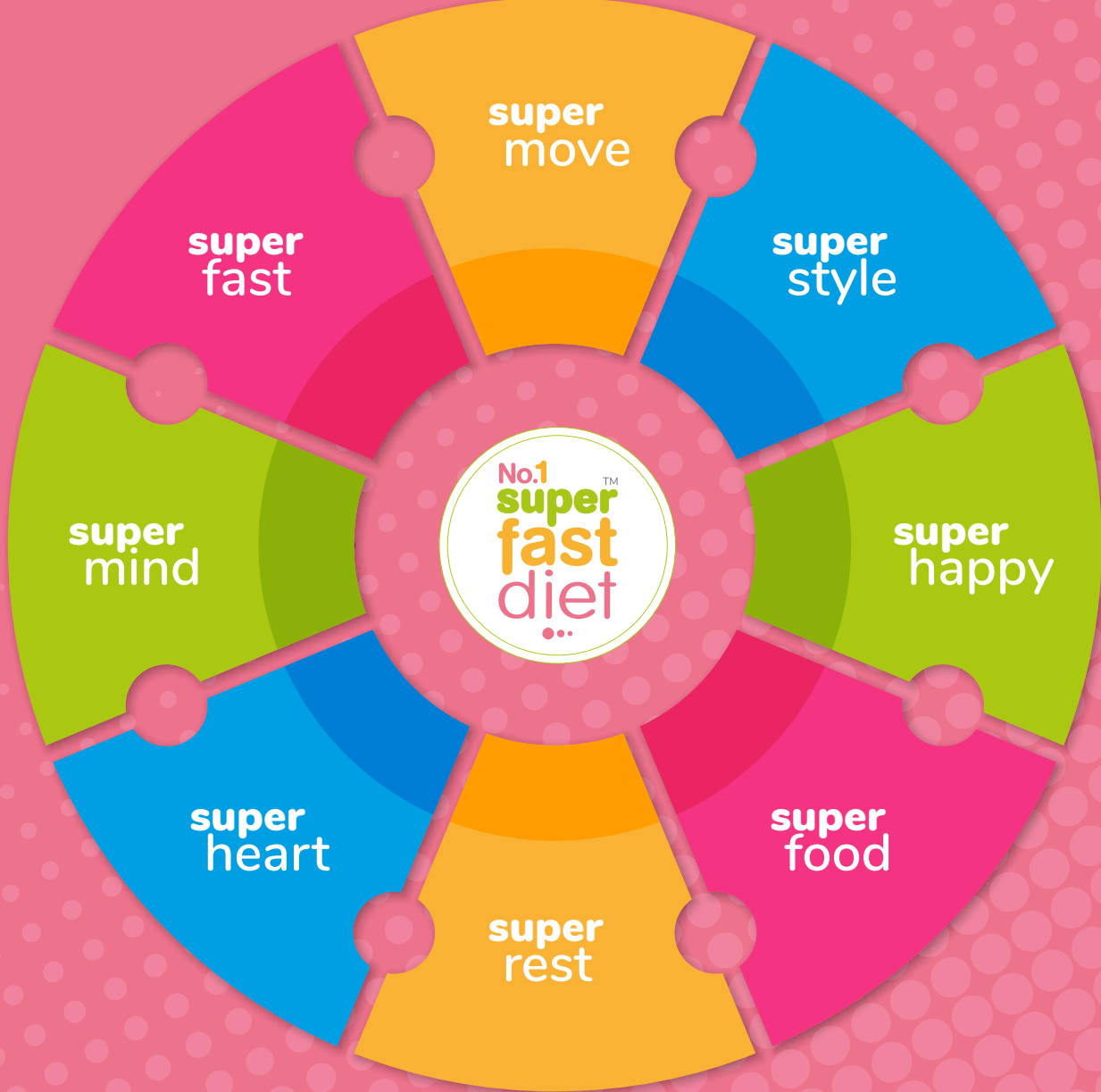


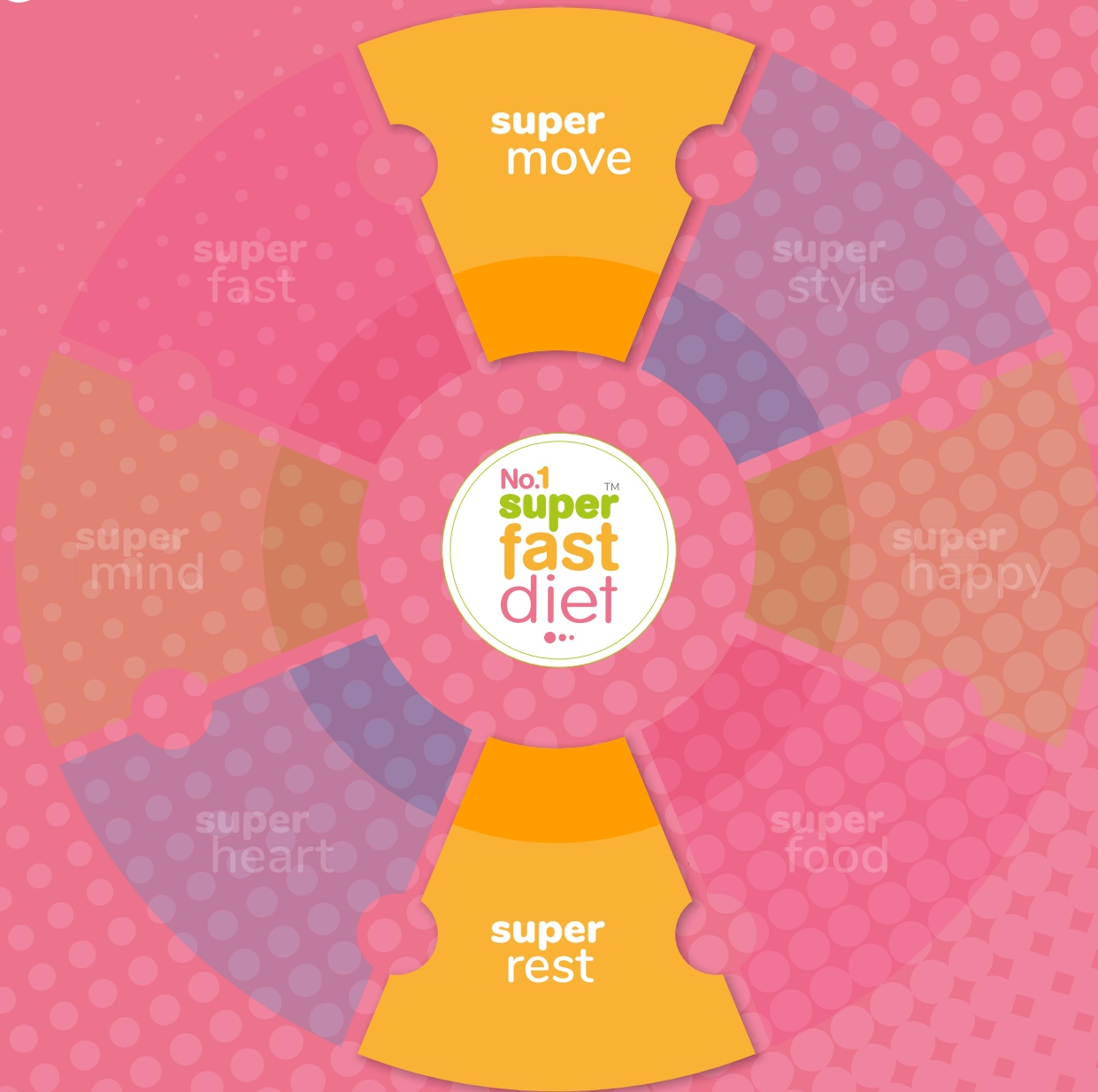
it's all about balance ...



it's all about balance ...

SuperMove is balanced out by **SuperRest**: periods of movement and exercise are balanced out with periods of rest and sleep.

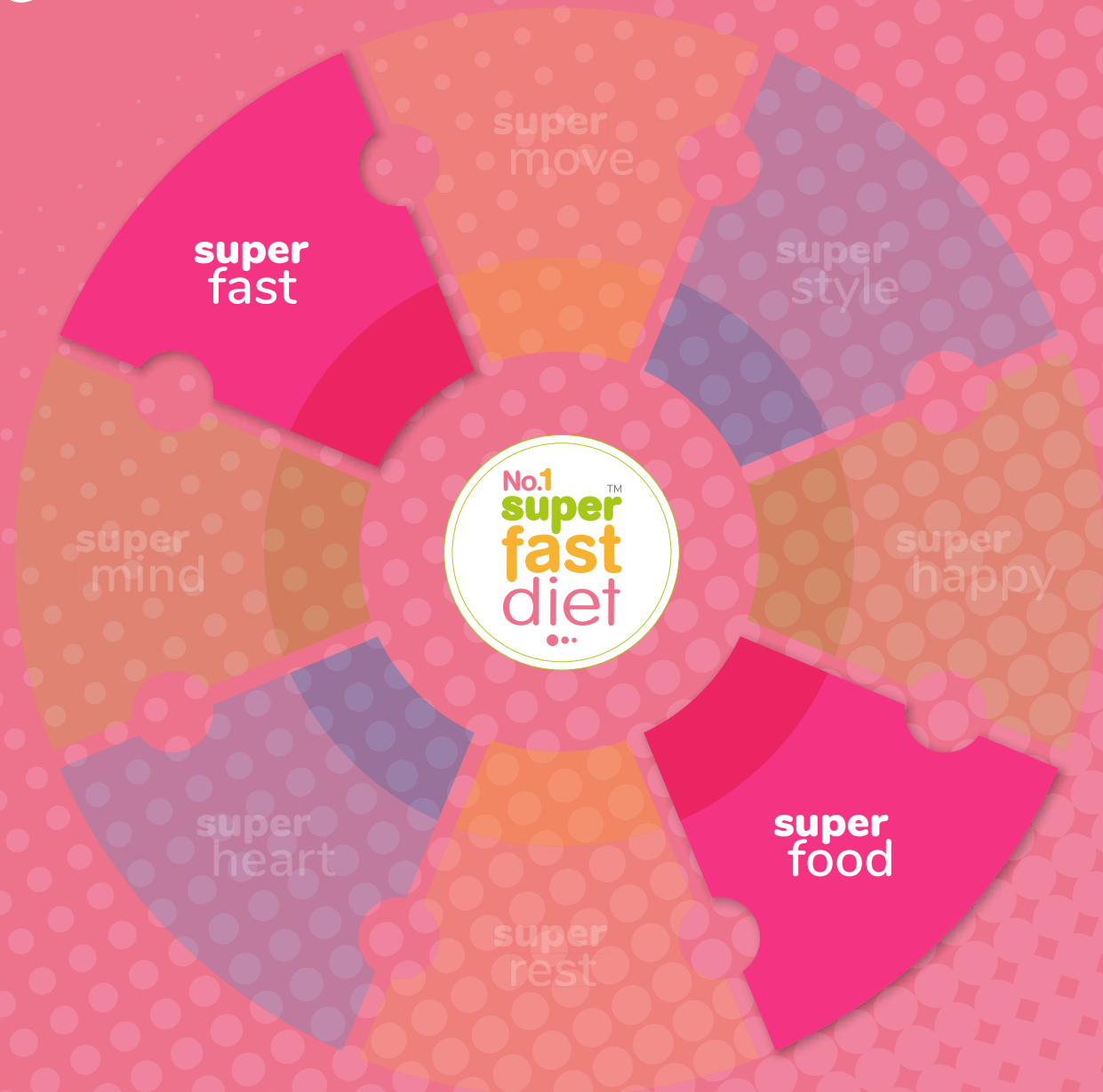
Because your body is designed to move, but it's also designed to be still.



It's all about balance ...

SuperFast is balanced out by **SuperFood**: periods of fasting (or part-time dieting) are balanced out with periods of feasting, where you get to enjoy all the things you love.

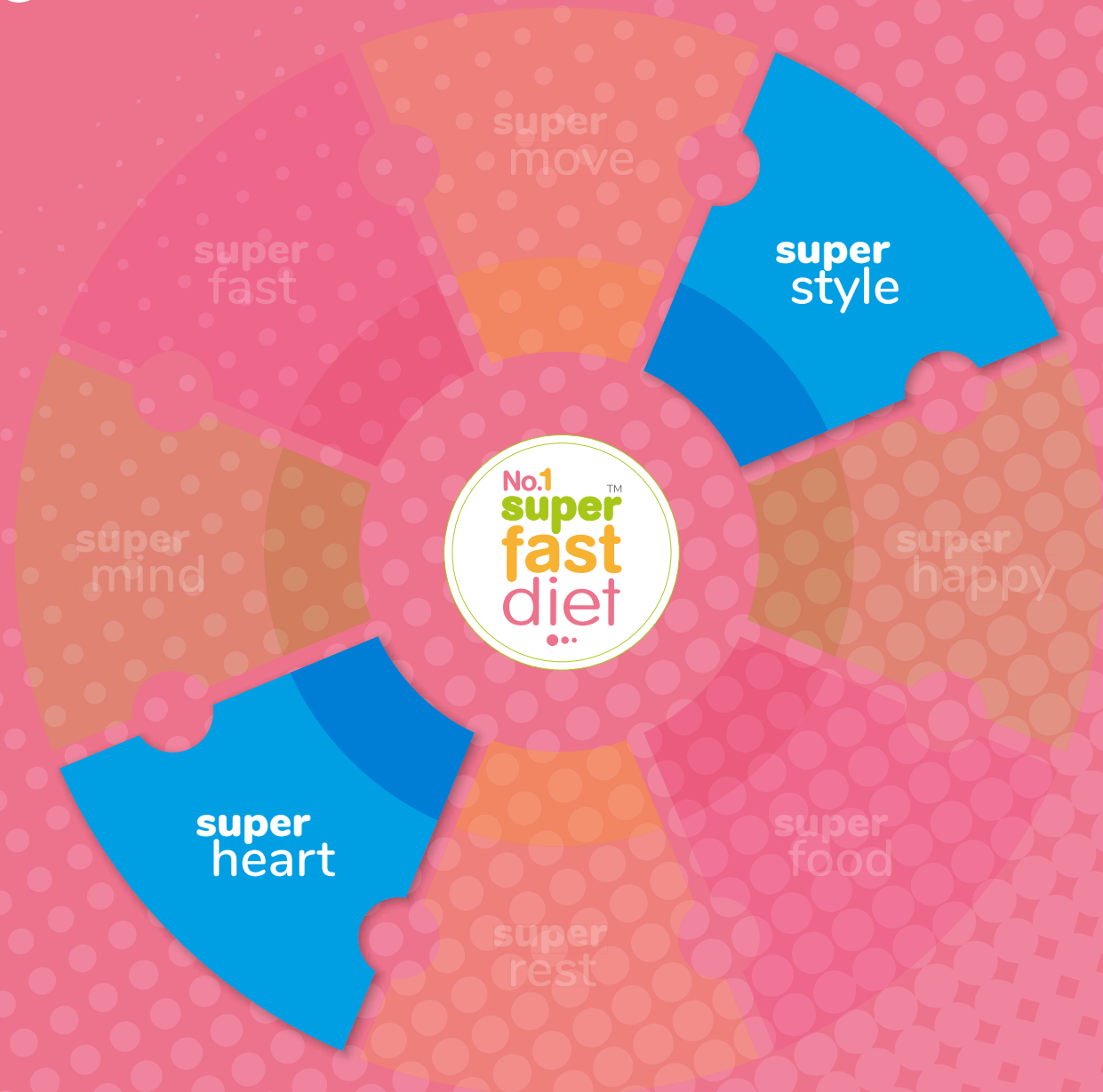
Because that's how our bodies were designed, it helps keep us healthy and happy, and life is so much more enjoyable when we're both!



it's all about balance ...

SuperStyle is balanced out by **SuperHeart**: periods of self-care and self-indulgence are balanced out with periods of giving back and gratitude.

Because it's important to dedicate time to yourself so that you can also dedicate time to those you care about.



it's all about balance ...

SuperMind is balanced out by **SuperHappy**: periods of introspection (or looking inwards), meditation and mindfulness are balanced out by periods of being social, friendly and more outgoing.

Because in order to be happy, you need to be social, but to give energy out, you also need to focus energy in.

