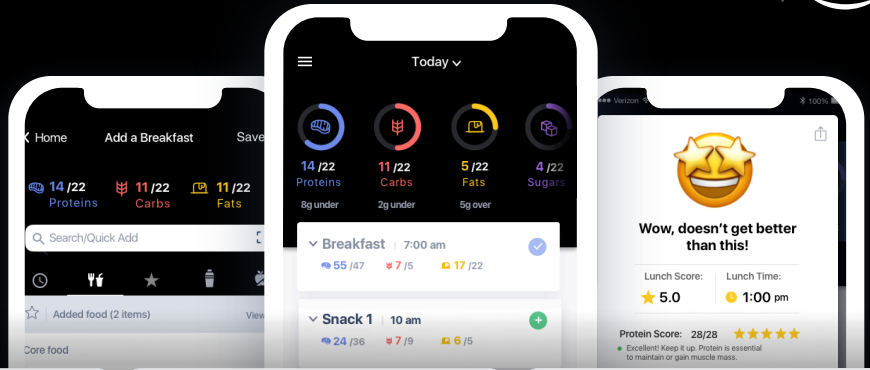


# We Transform Lives through Personalized Nutrition Coaching, Meal Planning & Technology

LOOK BETTER • FEEL BETTER • BE BETTER



## Dashboard

Coach command center enables nutrition plan personalization



## Hardware & Data

Medical grade body composition analysis measures real results



## Coaching

Personalized, private one to one coaching enables encouraging support



## App

Unique macro tracker helps you to build a lifestyle for a lifetime

## Benefits



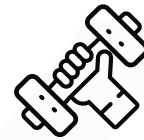
### Lose excess weight & fat

- Be healthier
- Clothes fit better
- Have more energy



### Increase confidence & self esteem

- Increase motivation
- Decrease stress level
- Feel happier



### Gain, maintain or tone muscle

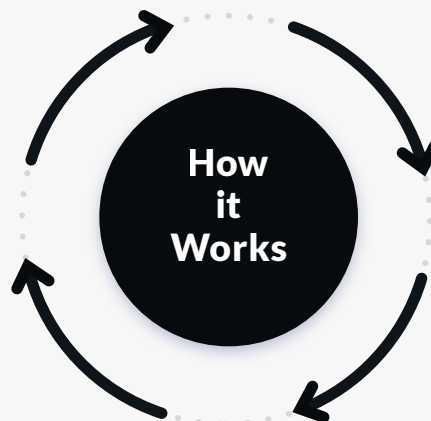
- Optimize body composition
- Burn more fat
- Look better naked

### Customized Macro Plan 1

- Establish baseline body composition
- Set fat loss and/or muscle gain goals
- Learn using built-in tools

### Transformation 4

- Body composition goal achieved
- Feel happier, be happier
- Enjoy life more



### Real Time Coaching & Feedback 2

- Learn what works best for your body
- App provides feedback to enable improvement
- Coach encourages and supports

### Macro Adjustment 3

- Re-measure your body composition
- Coach optimizes and adjusts your macros
- Continual refinement optimizes body composition

## Tested and Proven



Lifebase takes the guesswork out of our athlete's nutrition. It has given us a huge advantage over the competition.

**Nick Mitchell**, Head Wrestling Coach, Grand View University, 8 consecutive NAIJA National Championships - 2012 to 2019



Dietitian designed, developed & tested in-market over 8 years with over 10,000 clients. No other platform maximizes healthy fat loss & muscle gain better.

Lifebase, organization