



Body Shapes - Which One Are You?

The human body possesses such complex factors and too often do we forget that we were not created in a cookie-cutter pattern. Your shape is given and should not be the caterer to fashion trends and the cheapest exercise classes you can find, but rather, should be catered to. Here are some of the different body shapes along with the proper exercise and fashion tips on what is best for your shape:

The Hour Glass - This is the body shape everyone tries to achieve so be proud and flaunt your shape by following your body line!

The Apple - Avoid articles of clothing that add attention to your mid-sections (bust, tummy and hips). As for exercise, cardio can go a long way with your shape.

The Triangle - In order to achieve the neat hour glass look, you need to broaden your upper half. By exercising your shoulders, they will look a lot leaner and toned. You can also add shoulder pads, puffed sleeves, cap sleeve t-shirts and boleros to your outfits.

The Upside Down Triangle - Accentuate the illusion of a waist by adding detail such as a wider belt. Try swivel squatting exercises to tighten your core and also helps add shape to your gluts!

The Rectangle - You want to create gentle curves by adding details around the hip and bottom areas. Also, try wearing unstructured outerwear that can help with shaping the waist of your dreams. Add curves to your shape with rounds of squatting exercises and over-head presses.

Now that you are in the know of how to care for your specific body shape, the only thing left is to achieve your ideal size. Nu Skin® TRA™ program can help you do just that. Not only will you see tremendous results, you will also feel it! Together with exercise and a proper diet, you will find yourself looking good and feeling good. It will help add the finishing touches of a confident new you to truly show-off your body shape on a day-to-day basis.



I was fat and uncomfortable with myself before. I didn't have much energy and got easily exhausted. I looked like a sick fat man, until someone introduced me to TRA™. I never thought that I would stand here today with this body! My body is better and firmer, my health became better, I look fresh, and I feel uncomfortable with myself no more! Many people tell me that I look younger after I lost weight. Some people may not believe what happened to me but I want to encourage people who want to change themselves like me, try to join TRA™ program, I believe you can and you will have this day like I do!

Sunchai Juraiporn, 26 years old, Businessman, Thailand



Your Skin Carotenoid Score (SCS) is an immediate numeric reading of your of own skin carotenoid content and an importance indicator of the overall strength of your body's antioxidant defence system.

	Before	After	Difference
Weight (kg)	93.4	83.0	-10.4
Body Fat (%)	28.5	22.5	-6.0
Waist (Inch)	44	38	-6
SCS	12,000	30,000	+18,000

Disclaimer: Individual results may vary.