



360 IN BALANCE

A 360° Conversation on Health & Fitness

Low energy? Could lose some weight? Feeling stressed? 360 In Balance is the system for all of these needs, and a 360 Advisor is the person to help you get the results you want.



With 360 In Balance:

- you can take control of your own health and fitness forever
- you can be the master of your energy, weight and stress
- you can make it happen using a single system

What will a 360 Advisor do for you?

A 360 Advisor will personalize the 360 System for you and serve as educator, trainer and strategist to get you feeling, performing and looking your best.

We begin with an assessment of your current condition. Using this information we define the recommended foundations for three domains: food, activity and rest. For example, your food foundation will identify the proper types of food you should eat, how to choose the right amounts, and what's the best timing for eating meals. As you will learn, these are a foundation's controls for type, amount, and timing.

Each foundation serves as a solid starting point, and your 360 Advisor will show you how to modify them to reach your specific goals. 360 is not about creating a new dependency but putting you permanently in the driver's seat. The tools and information we provide will empower you for the rest of your life.

Why have diets, gimmicks and fads failed you?

On average, each diet attempted results in five pounds of weight gained. People buy equipment they either never use or use improperly. Many even risk their health with false promises of overnight improvements.

360 In Balance is based on established science and has been developed specifically as an easy to use system for sustainable results. And 360 adapts to your changing situations. Traveling? Little time? Really tired? That's no problem because you will have the foundational knowledge as well as the understanding of how to adjust each foundation for whatever life throws at you.



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What results can I expect from 360?

You can expect to find a program that is simple to use yet capable of producing positive life-changing results. You can go from tired to energetic, stressed to in control, and overweight to fit.

And you will be able to measure your progress. Since you can't manage what you can't measure, 360 gives you the tools and information to measure and manage to get the results you have always wanted.

Top 10 Necessary Changes for Health & Fitness

| | Say No To: | Say Hello To: |
|----|--|--|
| 1 | quick-fix fads with results that never last | 360's sustainable, science-based system |
| 2 | dependencies on bad food, caffeine or most supplements | plans for moving you gradually and permanently into optimal choices |
| 3 | doing the same boring thing again and again | a wide variety of options for managing your meals, activity and rest |
| 4 | negative reinforcement or self-defeating thoughts | a results-orientated system promoting positive outcomes and positive thought |
| 5 | all-or-nothing approaches | a gradual approach with contingency plans in place |
| 6 | rigid and unrealistic diets | a flexible system that adapts to changing situations |
| 7 | inconvenient exercise options | being able to control when, where and how you will workout |
| 8 | big expenses to eat healthy or get proper exercise | very reasonably priced options without frills or planned dependencies |
| 9 | a lack of understanding | comprehensive, empowering knowledge built on information foundations and modification techniques |
| 10 | a lack of support or accountability | 360's Advisors and Wellness Framework |