

## What Does SweetBeatLife Tell Me?

- SweetBeatLife can let you know when you are at ease and in the zone of productivity.
- SweetBeatLife can tell you when you are stressed, even if you don't know it.
- SweetBeatLife can let you know if you are truly balanced during yoga, qigong or meditation.
- SweetBeatLife can tell you when to train hard and when to rest.