我型・我塑
BE THE BEST OF ME

每個人都對自己的體態有所追求，但達到目標體態卻十分困難。

您是以下其中一族嗎？

Everyone wants a fit body but it is extremely hard. Are you one of the below?

- **高壓上班族** Stressed Working Class — 大吃大喝紓壓 Overeat to destress
- **棉花糖一族** Chubby Group — 圓圓軟軟 0 肌肉 0 muscle flabby
- **健美塑身族** Workout Fanatics — 堅決捍衛身形 Shape defender
- **為食享樂族** Food Cravers — 零食不離口 Snacks is my life
- **成家立室族** Parents — 剩菜清道夫 Leftover terminator
- **生酮 168 族** 168 Keto Group — 偏方踢走脂肪 Shortcut fat killer

TRME® 健康自訂塑身計劃

為以上族群踢走塑身煩惱，迎來事半功倍的專屬塑身旅程！

TRME® helps target keep fit obstacles for the above groups and welcomes a personalized fit journey!

厭倦了千篇一律的體型管理方案？個人化「TRME® 健康自訂塑身計劃」透過結合產品、333+ 飲食及定期運動，彈性地配合個人需要，以管理體重及達致更健康生活模式。

Tired of trying one-size-fits-all weight management solutions? "TRME®" is a personalized approach, by combining supplement, 333+ diet and regular exercise, to flexibly meeting your unique needs for weight management and lifestyle transformation.

- **減脂同時維持肌肉*** Maintain Muscle & Reduce Fat*
- **控制食慾、擺脫零食誘惑** Control Appetite & Snacking
- **提供產熱效果** Provide Thermogenic Effect
- **提高靜態代謝率** Improve Resting Metabolic Rate (RMR)
- **輕鬆減壓、維持好心情** Keep Good Moods & Destress

減脂 增肌 塑形

自己掌控，成就您的最佳狀態！

TAKE CONTROL & BE THE BEST OF ME !

要為健康塑身提供完善支援，只需自由配搭相應產品，即享以專有 ageLOC® 科技及 Nu Skin 6S 品質措施認證的安全、高效全面塑身體驗，輕鬆獲得理想體態！

To support a healthy weight management, freely mix & match TRME® products to get ideal shape which supported by proprietary ageLOC® technology and Nu Skin 6S quality process of safe and effective fit experience.

FIT WITH TRME®

速效塑身 Spark for FIT

纖燃 SMART WIN

- 2 星期快速見效* Achieve measurable results in 2 weeks*
- 改善靜態代謝率 Improve resting metabolic rate
- 提供產熱效果 Provide a thermogenic effect
- 減少足部浮腫 Reduce Swelling

仙人掌果實粉、草本配方（辣木葉、九里香葉萃取物、薑黃萃取物） Prickly Pear Cactus Fruit, Herbs Blend (Drumstick Leaf, Curry Leaf & Turmeric)

塑營奶昔 M-SHAKE

營養增肌 Muscle Up

- 滿足日常蛋白質需求，有助維持肌肉量 Contribute to daily protein needs to help support lean muscle
- 幫助塑身同時補充足夠營養 Help shaping while provide well-rounded nutrition
- 低卡、方便、美味 Low in calories, convenience, delicious

豐富優質蛋白質、維他命、礦物質及纖維 Rich, High-quality Protein, Vitamins, Minerals & Fibre

14 天速纖套裝 14 DAYS STARTER KIT

堅持是成功體態管理的不二法則，而 TRME® 14 天速纖套裝便是讓您健康蛻變的第 1 步！纖燃、塑營奶昔 2 款產品雙重夾擊，能促進靜態代謝率同時補充營養，配合卡路里控制飲食及定期運動，有效於 14 天快速、健康地帶來看得見的塑身成效，並為後續塑身計劃打好基礎。

Persistency is the golden rule of a successful weight management, and TRME® 14 Days Starter Kit is the powerful first step of your FIT transformation! The 2 products, SmartWin & M-Shake, work together to improve RMR while provide sufficient nutrition. It is a quick and healthy way to achieve measurable results in 14 days with reduced-calorie diet and regular exercise, plus prepare your body for ongoing success.

減少食量 Eat Less

餐控 MYEDGE

桑葉萃取物、瓜爾膠、鉻 Mulberry Leaf Extract, Guar Gum, Chromium

- 控制食慾、減少肌餓感 Appetite control and reduce feeling of hunger
- 纖維有助提供持續飽足感 Support a sustained feeling of fullness and satiety with fiber
- 獨立包裝方便隨時隨地服用 Individual stick for taking anytime anywhere

形控 LEAN-S

增肌減脂 Lean & Fit

- 提升靜態代謝率 Improve resting metabolic rate
- 提供產熱效果 Provide a thermogenic effect
- 減脂同時維持肌肉* Maintain lean muscle while supporting fat loss

草本配方（辣木葉、九里香葉萃取物、薑黃萃取物） Herbs Blend (Drumstick Leaf, Curry Leaf & Turmeric)

輕鬆戒口 Bye Bye Snacking

適食控 SNACK WIN

番紅花柱頭萃取物、維他命 D3、維他命 B6 Saffron Stigma Extract, Vitamin D3, Vitamin B6

- 擺脫零食誘惑、減少吃零食的頻率 Leap over snacking hurdles and help snack less frequently
- 減輕壓力、保持積極心態 Reduce stress and improve feelings of well-being
- 減少飢餓感 Feel less hungry

* 需配合卡路里控制膳食及定期運動 When combined with a reduced-calorie diet and regular exercise

形控及適食控將於 2023 年上旬推出 LEAN-S and SNACK WIN will be launched early 2023

333+飲食計劃 EATING PLAN

盲目節食不再是塑身潮流！
均衡的營養才能支持身體更好地繼續塑身事業。

Extreme dieting is not the trend anymore!
Only balanced nutrition can support a sustainable weight management program.

按 333+ 飲食計劃調整每餐食物比例以攝取均衡營養，同時應盡量避免進食高油、高鹽、高糖、高熱量及加工食物。

Adjust your meals according to the 333+ eating plan, at the same time avoid eating processed food and food high in oil, salt, sugar, calories.

彈性運動 ACTIVE LIFESTYLE

擁有健康體魄才可以走更遠的路! 將運動融入生活，輕鬆修身同時展現自信美。

A healthy body is the key to future well-being! Merge workout into lifestyle for fit and self-confidence.

輕等強度運動 Low Intensity Exercises

- 散步 Light Walking
- 拉筋熱身 Stretching

中等強度運動 Moderate Intensity Exercises

- 單車 Biking
- 急步走、行山 Brisk Walking, Hiking

劇烈強度運動 Vigorous Intensity Exercises

- 負重運動 Weight Training
- 球類活動 Ball Games

每星期進行 5 次、每次 30 分鐘運動，有助鍛鍊肌肉，減少脂肪積聚，塑造更理想體態。

Regular exercise for 30 minutes, 5 times per week helps train-up muscle while reduce fat accumulation for ideal shape.

REVEAL THE SMART ME

利用 IoT 大數據，打造 TRME® 個人化健康管理計劃，掌控塑身進程。

Personalized TRME® health journey with IoT technology and get control of your fitness progress.

VERA® 健康助理將於 2023 年推出
VERA® Wellness App will be available in 2023

Nu Skin Enterprises Hong Kong, LLC
OCT 2022