

# slim<sup>tlc</sup>™ Fact Sheet

## SLIM TLC is a flexible, effective, livable weight loss program

- Do it all by itself or add it to your current efforts. Do it on your own, with a friend (or friends), or with the help of your personal physician
  - **On your own:** Join SLIM TLC Online<sup>1</sup> (see [www.slimtlc.com](http://www.slimtlc.com))
    - Online education through “TLC University” (TLC = Therapeutic Lifestyle Changes)
    - SLIM TLC Program Materials
    - Troubleshooting guide
    - Bonus: KidTLC Program
  - **With a friend (or friends):**
    - All of the above
    - Support and accountability
    - Have weight loss/exercise buddy (buddies)
  - **Through your doctor:**<sup>2</sup> Also benefit from
    - Professional guidance, support, and accountability
    - An *optional* (you or your doctor may not feel it is wise or necessary), Short-term, Low-dose, Intermittent, Mid-day dose of an appetite suppressant<sup>3</sup>

***That magical intersection  
between what works and  
what’s livable long-term!***

SLIM TLC is based on sound principles of nutrition, fitness, and long-term weight loss:

- The 4:1 Rule of healthy eating and snacking
- Only 15 minutes of daily exercise
- Simple but effective goal-setting and record-keeping
- Education with the latest, evidence-based principles of nutrition and fitness

**Succeed...but this time *for life!***

<sup>1</sup>**Cost: Only \$24.99** – includes \$19.99 sign-up fee and your first year’s subscription (\$5/year) to SLIM TLC Online; no hidden fees or food or supplements to buy

<sup>2</sup>Professional fees apply (we recommend \$75 per visit)

<sup>3</sup>Pharmacy charges apply (is generic; should be inexpensive)

