

TLS® WEBSITE SUBSCRIPTION



PERSONALIZED WEIGHT LOSS
PROGRAM BASED ON YOUR
GOALS AND COMMITMENT
LEVEL



Why Choose a TLS Website Subscription?

A 2001 study found that participants who regularly used interactive web tools — utilized feedback from nutritionists, joined online chats, submitted food diaries, and tracked their progress — lost almost 40 percent more weight than those who only used the Internet for weight loss research.

The TLS Website allows you to participate in a weight loss program in the comfort of your own home. If you are uncomfortable with or don't have time to go a support group meeting, the TLS Website is the perfect fit. The TLS Website provides you with a variety of tools to help you achieve and maintain your weight loss goals. The TLS Website offers menu plans with thousands of food entries, an online daily journal, accelerator reminders, stress reduction techniques, an exercise planner, hundreds of delicious recipes and an online progress tracker for measurements and weight, and much more.

Benefits of a TLS Website Subscription:

- Interactive meal and exercise planning and tracking
- Hundreds of recipes and quick meal options
- 3-D exercise videos to provide techniques and guidance
- Alerts and reminders via email and text messaging to track progress and supplements, helping ensure your success on the program
- Mobile application, syncing the web and mobile app
- Articles and tips on diet, exercise and healthy living to keep you on track

tlsSlim.com is a subscription-based site. Your subscription will be set up on auto payment, which you can cancel any time through Your Account.

6422 (1 MONTH), 6454 (3 MONTHS), 6455 (12 MONTHS)