

# PERSONALISE YOUR HEALTH FOR BEST RESULTS

It's time to change GENERIC to **GENETIC**

- Don't settle for another standard meal plan or exercise program
- Understand the other factors that are halting your progress with health



# 1

## The Science

Use the latest and most effective health science to better understand your best FOODS, MOVEMENT, INTERACTIONS, TALENTS, PHYSICAL ENVIRONMENT & MOTIVATION

# 2

## The Support

Combine this science with the support/coaching program tailored to you. Whether you need information & science, a challenge to meet, or a regular catch up and accountability - your needs will be met.

# 3

## The Tech & the Results

Use the ph360 app, 'Shae', to get daily updates on what is best for YOUR body and mind. Follow the simple action steps and watch your body change in a matter of weeks, and last a as long as you want

# IN JUST 30 MIN...

## 1. Measure

- 1000's of genes
- Current health status
- Genetic Food, Exercise & Mental requirements

## 2. Know

### BEST MOVEMENT

The most effective exercise & movement styles based on muscle type, structure, & internal physiology

### GREATEST MOTIVATION

Know how your brain works in it's natural stress free state. Use this information to improve your drive, social life & relationships



### ULTIMATE TIMING

Know how to apply chronobiology to improve effects of training, nutrition & work by 2-3 times - we all have our own personal clock



### YOU'RE NOT ALONE

Have access to a team of health professionals who know & understand what is best for you & turn your best intentions into your best results yet

## Live

Your recommendations change as you change so you're always up to date with the best thing for you

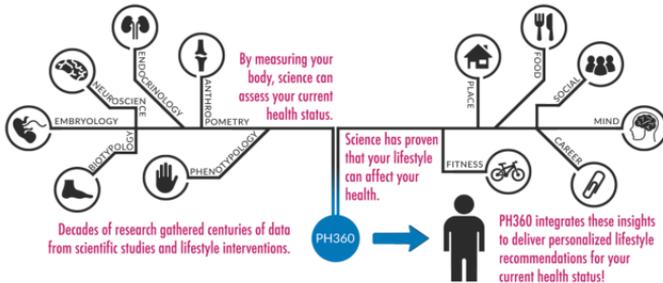
### OPTIMAL FOOD

Timing, meal frequency, cooking style & specific foods down to individual veggies & types of meat!



# What is ph360?

ph360 is a revolutionary personalised health platform that measures and informs you and your health professional on your needs to optimise your health without the guesswork



This is designed for every individual who:

- Wants to better understand themselves & their health on a genetic, mental and physical level
- Want coaching or support in a way that supports your brain, body and best health - different people actually need different support

## How does it work for My life?

### Fast

Take all measures in around 30min. You receive immediate personalised action steps through the 'Shae' app.

Your health professional receives detailed info about your health & how they can support you the best way

### Informative

Understand what your unique body's needs: Frequency of appointment, style of language, specifics on food, movement and mindset.

Know where and how to start first - it's not always food or exercise!

### Support

"The information is useless without the implementation."

Have access to a health professional team that understands your results and can help you implement them with you in a sustainable & manageable way