

MyBodyCoach3

for XBOX 360™ Kinect™

and Valérie Orsoni



MY BODY COACH 3 was developed in partnership with **Valérie Orsoni, Sport and Dietary Coach to numerous celebrities** and CEO of LeBootCamp.com, an approach to getting fit that combines physical exercises and a nutritional programme that has been recognised by a number of dieticians. **She is also the author of a number of books**, such as "Secrets de Coach" (Publ. Reader's Digest). Valérie Orsoni currently lives in California.

"I coach celebrities who say they are naturally beautiful. You know, the ones who say they eat chocolate and party till dawn without doing sport? They're the ones! Thanks to them, I've developed advanced techniques that have proven their worth"

Valérie Orsoni is the founder of LeBootCamp.com, the on-line slimming coaching pioneer that has attracted over 1.2 million members worldwide: France, USA, Spain, Mexico, South Africa - people from over 38 countries have joined. She recently launched a site for home-delivery of prepared meals: <http://www.lebootcampfood.com>.

LeBootCamp has also just unveiled LeLab®, a committee of well-known and recognised scientific experts from around the world.



"LeBootCamp has grown! There are now 125 of us around the world ready to help you progress. I have finally been able to create the company I dreamed of: we employ housewives, mothers with large families, men nearing retirement who still have so much to offer, young graduates who companies would love to hire 10 years from now. That's what gives us our strength!"

She is also the author of 12 books on coaching, for both the corporate world and the world of fitness, and on weight-loss, such as **"The Orsoni Method"** published by Reader's Digest, and recipes **"Les 101 Recettes Minceur de la Coach des Stars"**.



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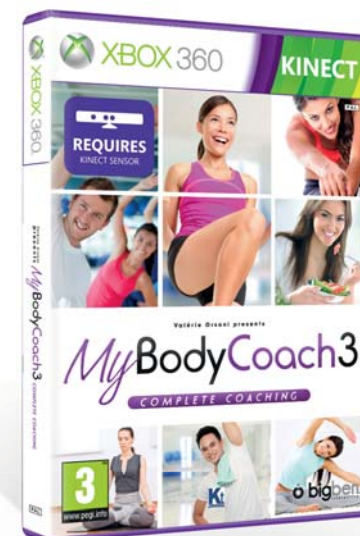
Valérie Orsoni presents

MyBodyCoach3

COMPLETE COACHING

1 person in 3 in Europe
works out to stay or get in shape

88% practice
sport at least once
per week*



www.mybodycoach3.com

Your personal and complete well-being coach at home!

* January 2012 IPSOS survey.

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Treat yourself to even more personalised coaching with

MyBodyCoach3

for XBOX 360™ Kinect™



Physical activity is essential for staying in shape, but it must be accompanied by a suitable diet.

After your relaxing or invigorating holidays and before the year-end festivities, in November **Bigben Interactive** gives you the chance to stay (or get back) in shape with **MY BODY COACH 3** for XBOX 360™ Kinect™.

This fitness and dance simulation has been developed in partnership with **Valérie Orsoni**, the famous nutrition expert and coach to the stars.

For even more realism and thanks to Kinect™ technology, the player's entire body is scanned. The coach's advice is thus even more precise when you do the exercises.



That's why MY BODY COACH 3
also includes nutritional advice developed
by dietary professionals.



The advice comes in the form of a variety of balanced menus to help you stay or get back in shape or lose weight.

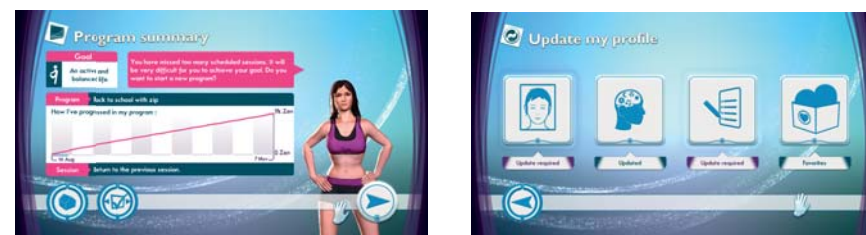
There are several hundred menus divided into several classes (from low-calorie to high-calorie) to meet each user's expectations and needs.

This game provides personalised coaching based on well-being and is perfectly adapted to you, with accompanying music.




After creating a personal and adapted profile, the coach guides you towards an objective corresponding to your profile and needs.

The Kinect™ camera automatically recognizes the player, analyses your body mass and also updates your data each time you play. You are also proposed a programme and exercises adapted to how fit you are.

You can then configure the parts of your body to work on, the duration of the programme and your objective.



The calendar proposed by the coach is comprised of two activities and a nutrition mode that complements the proposed programme.

-  Fitness mode incorporates cardio exercises, stretching and muscle toning to make you feel good about your body.
-  Relaxation mode includes breathing and meditation exercises, Body Balance and exercises for maintaining your flexibility and balance. Numerous relaxation exercises drawing on Yoga, Qi Gong and Tai Chi have also been added. The goal of these exercises is to make you feel good, not just physically, but also mentally.
-  Nutrition mode suggests nutritional advice and menus adapted to your objective.

My Body Coach 3 will be available in Europe for XBOX 360™ Kinect™ on November 9th, 2012.

