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***THOUGHTS FROM some of our WEIGHT MANAGEMENT Customers…***

***In the beginning I was not sure about the lifestyle change weight class.  I stuck with it and I am very happy that I did.  I am more conscious of what I eat. It’s amazing how much weight you can lose by changing what you eat.  More people have asked me what I am doing and (saying) that I look good.  I tell them that it’s not a diet, it’s a lifestyle change. The Instructor was very realistic about the difficulty of losing weight and gave very practical tips to stay on track.***

***This class really helped me to keep motivated.  I feel so much better and I have met my goal.  Thank you so much!***

***What I liked best was the discussions with the class and the helpful suggestions from Joe.***

***I thought this program was great.  I’ve been on weight loss programs before that only worked for a short time.  This program is not just a weight loss but a better way to eat for life.  Now I just have to stay on it without our weekly class for support.  Also, I was never hungry and I didn’t have a hard time staring on it.  I still do miss my cookies!!  I just wanted to say how great Judy and Adam were.  They were so supportive and never pushy.  They were a very big part of the reason I stayed on the program.  Adam and Judy were both so up, always working with us to make it work!***

***This program has been such a great help in my goal to lose weight.  My clothes are much looser.  Have gone down one size.  Friends and family members have noticed.  I feel energetic.  I am eating healthier and enjoying it.    Do not miss candy, chips as much as I thought I would.  I would recommend this program to anyone looking to eat healthier and lose weight.***

***The 21-day challenge from TLS has been by far the best program that I’ve ever tried for weight loss.  After getting engaged and starting to plan a wedding, I realized it was time to get control of my weight and I decided to purchase the product.  Never once did I feel hungry while on the challenge, I actually had a difficult time making sure I ate ENOUGH vegetables!  Not only did it provide me with the necessary tools to help kick start my weight loss but it reminded me the way we SHOULD be eating.  After the first couple weeks my cravings disappeared and I was motivated by seeing the results not only on the scale but in my clothes as well!  During the program I lost 13 pounds and I believe that I could have lost more with the addition of exercise which I wasn’t able to do due to time constraints.  I have continued to eat better and be more active for an additional 5 weeks after the challenge and I’m down almost 20 pounds and feel great!  I’m so happy that I decided to use the TLS 21-day challenge to begin my weight loss journey.***

***I have exceeded weight loss goal and plan to try to go lower.  It has helped me learn to watch what is in the food that I am eating.***

***Totally enjoyed the class and knowledge I learned. Finally lost the extra weight I have not been able to get off the past 2-3 years.***

***This class was very helpful.  I feel it won’t be hard to continue.  Very informative.  Learned the reasoning about why foods in the high glycemic level have to be watched.***