



# LifeBalance

## Your LifeBalance Program Overview

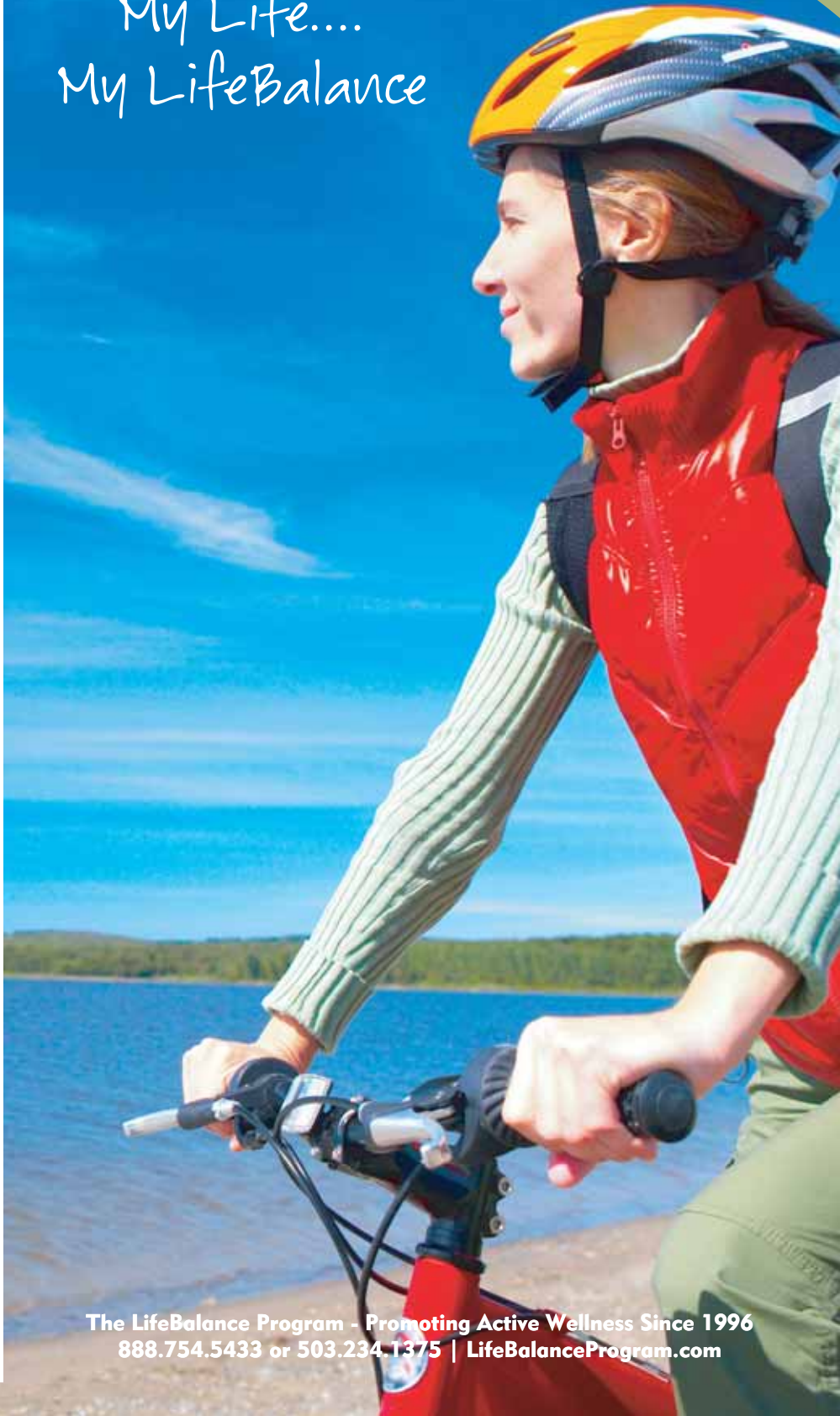
Welcome to the LifeBalance Program. You now have access to the many benefits available to **you and your family** through the LifeBalance Program.

LifeBalance partners with the most prestigious and well-respected **recreational, cultural** and **wellness** based businesses that offer members **substantial discounts** through a well-organized, easy to use network, event calendar and ticketing service. Members are encouraged to stay active, stay healthy, relieve stress, and most importantly to have fun with LifeBalance!

LifeBalance also offers members a myriad of **wellness tools**, including **nutrition** and **exercise planners** and **journals**, informative **articles, health** and **wellness calculators** and more. All of these tools can be found online at [www.LifeBalanceProgram.com](http://www.LifeBalanceProgram.com).

To unlock the full power of your LifeBalance membership, be sure to review the back side of this overview and then activate your free personalized **MyLifeBalance** account online at [www.LifeBalanceProgram.com](http://www.LifeBalanceProgram.com). To access all program discounts and benefits, **present your proof of LifeBalance membership**.

My Life...  
My LifeBalance



# LifeBalance

Acting  
Airline Tickets  
Arts & Crafts  
Backpacking / Camping / Hiking  
Baseball / Softball  
Basketball  
Books  
Camps / Youth Camps  
Car Rentals  
Computers  
Continuing Education  
Cooking  
Cycling  
Dance  
Family Attractions / Amusement  
Financial Wellness  
Fishing / Hunting  
Fitness / Health Clubs  
Football  
Gardening / Gardens  
General Merchandise  
Golf  
Hockey  
Hotels / Rentals / Lodging  
Kayaking / Canoeing  
Martial Arts / Self Defense  
Massage / Spa / Relaxation  
Movies / Film  
Museums / Galleries  
Music  
Nutrition / Supplements  
Performing Arts / Events / Theater  
Personal Coaching  
Pets  
Photography  
Rock Climbing / Mountaineering  
Rowing  
Running / Jogging / Walking  
Sailing / Boating  
Scuba Diving  
Skating / Skateboarding  
Ski / Snowboard Lift Tickets  
Skiing / Snowboarding / Snowshoeing  
Soccer  
Sporting Goods  
Surfing / Windsurfing / Kiteboarding  
Swimming  
Tennis / Racquetball / Squash  
Travel / Tours  
Weight Management  
Whitewater Rafting  
Wildlife / Zoos / Aquariums  
Yoga / Pilates  
Youth Programs / Activities

## Your LifeBalance Benefits

The LifeBalance Program website is your gateway to discounts, events, tickets and personalized wellness tools and content. The suite of services offered at **LifeBalanceProgram.com** is designed to help members have fun, be active and well, save money, explore, relieve stress and find balance.

## Provider Network

Members save at thousands of recreational, cultural, travel and wellness related businesses by utilizing the LifeBalance **Provider Network**. Featuring local, regional and national businesses in over 70 different categories, the program offers a unique experience for each member!

## Member Events & Activities

LifeBalance **Member Events** provide thousands of recreational, cultural and wellness focused opportunities with the top businesses in the LifeBalance network.

## Ticket Window

The LifeBalance **Ticket Window** offers an array of discounted tickets to activities and events.

## Wellness Window

The **Wellness Window** offers members access to all things wellness related, including calculators, educational resources, fitness & health club listings, health & wellness tools, inspirational coaching tips, volunteer opportunities and more.

## MyLifeBalance

**MyLifeBalance** is a personalized component of the program that helps members assess, plan, track and fulfill their wellness related goals. Tools include the LifeBalance Activity Planner, Activity Tracker & Journal, Food Tracker & Journal, Personalized Profile, Virtual Coach and the Walking Tracker & Journal.

## Email Updates

**eAction!**, the LifeBalance Program's award winning email newsletter, offers program updates, health and wellness information, fun facts, contests, giveaways, special promotions and more.

