



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  
大吃大喝舒壓  
Overeat to de-stress



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 塑形 維持肌肉

自己掌控，  
成就您的  
最佳狀態！

TAKE CONTROL & BE THE BEST OF ME!



減脂同時維持肌肉\*  
Maintain Muscle While Reducing 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 & De-stress

要為健康塑身提供完善支援，只需自由配搭TRME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

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)

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

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

幫助支持塑身目標同時補充足夠營養  
Help support weight management goals while provide well-rounded nutrition

低卡、方便、美味  
Low in calories, convenience, delicious

### 塑營奶昔

M-SHAKE

營養增肌  
Muscle Up



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



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。  
Persistence 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

桑葚萃取物、  
瓜爾膠、鉻  
Mulberry Leaf Extract,  
Guar Gum, Chromium

支持控制食慾、幫助減少飢餓感  
Support appetite control and help 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

提升靜態代謝率  
Improve resting metabolic rate

提供產熱效果  
Provide a thermogenic effect

減脂同時塑身\*  
Shaping and supporting fat loss

草本配方  
(葡萄柚、瓜拉那種子、血橙、甜橙萃取物)  
Herbs Blend  
(Grapefruit, Guarana seed, Orange)

### 形控

LEAN-S

減脂塑形  
Shape & Fit



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

## 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.



五穀根莖類  
Grains



優質蛋白質  
High-quality Protein



蔬菜+水果  
Fruits & Vegetables

3+



## 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

中等強度運動  
Moderate Intensity Exercises



單車  
Biking

劇烈強度運動  
Vigorous Intensity Exercises



負重運動  
Weight Training



拉筋熱身  
Stretching



急步走、行山  
Brisk Walking, Hiking



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® 個人化健康體重管理計劃，掌控塑身進程。

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

個人化產品推薦  
Personalized Product Recommendations



TR 虛擬助理  
TR Virtual Assistant



TR 社群  
TR Community



NU SKIN®

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  
MAR 2023