

# IN.FORM™

BURN FAT | BE FIT | FOR LIFE

## GET IN.FORMED.—Because You're Worth It!

IN.FORM is a new, breakthrough weight-management and healthy lifestyle program from Nature's Sunshine.

Imagine a 13-week journey that features:

- ◆ **Health Education.** Gain knowledge and life skills to achieve lasting health.
- ◆ **Social Support.** Get an instant social network! Friends with similar goals help you achieve success.
- ◆ **Weekly Accountability Sessions.** Our unique BioTracker measures weight, body fat percentage, hydration levels, lean muscle mass, metabolic age, bone mass and more!
- ◆ **Personalized, Flexible Programs.** Eat what you want, and we'll customize a Nature's Sunshine products supplement program to meet your individual needs. No pre-packaged meals!
- ◆ **Join** the most holistic, transformational weight-loss program today!
- ◆ **Sign up** with Coach Amy. One-hour appointment to get started: \$69
- ◆ **Weekly weigh-ins** and personalized coaching: \$12 per 15 minute visit!



Get an Appointment Today!

Contact Herbs etc

(989) 773-3636