

THE **DIFFERENCE** BEGINS WITH **ME!**



Healthy at Sixty!

When people ask your age, do you say you're 60 years young, or 60 years old? Age is nothing but a number, especially if you take constant steps to improving your health and lifestyle. Here are a few tips to consider if you're in your 60s or nearing that age:

Get screened. Schedule regular check-ups at the hospital to detect illnesses and diseases early. Cover all the bases and check your cholesterol, sugar, and blood levels. Consult your doctor and undergo recommended tests, especially for diseases part of your family history.

Don't let your brain retire. Read books, do crossword puzzles, learn trivia, play chess.. Find hobbies that keep your mind constantly active, to protect you from memory loss and keep your brain healthy.

Don't take vitamins for granted. Vitamins are essential not just for children and physically active people—it's for everyone who wants to stay healthy no matter what age they are. Take LifePak, Pharmanex's dietary supplement that gives you powerful antioxidant protection, immune system support, promotion of cardiovascular health, blood sugar metabolism support, complete bone nutrition, and various anti-aging benefits. Stay healthy at sixty!



I have been taking LifePak since it was launched in Thailand, so I feel very strong and healthier than others my age. I joined the Healthy Aging Award 2011 by University's Hospital for healthy seniors who are 60 years old and up, and the award was a trophy from Princess Sirinthorn. On application day, the contest staff did not believe that I am over 60 years old so I needed to show my ID card. Everyone in that room told me that I look younger than my real age. I told them that I take supplements from Nu Skin for my health. After that day, I had to meet a doctor and do many health tests. Finally, the result was announced that I was the winner. I am very glad and proud of myself. The greater reward, more than winning the award and trophy, is the good time I spend with my grandchildren. Let Pharmanex take care of your health like it did to mine.

Waewta Sophonpong, 62 years old, Retiree, Thailand

Disclaimer: Individual results may vary