



360 IN BALANCE

## 360 Group: Sustainable Wellness For Your People

Concerned about the wellness of your employees or members? In need of a solution to control health care costs? Do your people need to manage their energy, weight and stress? 360 In Balance is the system for all of these needs, and 360 Group is the program for sustainable results.



### With 360 In Balance:

- take control of wellness and fitness, forever
- learn to manage energy, weight and stress
- make it happen using a single system

### What does 360 Group do?

360 Group provides your people with their own 360 Wellness Program, customized Wellness Portal, and on-site workshops explaining how to use the 360 System.

Your Group's Members will:

1. learn about the 360 System's fundamentals and optimization techniques in a 90 minute workshop
2. access their own 360 Wellness Portal for exercise instruction videos, activity guides, and interactive nutrition tools
3. get group discounts on 360 Advisor for additional guidance on nutrition, exercise or stress management

Your Group will:

1. gain effective control over health care costs and see improved productivity
2. have members quickly learn the 360 System's "foundation" and "controls" to serve them for a lifetime of changing needs
3. empower members to systematically manage their weight, energy and stress

### What makes 360 Group different?

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 changing situations. Traveling? Little time? That's no problem because the people in your group will have foundational knowledge as well as the understanding of how to adjust each foundation for whatever life throws at them.

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

360 Group is not about creating a new dependency but putting your people permanently in the driver's seat with their wellness. The tools and information 360 provides will empower them for the rest of their lives.



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### What results can we expect from 360?

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

## 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