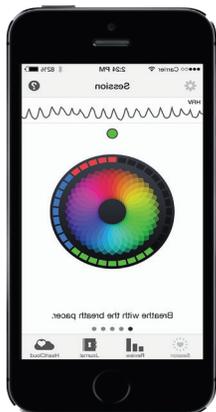


Engage the Power of Courage, Dignity and Honor



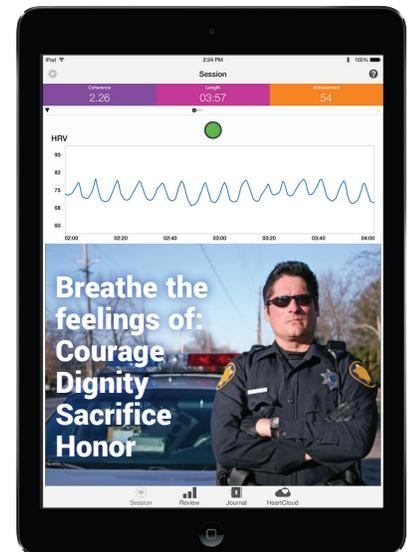
Inner Balance™ helps officers take charge, store and recover energy, sustain health and optimize performance.

- ▶ Sustain clarity and composure in rapidly changing environments
- ▶ Increase focus and decision-making under pressure
- ▶ Build and strengthen resilience
- ▶ Learn emotional self-regulation
- ▶ Improve reaction times and coordination
- ▶ Recover and Reset after critical incidents



The easy to use Inner Balance™ takes a pulse reading from your earlobe and instantly develops a breathing sequence for you to follow based on your heart rhythms.

Synchronizing your breathing with your heart rhythms while focusing on renewing attitudes, like courage, dignity and honor, has been shown to reduce the negative effects of stress, improve situational awareness, and build resilience with just a few minutes of daily use.



HeartMath® Institute
expanding heart connections

How it works:

Acknowledge your disposition – With Inner Balance™ you enter how you are feeling in the moment and then run a session. Research has shown that focusing on renewing attitudes, like appreciation, courage and honor, can facilitate the intelligent regulation of physical and emotional energy for maintaining operational stability, clarity and safety for self and others.



Run a session – Plug the Inner Balance Sensor® into your iOS® device. Connect to ear, press start, breathe along with the pacer and recall a moment when you felt a renewing attitude.

Get real-time coaching – See your HRV Coherence level as you are coached through a session.

Track your progress – Inner Balance keeps a history of all your sessions and tracks how you are progressing over time.

Write about it – Keep track of how you were feeling or what was going on. Write about it in the Inner Balance Journal.

Additional Features:

Multiple breathing pacers including My Inspiration – breathe along with your heart rhythms with one of the three breathing pacers. Two we have designed and one you create yourself.



Advanced screens – Advance screens and charts provide a more detailed view of the changing heart rhythms and the amount of HRV Coherence.



Made for iPhone 5 and above and iPads with Lightning connectors. iPad, iPod, iPhone and iOS are trademarks of Apple Inc., registered in the U.S. and other countries. Inner Balance is a trademark of Quantum Intech. HeartMath is a registered trademark of the HeartMath Inc.



To purchase Inner Balance or for more information, contact Brian Kabaker at: bkabaker@heartmath.org