

| DESCRIPTION 10 & 16 WEEK PROGRAMS | *16 WEEK PROGRAM |
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| <p>*Program components that are different for the 16 week program are listed in the column to the right.</p> <p>MEDICAL & WELLNESS My Best 10 Physician Consultation 2 DEXA Scans 3 Individual Sessions with a lifestyle coach*</p> <p>FITNESS & NUTRITION - 10 POUNDS LIGHTER 10 Dietitian Sessions* 30 One-on-one Personal Training Sessions* Nutritional Supplements Flex Class Punch Card 2 Pilates Sessions</p> <p>BEAUTY - 10 YEARS YOUNGER</p> <p>Skin Cosmetic Dermatologist Consultation VISIA™ Complexion Analysis Medical Spa Services (determined by Dr. Daniel Levy) 1 “My Best 10” Facial “My Best 10” Medical Spa Skincare Kit Makeup Application</p> <p>Hair Salon Consultation Designer Haircut & Style Full Highlights & Color Gloss & Royal Blow Out “My Best 10” Home Hair Kit (includes exclusive Oribe and Pureology hair products)</p> <p>Body Signature Manicure “My Best 10” Massage</p> <p>Photography ‘Before’ and ‘After’ Photo Sessions</p> <p>Executive Locker Room</p> | <p>6 Individual Sessions with a lifestyle coach</p> <p>16 Dietitian sessions</p> <p>48 One-on-one personal training sessions</p> |

MY BEST 10 PROGRAM COST

10 WEEKS: \$6,900

16 WEEKS: \$9,900