



Company Backgrounder

When Lisa Winder and Tim Hawkins met in 1996, the synergy of their respective interests in health and physical therapy formed Windhawk, Arizona’s cutting-edge wellness center focused on empowering clients to achieve the perfect balance between Right Nutrition, Right Use and Right Mindset.

The perfect balance of the three—known as the Windhawk Triad—is what Windhawk refers to as “The Nature of Performance.”™ *Right Nutrition* is based on the philosophy that food is your best medicine, especially when you eat “living” or “raw” foods. *Right Use* identifies imbalances in the body and corrects them utilizing Active Isolated Stretching (AIS) and functional strength and posture. *Right Mindset* focuses on replacing negative mental programming with the positive.

Windhawk inspires passion in individuals to redefine their current health expectations though products and services that embrace nature as a guide to achieve maximum wellbeing and performance. The Company offers the Windhawk Method, a unique tool for physical assessment and correction; personalized nutritional counseling; testing and detoxification support to help individuals uncover and correct problems for achieving exceptional health and wellness. Unique Windhawk Services include:

- Active Isolated Stretching (AIS)
- Far Infrared Sauna
- Oxygen Therapy – O2 Steambath and O2 Training
- Massage Therapy
- Nutritional Counseling
- Food Sensitivity Testing
- Seminars and Workshops
- Classes

Windhawk’s unique position expands beyond local services. They offer specially formulated products to promote healing, vitality and performance without compromise.

Founded	June 2000
Headquarters	Mesa, Ariz.
Leadership Team	Tim Hawkins, Co-Founder and CEO Lisa Winder, Co-Founder and COO Tanya Hudson, Director of Research & Development

Windhawk™ Balanced Naturals™ supplements are the result of extensive research and include only premium, natural ingredients. Balanced Naturals™ are manufactured in state-of-the-art facilities that meet stringent quality control standards, including Good Manufacturing Practices (GMP) certification by the Natural Products Association and Kosher certification.

From the athlete, to the health conscious, to the weekend warrior, Windhawk’s more than 25 years of research and hands-on experience is focused on natural health, wellness and fitness.