

Live in the Zone for Optimum Performance

Live in the Zone is a coaching program that provides you the skills to achieve maximum performance:

- ◇ At Work and Business
- ◇ In Your Family and Home
- ◇ Playing Golf, Tennis, or other Athletic Activities
- ◇ All Artistic Pursuits

On-going practice of the techniques learned in the program will:

- ◇ Increase mental clarity, innovation, and sound decision-making.
- ◇ Enhance professional and personal relationships.
- ◇ Increase vitality, energy, and the capacity to balance conflicting demands on your life.
- ◇ Improve sleep and eliminate chronic aches and pains.
- ◇ Reduce the risk of chronic conditions, such as, diabetes, heart disease, and cancer.

Jerry Sinnamon, of Be On Purpose, is a Licensed HeartMath® Provider, qualified to coach individual clients in HeartMath's state-of-the-art techniques that will empower you to **Live in the Zone**.

This cost-effective, 1 to 1 coaching program includes five, 45 minute weekly sessions, in person and/or over the phone. Using your goals and HeartMath's unique biofeedback tools, you will quickly learn all that is necessary to continually **Live in the Zone**.

30% discount for registrations prior to 03.31.09

HeartMath is a registered trademark of the Institute of HeartMath, Boulder Creek, CA

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