

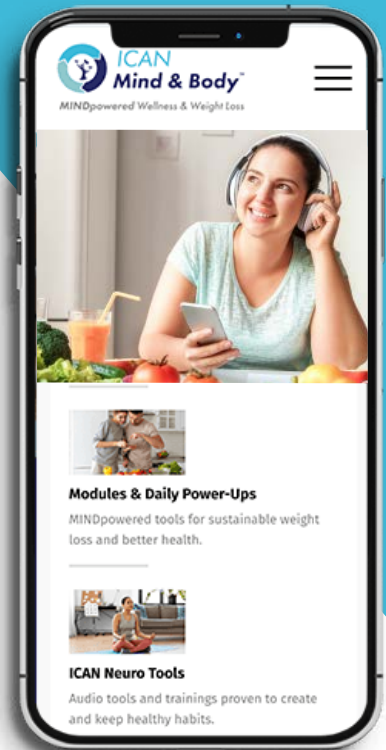
USE **NEUROSCIENCE TO LOSE WEIGHT** AND **FEEL BETTER** - *FOR GOOD!*

**ICAN MIND & BODY ISN'T AN EXERCISE PLAN OR
NEW DIET - IT'S A MINDSET SHIFT THAT WORKS!**



BEING HEALTHY SHOULDN'T BE **A CONSTANT BATTLE**

When you're ready to lose weight and improve your health for good, ICAN Mind & Body gives you **easy-to-use science-backed brain training tools** to help you stick to your plan and finally meet your goals without the struggle, yo-yo dieting, self-sabotage, or the guilt of being human.



SAY GOODBYE TO THE **STRUGGLE WITH WILLPOWER**

Using neuroscience-based tools, training, and live support, you'll learn to **motivate yourself, reframe negative thoughts, and make healthier choices** no matter the circumstances (like celebration dinners or feeling stressed out and looking for comfort food!)

COMBINE YOUR CURRENT HEALTH OR LIFESTYLE PROGRAM WITH DIGITAL MINDSET TOOLS AND SUPPORT IN ICAN MIND & BODY

for better, faster results!



"THIS WORKS"

*"Prior to this program, I couldn't even go a full day without messing up my food plan. I was focusing on what I couldn't have and it ate me up. When I started using ICAN Mind & Body and working on my mind, the transformation began. At 2 months in, 20 pounds is forever gone. No big slip ups. I'm here to tell you **this works.**"*

Whitney





“THIS WAS SO EASY”

*“ICAN Neuro Tools have drastically shifted my mindset and thought process in such a beautiful way! I am now down 70 pounds and I've created the space to accept and love myself. **This was so easy.** I am forever grateful for this system and these tools.”*

Megan

THE ONLY PROVEN **MINDSET TRAINING SYSTEM** THAT DELIVERS:



DAILY POWER-UPS

These 5-7 minute training videos help you start your day strong and stay on track with your wellness and weight loss goals



ICAN NEURO TOOLS

Proven, easy-to-use, science-based ICAN Neuro Tools help you stick with any meal plan, wellness program, or lifestyle habit with greater ease



WEEKLY LIVE COACHING/ Q&A SESSIONS

You're never alone with support, accountability, and feedback helping you create permanent change

YOU ONLY NEED **10 MINUTES** A DAY



“AMAZING RESULTS”

*“I started using the mindset tools in the ICAN Mind & Body System every day and began to have huge breakthroughs and **amazing results.** I dropped 55 pounds and have kept it off.”*

Haley Ragsdale



A HEALTHIER, HAPPIER YOU STARTS HERE.

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