no charge.