

“Finally,

A New Year's Resolution

that works!”

NEW YEAR'S RESOLUTIONS

1. Be Fit
2. Eat Right
3. Think Well
- 4.

New Year's Special Offer

Invest in 1 Creating Wellness Assessment,
Get 1 Free! Only \$97 for both!

Dear Friend, Are You...

- Tired of being **“TIRED”**, and wanting to slow the aging process?
- Wanting more energy and **“GET-UP-AND-GO”**?
- Hoping for a **MORE POSITIVE** and **CARING** attitude?
- Ready to **FINALLY MAKE YOU** your **TOP PRIORITY**?
- Longing to excel in **ALL AREAS** of your life (relationship, family, social, fitness, financial), **NOT JUST A FEW**?

And Ready For a Very Positive Change?

The we invite you to learn more about the
Creating Wellness™ Lifestyle Program.

Interested?
Do This Next...

1. REQUEST the **Creating Wellness In Your Life “Master Letter”** to Learn More
2. SIGN UP to attend a **Creating Wellness™ “Preview Evening”** to See It In Action
3. SCHEDULE your **Wellness Assessment**

Schedule Today!

Offer Expires Friday, Feb 12th

Isn't it time, for you... Be Fit. Eat Right. Think Well.

So... what's your Wellness Quotient?

0—50 VERY CHALLENGED	50—75 CHALLENGED	75—100 TRANSITION	100—125 GOOD	125+ EXCELLENT
<p>Unaware of health risk and not taking steps forward</p> <ul style="list-style-type: none"> Easily fatigued Declining or no energy Unhealthy diet Limited to no fitness activities Relying on medication to support health Aging before your time and vulnerable to health crisis 	<p>Inconsistent health and wellness</p> <ul style="list-style-type: none"> Easily fatigued Limited energy Unhealthy diet Limited to no fitness activities Relying on medication Not achieving your wellness potential and aging before your time 	<p>Searching for a healthy lifestyle</p> <ul style="list-style-type: none"> Easily fatigued Limited energy Unhealthy diet Limited to no fitness activities Relying on medication In-between heading towards wellness or aging before your time 	<p>Exploring new wellness strategies</p> <ul style="list-style-type: none"> Not easily fatigued Adequate energy Making good nutritional choices Active Fitness level Decreased reliance on medicine Getting closer to achieving your true wellness potential 	<p>Searching for new level of performance</p> <ul style="list-style-type: none"> Almost never fatigued Extremely Energized Excellent nutritional choices Fitness is natural part of your life Minimal or no reliance on medications Actively living your wellness potential

Your Wellness Quotient — Your Wellness Assessment measures critical factors in all 3 areas of your life: **Physical, Bio-Chemical, Psychological**. Factors like nervous system function, body composition, stress response - and over 50 others that are crucial indicators of your overall wellness. The result? Your **Wellness Quotient**, a numerical rating your level of wellness, or sickness. It shows whether you're older or younger than your biological age, and compares you to thousands in your age range.

Your Customized Wellness Program — Based on the results of your assessment, we create a 3- dimensional program customized to your unique needs. Our software turns the data we've collected into a personal action plan for wellness, your customized *Creating Wellness™* System! [IMPORTANT: You'll be able to follow much of this plan on your own if you choose not to enroll in *Creating Wellness™*. Your assessment will show you where to focus your lifestyle change efforts.]



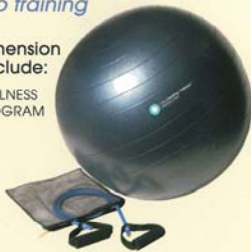
expect MIRACLES

Your Creating Wellness Assessment measures you in all three dimensions of wellness:
PHYSICAL BIO-CHEMICAL PSYCHOLOGICAL

Feel great with customized strength and cardio training

The Physical Dimension Components include:

- CREATING WELLNESS WORKOUT PROGRAM
- WORKOUT BALL
- WORKOUT BANDS



Enjoy the benefits of proper nutrition

The Bio-Chemical Dimension Components include:

- CREATING WELLNESS MEAL PLANNER
- NUTRITIONAL SUPPLEMENTS



Experience life to the fullest with powerful lifestyle advice and motivation

The Psychological Dimension Components include:

- SOUND ADVICE: YOUR WEEKLY AUDIO MAGAZINE
- JOURNAL PAGES AND WEEKLY CHECKLIST



Step 1
Your Creating Wellness Assessment
 We determine your individual needs through state-of-the-art assessment technology and a comprehensive lifestyle survey.

Step 2
Your Creating Wellness Quotient
 From your assessment we establish your wellness quotient. This is the sum total of your current physical, bio-chemical, and psychological well-being and the foundation from which you will begin to create wellness in your life.

Step 3
Your Customized Creating Wellness System

Step 4
Weekly Coaching
 In weekly sessions, your personal coach will help you face challenges, overcome obstacles, and share in your victories! Our personal coaching program is a cornerstone of the Creating Wellness System.

Step 5
Measurable Results
 With reassessments every 5 weeks, you are sure to achieve measurable results. The program adapts dynamically to your changing needs.

reclaim YOUR LIFE

