



## Saving members money while promoting health and wellness



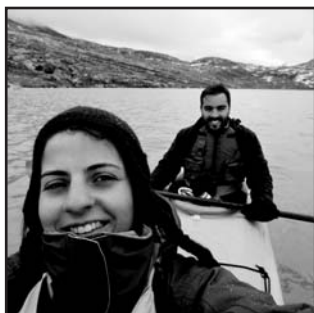
Let LifeBalance Help You

- \* Have Fun
- \* Find Balance
- \* Explore
- \* Save Money
- \* Be Well
- \* Relieve Stress
- \* Plan and Track Wellness Goals

LifeBalance partners with thousands of 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 personalized **MyLifeBalance** account online at [www.LifeBalanceProgram.com](http://www.LifeBalanceProgram.com). It's that easy.



[www.LifeBalanceProgram.com](http://www.LifeBalanceProgram.com) | 503.234.1375 or 888.754.5433



## LifeBalance Program Benefits

The LifeBalance Program website is your source for all program information. All LifeBalance components are accessed through [www.LifeBalanceProgram.com](http://www.LifeBalanceProgram.com).

## LifeBalance Provider Network

The **LifeBalance Provider Network** consists of thousands of recreational, cultural and wellness businesses such as health clubs, professional instructors, retail stores, yoga studios, guides, theaters, massage therapists, hotels, family attractions, zoos and more. These businesses offer exclusive benefits and discounts to LifeBalance members 365 days a year. **To access these savings, simply present your proof of LifeBalance membership.**

## LifeBalance Member Events

**LifeBalance Member Events** provide thousands of pre-planned recreational, cultural and wellness focused events with top vendors, instructors and venues. Events include guided tours and trips as well as introductions to activities such as yoga, pilates, martial arts, photography and snowshoeing just to name a few.

## LifeBalance Ticket Window

The **LifeBalance Ticket Window** offers an array of discounted tickets to a wide variety of activities and events including sporting events, performing arts, movies, ski and snowboard resorts, zoos, water parks, family attractions and more.

## LifeBalance Wellness Window

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

## MyLifeBalance

**MyLifeBalance** allows members to plan and record their daily activity, calculate calories from food and exercise, maintain a personal journal, set goals, track personal progress and much more. Members can also create a personal profile to customize their LifeBalance experience. The flagship tools in MyLifeBalance are the **Activity Planner**, the **Activity Tracker and Journal**, the **Food Tracker and Journal** and the **MyLifeBalance Profile**.

## Email Updates

**eAction!**, the monthly email newsletter of the LifeBalance Program, offers program updates, fitness facts, contests, giveaways, special promotions and more! You can sign up for **eAction!** by visiting [www.LifeBalanceProgram.com](http://www.LifeBalanceProgram.com).

## LifeBalance Customer Service Team

The LifeBalance Program prides itself on personalized customer service. The customer service center is open from 9am - 5pm PST, Monday through Friday. LifeBalance members are encouraged to contact the customer service team to make suggestions, answer questions and for assistance with the LifeBalance Program.

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