

IN.FORM™

EMPOWERED TO TRANSFORM.



"I feel like I'm turning 30 for the second time!"

JOANNE



"IN.FORM was life changing and everyone should do it!"

SHANE



SHERIECE



What INFORM is...

- A 6 to 13 week holistic approach to optimal health, using a body composition device called a Biotracker - to monitor and improve key markers like weight, body fat, visceral fat and muscle mass
- A plan for success, a lifelong strategy
- Not a diet plan or fad
- Comprehensive lifestyle education to feel great in your body, with more fat loss and more muscle mass
- More energy and mental clarity
- We address everything that creates a feel-good lifestyle: nutrition, exercise, detox, stress, improved sleep and adrenals. It's not all about weight reduction; it's often about digestive imbalances (*poor gut health*), or needed weight gain and getting your appetite back. It's about balance in the body.

INVITE MELISSA TO DO AN INTRO MEETING WITH FREE HEALTH ASSESSMENTS. CLASSES AND 1-ON-1 CONSULTS AND VIRTUAL ARE OFFERED - AVAILABLE IN JUNE 2018 IN THE HENDERSONVILLE/ASHEVILLE NC AREA

The reasons INFORM is better than other plans:

- We educate and start with your core
- We rebuild and replenish the gut...your microbiome
- We use real food, water, protein and exercise...and tweak with high quality herbs and health building supplements
- We use protein to rebuild the body, not to just eliminate calories
- Our protein shakes are food. The many options are tasty and filled with micronutrients.
- We help you bring pH and blood sugar back into balance, reduce inflammation and cholesterol and help you get over your sugar cravings

It's a scientifically proven system developed by a 45 year old company, being taught by certified, trained coaches all over the country.

What INFORM is not - A quick fix, or a fad

INFORM education is a strategy for life - for adults and teens

*It works, if you follow your personalized plan – Your results are worth it. **One on One coaching or groups 6 and 13 week support w/ educational classes beginning again in 2018 – Virtual or phone coaching available too***
Body composition assessments for every local class *For details contact Melissa by phone or email*

Melissa English, Certified Health Coach & Sugar Craving Solutions Specialist

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