

# Transitions

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*lifestyle system*<sup>®</sup>

# Transitions



## Your Lifetime Solution

The quest to lose weight is a never-ending one for many, as they flip-flop between diet plans, so-called “miracle” cures, health clubs and other weight loss attempts.

What is the result of these cure-alls? Not much. Many dieters lose weight initially, only to see the pounds come back before trying a new fad or gimmick. In the process, they spend billions and billions of dollars on products that never deliver on their promises. Being overweight is like wearing a bullseye – you are a target for companies trying to make money from your situation.

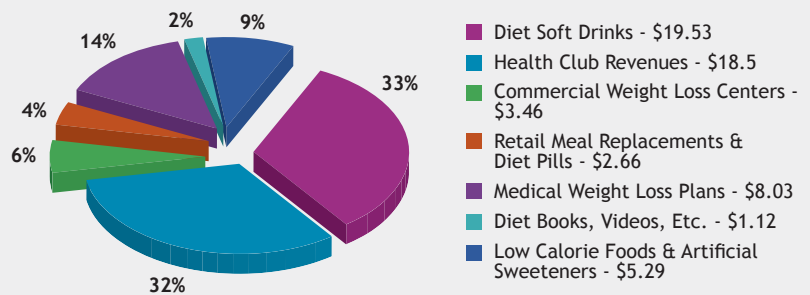
Instead of riding the diet roller coaster, with its ups and downs, twists and turns and – eventually – abrupt stop, you need to make a conscious effort to change. That change is Transitions Lifestyle System®, a clinically proven, customizable, low-glycemic weight management system that fits your lifestyle.

The secret to the overwhelming success of Transitions Lifestyle System can be found in its name. It’s a *LIFESTYLE* change. We do not refer to Transitions Lifestyle System as a “diet,” because the word implies a temporary solution. With Transitions Lifestyle System, you will be able to create lifelong habits that support long-term weight loss and maintenance.

But don’t take our word for it – [spend the next minute learning how Transitions Lifestyle System has changed the lives of regular people like you.](#)



### U.S. Weight Loss Market Sales (In Billions)



Source: Marketdata Enterprises Inc., Feb. 2009



[Click here or on the image to view video: Transitions: Wilmington North Carolina Group Testimonials.](#)

Transitions Lifestyle System focuses on low-glycemic impact eating – foods that work for you, not against you – as well as behavior modification and body composition. The Transitions Lifestyle System provides educational materials, a daily journal, healthy food options and clinically proven supplements for your specific weight loss needs.

## Behavior Modification – How Transitions Lifestyle System® *Does It Right*

Restrictive diets do not work, and are practically impossible to permanently maintain. What *does* work is Transitions Lifestyle System, which is designed to help you abandon your old habits in favor of making better, more healthy choices that will stick with you for a lifetime.

How? By giving you all of the tools to take charge of your life and providing the support and guidance for those times when you need it most.

Our Daily Journal provides that support to help achieve long-term weight loss. Studies have shown that keeping daily track of what you are eating, when you are exercising and other lifestyle changes, is the best way to lose weight and maintain the weight you've lost. The Daily Journal includes information on how to follow the glycemic index (GI), places to record your daily diet and exercise, positive affirmations, stress-reduction exercises, and reminders for taking your supplements so that you can take charge of your weight and begin to form new and healthy habits. The Daily Journal is an excellent accountability tool.

You are not going at it alone with Transitions Lifestyle System. You will have the support of your Customer Manager, and you can also work with a Certified Transitions Lifestyle Coach that will be there with you each step of the way to offer guidance, assurance and – if needed – tough love to keep your energy high and your goals in sight. Whether you decide to join one of a number of Transitions Lifestyle System groups or use a customized plan on your own, a Certified Transitions™ Lifestyle Coach will be there to help you succeed.



[Click here or on the image to view video: Transitions: Live the Lifestyle with Transitions Lifestyle System.](#)

Transitions Lifestyle System nutraceuticals are an important part of the plan, giving many people the extra “boost” they need to achieve their weight loss goals. These products have been created to help support your behavior modification process, helping you make better, healthier choices as you transform into the “new you.”

These consist of our Fat Conversion Inhibitor (FCI) and Carbohydrate Absorption inhibitor (CAI), two fabulous products that help control carbohydrate metabolism; Thermochrome™ with Advantra Z® and South African *Hoodia gordonii*, which can boost energy and help control hunger; Transitions (ACTS) Adrenal, Cortisol, Thyroid and Stress Support Formula, which is ideal for individuals who lead stressful lives and are trying to deal with the accompanying exhaustion; and Transitions CLA (Conjugated Linoleic Acid), which can help reduce the negative effects of visceral fat.



Our most popular product – [Thermochrome™ with Advantra Z® and South African Hoodia gordonii](#) – uses only the highest-quality ingredients, including the only patented Citrus aurantium extract (Advantra Z) for weight loss and physical performance on the market today. Advantra Z promotes a healthy metabolic rate without affecting heart rate or blood pressure, unlike ephedra-based products. It helps the body to build lean muscle, helps increase physical performance by making fat available for energy and stimulates weight loss by promoting thermogenesis. *Hoodia gordonii*, a leafless, spiny, succulent plant that grows naturally in South Africa and Namibia, is considered a South African appetite suppressant that indigenous populations of Southern Africa used to suppress appetite when making long hunting trips.



[Click here or on the image to view video: Transitions Thermochrome with Advantra Z® and Hoodia gordonii](#)

As you can see, Transitions Lifestyle System® is a total-system approach that promotes healthy food choices, behavior modification and body composition changes. It's not just a list of foods you cannot eat – it is about helping you make healthy choices to change not only what's on the outside, but what's on the inside.

## Menu Planning – Eat the *Foods You Love*

How does Transitions Lifestyle System work? It employs the science of the glycemic index (GI) to help you plan healthy meals and snacks. The glycemic index is a system that ranks foods by how much they raise blood sugar. The more a food raises blood sugar, the more insulin your body releases in response. High-GI foods (ones that raise blood sugar more) can cause your body to store more fat. They can also cause the “sugar crash” that leaves you sleepy and tired and more likely to overeat.

This low-glycemic approach to eating is a scientifically proven method that can keep you fuller longer, give you more energy and prevent overeating, all of which allow weight loss to occur.

Monthly Subscription	\$9.95	\$17.96	\$16.95	\$20
	Transitions Lifestyle System	eDiets	South Beach	Weight Watchers
Custom Meal Planner/Log	✓	✓	✓	✓
Recipes	✓	✓	✓	✓
Dynamic Shopping List	✓	✓	✓	✓
Exercise Planner/Log	✓	✓	✓	✓
3-D Demos	✓	✓	✓	✓
Health Progress Tracker	✓	✓	✓	✓
Expert Advice	✓	✓	✓	✓
Distributor Dashboard	✓			
Supplement Tracker	✓	✓		

## Fitness and Exercise Planning – *Muscle Dictates Metabolism*

The human body is designed for activity, and regular exercise helps keep the body working properly. Exercise conditions the heart and lungs and builds lean muscle tissue. This lean muscle tissue is vital to keeping the metabolism high, as muscle dictates metabolism. A pound of lean muscle tissue burns three times the number of calories daily as a pound of fat!

Unfortunately, physical activity has become trivialized in modern times – most jobs today are primarily sedentary, we drive cars to get from place to place, and modern conveniences have taken most of the physical work out of daily life. Our work, family and other commitments often cause structured exercise to fall by the wayside – [more than two-thirds of Americans do not engage in regular physical activity.](#)

Transitions Lifestyle System® invigorates your body, helping to create regular exercise habits, build lean muscle tissue, burn more calories, change the body's shape and rebuild the body's metabolism into a calorie-burning furnace. By continually challenging the body with progressive exercises, Transitions Lifestyle System allows you to maximize your weight loss – and make it permanent!

And with [transitionslifestyle.com](http://transitionslifestyle.com), you have access to an amazing online support site that provides wonderful activity recommendations and plans of action for a healthy exercise program.



[Click here or on the image to view video: What's New with Transitions™?](#)

## Transitions Lifestyle System – Start *Transforming Your Life*

One famous definition of insanity is doing the same thing over and over again, expecting a different result. Most dieters try multiple times each year to lose weight, only to fail. If you are a “serial dieter,” you need a more stable solution, one that will make permanent changes instead of temporary promises. You need to believe there is something out there for your particular needs, something that provides not just answers, but solutions.

It's time for a different approach. It's time to find the answer that's right for you. That answer is Transitions Lifestyle System. Start with a positive attitude that can and will improve your lifestyle, and purchase an affordable TLS Slim and Trim Kit. It transforms your life, your body and your outlook. It gives you the tools – all of the tools – to make lasting changes and become a healthier, happier you.

It all starts by signing up at [transitionslifestyle.com](http://transitionslifestyle.com) or by contacting your Customer Manager. From there, you'll be on your way to transforming not only your body, but your life, in ways that you've only imagined.



*Jumpstart your weight loss program for the new, sexier you.*

**TLS Slim and Trim Kit includes:**

Isotonix® Multivitamin without Iron (1)

TLS CAI & FCI (1 of each)

TLS Daily Journal &

Glycemic Index Food Guide (1 of each)

TLS DVD Series & TLS Testimonial CD (1 of each)

Thermochrome™ Packet (1)

## Transitions Lifestyle System – The Last Weight Management Program

# *You Will Ever Need*



[Click here or on the image to view video: Transitions: Testimonials](#)

[Click here or on the image to view video: TLS Shape Up™ - 2010 World Conference](#)

