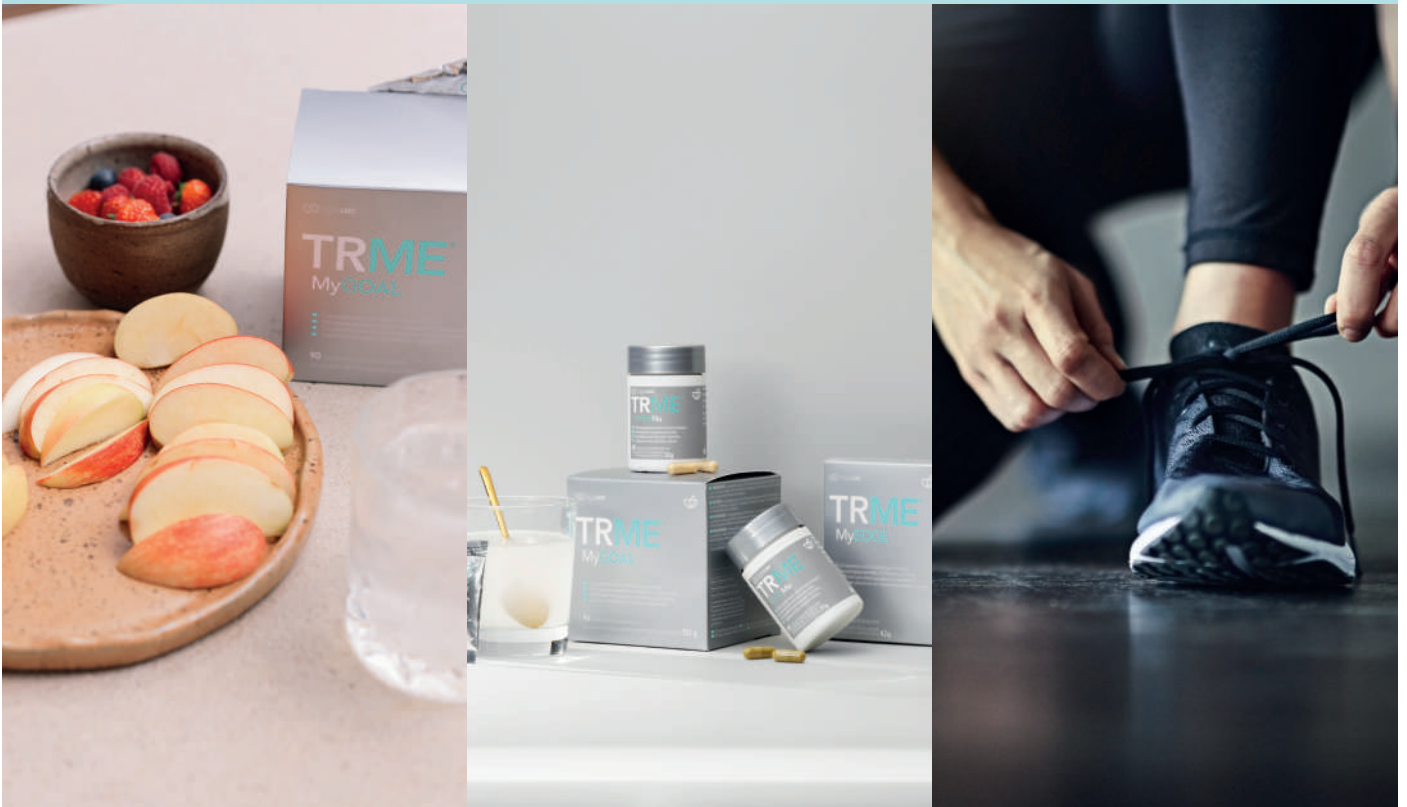


ageLOC

TRME

YOUR BODY BALANCE GUIDE

A system tailored to your journey



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Hey there,

Do the words “energy,” “strength,” and “flexibility” appeal to you? Then you are in the right place! Welcome to the **Body Balance Guide**, which will help you find inner strength.

Body balance refers to the equilibrium one finds between healthy habits, lifestyle, and well-being. Finding this balance will support your overall health. That’s where TRME comes in! TRME is a system of empowerment that allows you to self-tailor your journey.

You are unique and beautiful! This is why we want to help you feel more confident in your body! We understand that there is no “one size fits all” and that’s why this guide can be fully adjusted to your personal journey.

Are you ready to experience TRME? You got this!



Customized nutrition starts with a balanced food intake covering your personal needs and learning to feel hunger and satiety (again).



Do you want to achieve your goals? We offer that little extra nudge you want: TRME exclusive products and some motivational support.



Daily exercise gives you more energy! Discover the incredible benefits exercise can have on your body and mind!

OUR PROMISE | Giving your body the plan to achieve your personal goals!

#Nutrition #Selfcare #Exercise #Motivation

YOU ARE UNIQUE!

EAT

#CustomizedNutrition
#IntuitiveEating

Nutrition is one of the fundamental aspects of our health.

Eating is the primary way to provide the body with the nutrients it needs to function properly. Food is more than just proteins, fats, carbs, vitamins, and minerals. It also represents moments of joy, bringing together family and friends, and nourishing our mental health.

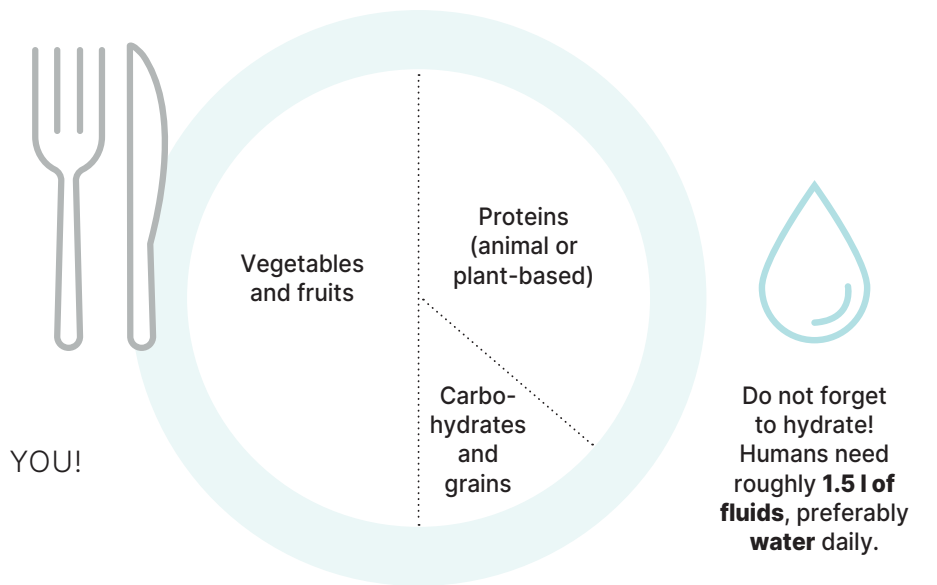
In our Body Balance Guide, we see food as an important, yet joyful, part of our journey. That is why there is no strict eating plan. We will help you appreciate the food you eat more deeply and help you deal with cravings in a more balanced way. We will help you foster a positive relationship with food!

We understand it is impossible to meet every single person's needs through one standardized diet. Therefore, in the next chapter, we will help you to fine-tune and build a balanced diet suited to your unique lifestyle. Remember to make considerations for your body, your mind, your goals, and your culture.

The basics of a balanced meal








The plate

- ✓ Choose plenty of veggies and fruits.
- ✓ Prioritize high-quality lean proteins.
- ✓ Give preference to whole grains.
- ✓ Add small amounts of healthy fats, like plant-based oils.
- ✓ Limit your intake of processed foods containing large amounts of fats, sugars, and/or salt.



Portion sizes

USE YOUR HAND TO GUIDE YOU!
EAT EACH DAY :

- 6 X  1 fist fruits and vegetables.
- 3 X  1 hand of whole grain bread OR  ½ fist of brown rice or pasta.
- 2-3 X  1 fist milk, yogurt, soft cheeses OR  2 thumbs cheese.
- 2-3 X  1 palm-sized portion of meat, fish, or vegetarian alternatives
- 2-3 X  1 thumb tip fats and oils.

This is an average size; the personal needs can slightly differ depending on multiple factors like physical activity and age.



Say no to the diet culture!

The Body Balance System comes with good news! We advise you to eat more... of what is good for your body! There is no need to follow a strict diet to achieve your goals. Focus instead on eating more nutritious foods. It will not only give you the nutrients your body needs, but it will also balance your food intake. More of what is good means fewer limits and there are no forbidden foods. You will be filled with fiber-rich and/or protein-rich snacks. This means you won't even have room for those other foods that are full of fats and added sugars.

Even though a strict diet can lead to weight loss, persons in favor of a more intuitive approach say dieting can also increase the risk of:

1. **Having an unhealthy relationship with food,**
2. **Gaining more weight than you first lost after quitting the diet.**

In contrast to many popular diets that you can find online and in books, there is no need to reject certain so-called "bad foods." We are convinced that focusing on nutritious foods is more sustainable for one's health. Adapt your food intake slowly and without restrictions.

OK, but how?

So far, so good, but how do we do this? One step at a time! In this guide, we will lead you through the principles of intuitive eating. Learning to listen to your body and your mind, to give it what it needs.

How to create an easy and nutritious meal

First, always give priority to plant-based foods! You now know what a plate should look like (see page 5): half of it filled with vegetables, accompanied by a source of lean protein and a small amount of carbs. But, more importantly, this plate should appeal to you. Let your imagination guide you! You should enjoy what you eat. To achieve this, think of what you would like to eat, but instead of focusing on the protein source and the carbs you will have, think about the veggies first.

1. **What kind of vegetables would you like to eat today?**
2. **How will you prepare them: grilled, baked, boiled, steamed?**
3. **With what (plant-based) protein source can you combine it with?**
4. **Add your grains or carbs – preferably whole grains!**
5. **Select the sauce you will have (tomato, yogurt, etc.)**
6. **Don't forget a pinch of herbs and spices!**

Must haves in your pantry:

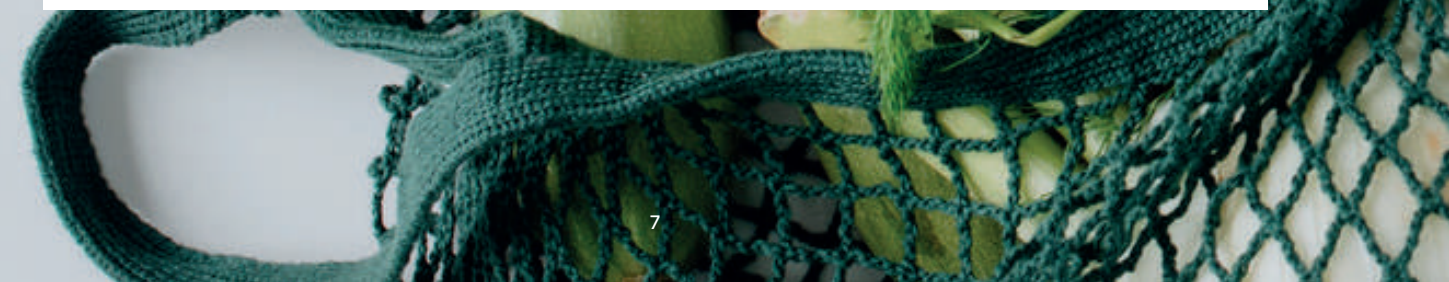
- ✓ A variety of herbs and spices.
- ✓ Different plant-based oils.
- ✓ Dried legumes.
- ✓ Tomato paste or unseasoned tomato sauce.

Think of fruits and veggies first! They are:

- ✓ **NUTRIENT RICH:**
providing fibers, phytonutrients, vitamins, and minerals.
- ✓ **LOW IN CALORIES:**
packed with nutrients but low in calories.
- ✓ **FILLING:**
they help you feel satiated.

EAT SMART:

choosing lean proteins and replacing fats and calorie-rich foods with fruits and vegetables will help you achieve your goals!



Choosing the right protein for your plate

What is it good for and which proteins are optimal?

Proteins are the **building blocks** of the body. They are used for the formation of muscles and tissue. Proteins are known to contribute to the maintenance and **growth of muscles** and are therefore a must in the Body Balance System.

Eat lean proteins (from a variety of sources) at each meal:

- ✓ Lean cuts of chicken, turkey, beef, and pork.
- ✓ Fish or seafood.
- ✓ Legumes like beans, lentils, chickpeas, tofu, and soymilk.
- ✓ Eggs.
- ✓ Dairy such as cottage cheese, yogurt, cheeses, and milk.



Did you know?

Your protein needs depend on your physical activity level and your weight! More importantly, you will not gain muscles by eating proteins alone. Muscles need both physical activity and protein.

Appetite control

The body controls the appetite by sending signals increasing the feeling of satiety or hunger. These signals are mainly provoked by hormones released by the body.

- **Grehline**, also known as the “hunger hormone” is produced in the stomach before a meal and stimulates food intake.
- **Leptin** is released from fat cells and sends a signal to the brain to indicate the body is satisfied.

However, appetite control is much more complex. Many other factors and hormones play a role, for example, Peptide YY and Glucagon-like-peptide 1.

Say “yes” to the right kind of carbs

To support your body and avoid cravings

Carbs are found in a wide range of products, including both healthy and less healthy foods. Think about fruits and legumes, two categories of foods that are essential for your body. Added sugars, however, should always be limited.

Carbs are **important, for your body and your brain**. Did you know they contribute to the maintenance of normal brain function? Choosing the right sources of carbs can also provide you with essential nutrients, like vitamins, minerals, and fibers.

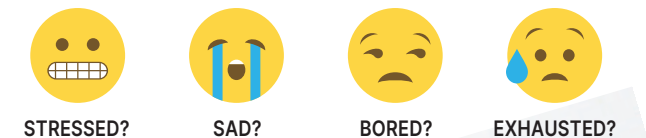
What types of carbs should you choose? **Whole grains!** Whole grains provide carbs and fibers. It is important to note that while fruits and legumes do contain carbs, they are not typically considered carbs.

Did you know that if you eat less carbs than your body needs it will use proteins and fats as a source of energy instead?

How to avoid cravings

- ✓ Ensure a balanced food intake.
- ✓ Eat 3 meals a day (eventually you can add 1 or 2 balanced snacks).
- ✓ Think about proteins and carbs.
- ✓ Don't label certain foods as your enemy, simply add your favorite foods to your eating pattern with moderation.

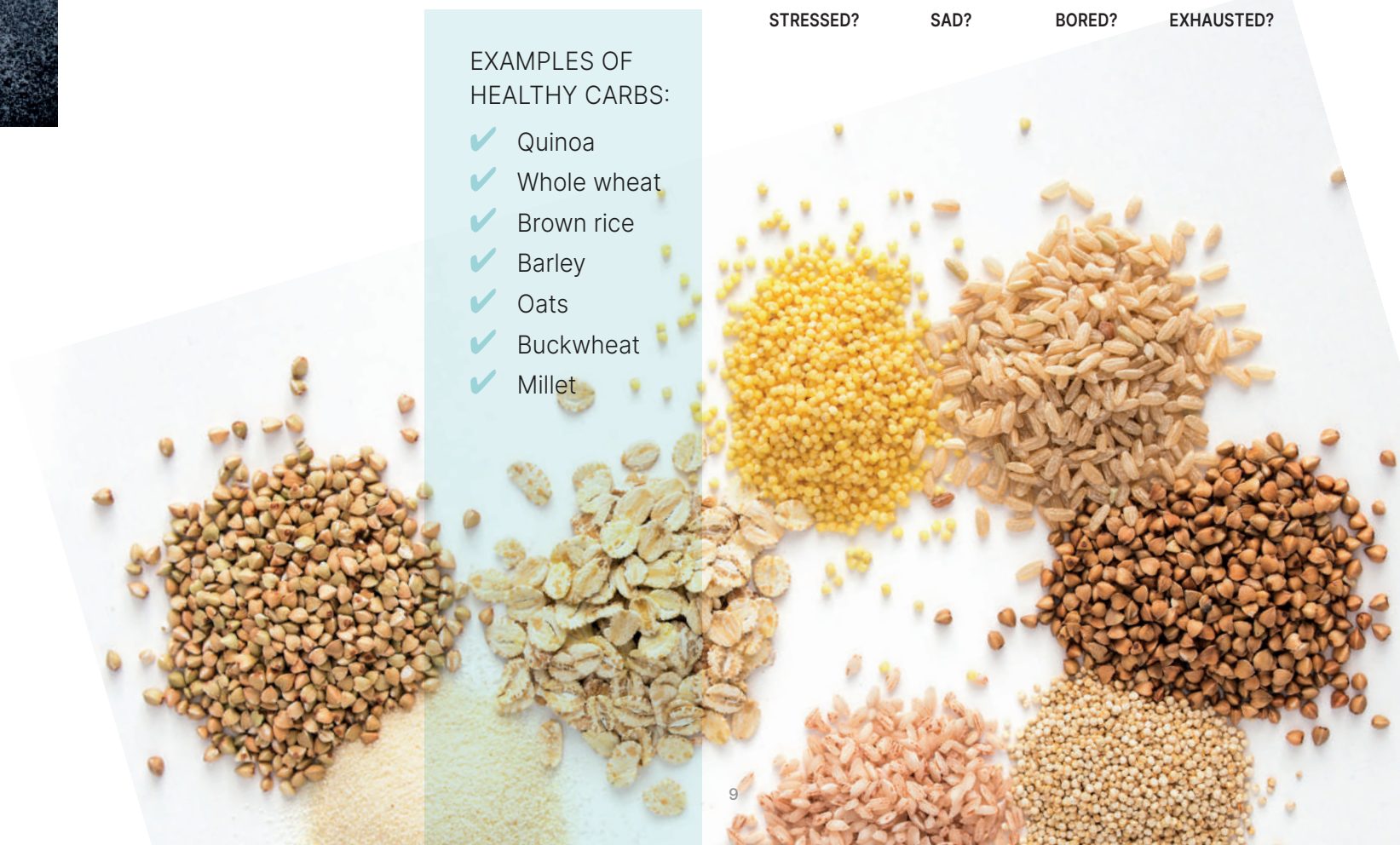
What would you do with these emotions if food was not an option?



STRESSED? SAD? BORED? EXHAUSTED?

EXAMPLES OF HEALTHY CARBS:

- ✓ Quinoa
- ✓ Whole wheat
- ✓ Brown rice
- ✓ Barley
- ✓ Oats
- ✓ Buckwheat
- ✓ Millet



Good fats

How can you choose the right ones?

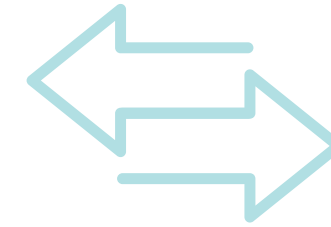
Fats often get a bad reputation, but they are essential for one's health! You should still be consuming them in moderation. But fats are an important source of energy and they promote the **absorption of fat-soluble vitamins** (vitamins A, D, E, and K).

Choosing certain fats over others can have a positive effect on one's cholesterol levels. We don't want to skip these benefits! Fat also adds taste to the food we eat and helps us feel full and satisfied.

Our advice is to choose the "good" fats and use them strategically. The so-called "good" fats are unsaturated fatty acids and can be found **in plant-based products and fish!**

Examples:

- ✓ **Nuts:** almonds, pecans, walnuts, cashews, peanuts;
- ✓ **Seeds:** sunflower seeds, pumpkin seeds, chia seeds, flax seeds;
- ✓ **Fatty fish;**
- ✓ **Avocado;**
- ✓ **Oils:** olive oil, avocado oil, sunflower oil (use sparingly to add flavor and body to your food).



Eat more of what's healthy, not less!

It's all about swapping

- Fruit juices
 - > **Fresh fruits, fruit salads, or fruit sticks.**
- Candies
 - > **Fruit bars, nuts, and seeds.**
- Sugar-rich drinks
 - > **Sugar free drinks and flavored water.**
- Ice cream
 - > **Iced fruits, iced yogurt, iced fruit-yogurt bars.**
- Pastries
 - > **Crackers, nuts or seeds, soup, vegetables with a dip.**
- Processed meat
 - > **vegetable dips, lean meat, cheeses.**
- Ready-to-eat meals
 - > **vegetable-centric homemade meals (many are quick and easy to prepare).**

Other balanced snacks:



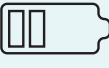







pickled or raw vegetables, grilled vegetables, nuts or seeds, yogurt, etc.



Tips and tricks to feel hunger again

Today food is abundantly accessible to most people in the West. It has become so abundant that many of us no longer even know what hunger feels like. Most people eat at fixed times because they are used to it, not even considering if they are hungry or not. Let us not forget the many snacks we often consume mostly for pleasure alone.

What are the signs?

HUNGER	CRAVING
Desire for any type of food 	The desire for a specific food 
Feeling of weakness 	Triggered by emotions like boredom, stress, or sadness 
Occurs when you haven't eaten for a while 	Can even occur directly after a full meal 
Builds over time 	Often comes on suddenly 
Does not pass with time 	Often passes over time 

Do you remember what hunger feels like?

Not just craving something because of emotions or habits but feeling physically hungry. Let's learn together how to get back in touch with our bodies, so we can learn to feel and respond appropriately to hunger.

How to learn to recognize hunger and fullness?

1. Start each meal with the question: "Am I hungry?"
2. If not, try to postpone the intake of food until you begin to feel hungry.
3. When you finally feel hungry, look closer at the feeling. Breathe in and out and take a mental picture of the feeling so you can remember it for later.
4. Now eat your meal or snack.
5. Try to listen to your body from the first bite and only eat until you feel full.
6. Now capture the feeling of fullness.



What is intuitive eating?

Let's break the vicious cycle of dieting by changing your mindset towards intuitive eating.

Intuitive eating is based on different principles that will help you rediscover a healthy relationship with your body and the food you eat. You will learn to **trust the signals your body sends** you while continuing to respect **scientific recommendations** on nutrition and health.

Follow the principles as you feel, depending on your priorities and what challenges you are ready for.

1. **Honor your hunger:** give your body the energy it needs.
2. **Make peace with food:** simply labeling certain foods as 'bad' can make you more attracted to them.
3. **Feel your fullness** learn to recognize satiety signals.
4. **Don't repress your emotions:** instead, learn to cope with them.
5. **Respect the principles of a balanced diet:** say no to diets but balance your food intake.



It's time to STOP counting calories

Don't let the scale ruin your whole day! Obsessively counting calories can become a major hindrance to building a healthy relationship with your food. It is time to leave the old ways of thinking behind. Your body will tell you how much and when to eat. You just need to learn to listen to it!

Are you afraid of losing grip? Don't be! Once you've learned to feel hunger and fullness, you can start structuring your days with 3 main meals. You can eventually add a (balanced) snack in between. Do you have two options for a meal? Choose the one that will satisfy you the most, while providing you with balanced nutrition.

Just remember!

Vegetables, fruits, protein, carbs, some type of fats and hydration. You now know their importance. Balanced nutrition does not have to mean counting calories, and it can still be delicious!



Tasty balanced swaps that are easy for everyone!



- Tacos filled with minced meat > Tacos with a rainbow of vegetables, black beans with low-fat minced meat, and lemon juice.
- Parmigiana > Grilled eggplant with pomegranate and yogurt sauce.
- Chocolate cake > Chocolate-zucchini cake.
- Pasta Bolognese > Whole grain pasta all'Arrabiata with a low-fat cheese.
- Sandwich on white bread > Toasted whole grain bread with humus and fermented veggies.
- Burgers > Whole grain wraps with falafel.
- Smoked salmon on toast > Oven-baked fresh salmon with fennel and bulgur.
- Meat Capriccio > Carpaccio of fish with grapefruit and pistachio.

SUPPLY



Give yourself some **self-love!**

- ✓ Make post-its reminding you how great you are.
- ✓ Start your day on a positive note, take some time for yourself (Yoga, breathing exercises, quick walk, reading a book...).
- ✓ Respect your body and your hunger.
- ✓ Accept the things you don't appreciate about your body.
- ✓ Stop looking in every mirror, and if you do, nod and tell yourself "I look good!"
- ✓ Don't try to fit into smaller-sized clothes, wear what feels good.
- ✓ Go for body positivity and body neutrality (see page 22).
- ✓ Give your body what it needs with balanced nutrition and regular activity.
- ✓ Listen to your emotions, don't ignore them.
- ✓ Do not judge if you let your emotions decide what you eat.
- ✓ End your day by listing three things you can be proud of.

"Yes, you are just great the way you are!"

Digestion tips and tricks



TRME INNERNu contains artichoke that supports detoxification and ginger for digestion*

Kickstart your TRME journey with TRME INNERNu or use it **regularly** throughout the journey.



- ✓ 2 capsules daily
- ✓ Take it with a meal
- ✓ Take for 30 days

Ginger Rhizome Extract

Ginger has a long history of cultivation and is one of the most commonly consumed dietary condiments in the world. Native to South East Asia and China, ginger rhizome has been used for centuries as a spice.

- Helps to support **digestion**.*
- Contributes to the normal function of the **intestinal tract**.*

Artichoke Leaf Extract

Artichokes are widely consumed and found across the Mediterranean region. In the time of the Roman Empire, the aristocracy enjoyed artichokes as a delicacy, an appetizer, and a digestive aid.

- Supports **detoxification**.*
- Contributes to **intestinal comfort**.*
- Helps to support **digestion**.*
- Contributes to the normal function of the **intestinal tract**.*



TRME INNERNu contains ginger and artichoke that will support your intestinal comfort

* Claims on hold

WHAT'S IN IT? Artichoke leaf extract (*Cynara scolymus* L.) (500 mg/2 capsules), bulking agent: microcrystalline cellulose, capsule: hydroxypropyl methyl cellulose, ginger rhizome extract (*Zingiber officinale* Roscoe) (80 mg/2 capsules), anti-caking agents (magnesium salts of fatty acids, silicon dioxide).

How to deal with **cravings**

Do you have a sweet tooth? Do you sometimes catch yourself snacking? There are many reasons why one craves food! Sometimes it's simply because you're hungry, other times you snack to feel better, and sometimes you do it just out of habit or boredom!

It's perfectly normal to have food cravings, but if you'd like to take back control of your cravings TRME MyEDGE can help! TRME MyEDGE can limit the feeling of food cravings thanks to carob powder, so that you can make **healthier eating choices**. Including avoiding unhealthy snacks.



Check our delicious recipes on the Nu Skin Asset Library, with or without TRME MyEDGE.

TRME MyEDGE contains carob powder that helps you **limit the feeling of food cravings** *

Take TRME MyEDGE **according to your needs**. It does not need to be taken daily.



- ✓ 1 stick in 100 ml of liquid
- ✓ Take right before or with a meal
- ✓ Each pack contains 20 sticks

White Mulberry Leaf Extract

The berries of the Mulberry Tree have been used in China for centuries. In recent years, the leaf extract of this plant has gained popularity for its **health benefits**.

- Contributes to **normal blood sugar levels**.*
- Contributes to the maintenance of the carbohydrate metabolism.*

Carob Powder

Carob powder comes from drying and grinding the fruit of the carob tree. It is traditionally grown in the Mediterranean region. It looks a lot like cocoa powder and is often used as a **natural sweetener** in baked goods.

- Supports **appetite control**.*
- Helps limit the feeling of **food cravings**.*
- Helps increase the **feeling of satiety**.*

Chromium

Chromium is naturally present in a wide variety of foods in small amounts. It is an essential element that the human body uses in trace amounts.

- Contributes to the maintenance of **normal blood glucose levels**.
- Contributes to **normal macronutrient metabolism**.

* Claims on hold

WHAT'S IN IT? Mulberry leaf extract (*Morus alba* L.) (1250 mg/sachet), carob fruit powder (*Ceratonia siliqua* L.) (750 mg/sachet), flavourings, anti-caking agent: silicon dioxide, chromium (III) chloride (154 mcg/sachet, 385% DRI: Daily Reference Intake (adults))

TRME MyEDGE contains Mulberry Extract, Carob Powder and Chromium



Body positivity and neutrality

While each has its value, it may be worth adopting a bit of body positivity and of body neutrality to ensure you can achieve a healthy view of your body!

Body positivity focuses on unconditional self-love, cultivating acceptance towards a positive body image.

Body neutrality involves an acknowledgement and appreciation of all the things the body can do, regardless of what it looks like.

> 50% of adults reported experiencing **weight stigma** in the US, UK, Australia, France and Germany

Check our delicious recipes on the Nu Skin Asset Library, with or without TRME MyGOAL.



TRME MyGOAL contains glucomannan that contributes to **weight loss***

Take TRME MyGOAL during your **weight management journey**, before each meal.



- ✓ 3 sticks/day in 250 ml liquid
- ✓ Take it 15-20 min before the meal
- ✓ Stir and drink immediately
- ✓ Take for 30 days

Glucomannan

Glucomannan is a dietary fiber from the root of the **konjac plant** native to the warm and tropical parts of Asia. It has a great water-absorbing capacity and forms a viscous gel-like mass in the stomach when mixed with liquid. This can lead to a decrease in subsequent energy intake.

- Contributes to **weight loss**, in the context of an energy-restricted diet.

Vitamins C, B6 and B12

It can be beneficial to support your body by taking vitamins, also when you are on a journey of weight management.

- Contributes to normal **energy-yielding metabolism** (vitamin C, vitamin B6, and vitamin B12).
- Supports normal homocysteine metabolism. Among other functions, homocysteine is a marker for **cardiovascular health** (vitamin B6 and vitamin B12).
- Contributes to normal **protein and glycogen metabolism**. This means that it has a beneficial role in the production and breakdown of proteins and carbohydrates (vitamin B6).

Nutrients	Per 3 sachets (recommended daily intake)	% DRI
Vitamin C	36 mg	45%
Vitamin B6	0,63 mg	45%
Vitamin B12	1,14 µg	46%
Glucomannan	3 g	-

* The beneficial effects are obtained with a daily intake of 3 g of glucomannan in three doses of 1 g each, in addition with 1-2 glasses of water, before meals and in the context of an energy-restricted eating plan.

WHAT'S IN IT? *Amorphophallus konjac* K. Koch root extract (glucomannan), sodium-L-ascorbate, medium chain triglycerides, anti-caking agent: silicon dioxide, emulsifier: sunflower lecithin, pyridoxine hydrochloride, cyanocobalamin.

TRME MyGOAL contains **glucomannan**, to help you manage your weight as well as **vitamins C, B6 and B12**





TRME REALMe contains curcuma longa that prevents fat accumulation and facilitates fat breakdown by the liver*

TRME REALMe is the perfect companion for the TRME Body Balance System.



- ✓ 2 capsules once a day
- ✓ Take with a meal of your choice
- ✓ 30 days

Curcuma Longa

Curcuma longa is a member of the ginger family. It is commonly known as **turmeric**. It has a long tradition of being used as a spice by many cultures across the globe and has been used for health in India for centuries.

- Prevents the accumulation of fats and facilitates the breakdown of fats by the liver.*

Horse Radish Tree Leaf Extract

Horseradish leaf extract comes from a large tree native to north India. It goes by a variety of names, such as Moringa tree, Drumstick tree, Horseradish tree, or Ben oil tree. The leaves, which are used in our TRME REALMe, are the most nutritious part of the plant.

Curry Leaf Extract

Curry leaf extract comes from the tropical and sub-tropical tree called *Murraya koenigii* or *Bergera koenigii*. Curry leaves are an aromatic ingredient and an essential part of Indian cuisine. They are found in most Indian households.



TRME REALMe contains Curcuma longa as well as horse radish and curry leaf extract.

Did you know that a good functioning liver can contribute to maintaining your overall health and well-being? As the largest internal organ in the human body, the liver plays an important role in various bodily processes. For instance, it is involved in the metabolism of carbohydrates, proteins and **fats**. Thanks to its production of bile, the liver aids in the digestion of dietary fats. Additionally, the liver acts like the body's gatekeeper by processing and aiding in **the elimination of any harmful substances**.

* Claim on hold. The prevention of fat accumulation is linked to destockage by the liver thanks to Curcuma Longa.

WHAT'S IN IT? Horseradish tree leaf extract (*Moringa oleifera* Lam.) (540 mg/2 capsules), curry leaf extract (*Murraya koenigii* (L.) Spreng) (270 mg/2 capsules), capsule: hydroxypropyl methyl cellulose, bulking agent: microcrystalline cellulose, turmeric rhizome extract (*Curcuma longa* L.) (90 mg/2 capsules), anti-caking agents (silicon dioxide, magnesium salts of fatty acids).



TRME M-Bars

supports your weight management journey

Take TRME M-Bars **according to your needs** on the days you want.



- ✓ 1 to 2 portions per day
- ✓ Each bar replaces one main meal

With busy days of balancing family, work, social events, and errands, it can be hard to find the time or energy to make a balanced meal. **TRME M-Bars are a convenient and tasty meal replacement!** But don't forget, it should be accompanied by daily fluid intake, regular physical activity, and a varied and balanced eating pattern.

- As a meal replacement, one bar offers your body a minimum of **30% of the nutrient reference values for vitamins and minerals**
- Each bar contains **14 g of protein**, which can contribute to the growth and maintenance of muscle mass.
- It's **high in fiber and low in sugar** and it's **vegan***.
- **TRME M-Bars** should be used as **part of an energy-restricted diet** that must contain other foods.

HOW TO USE IT? 1 bar replaces 1 meal

Contributes to the maintenance of weight after weight loss: eat 1 bar per day with a large glass of water to replace one meal of an energy restricted diet.

Contributes to weight loss: eat two bars per day each with a large glass of water to replace two meals of an energy restricted diet.

* The TRME M-Bar Chocolate does not contain ingredients of animal origin. There may be an unintended presence of non-vegan substances used as processing aids or present in the manufacturing facility.

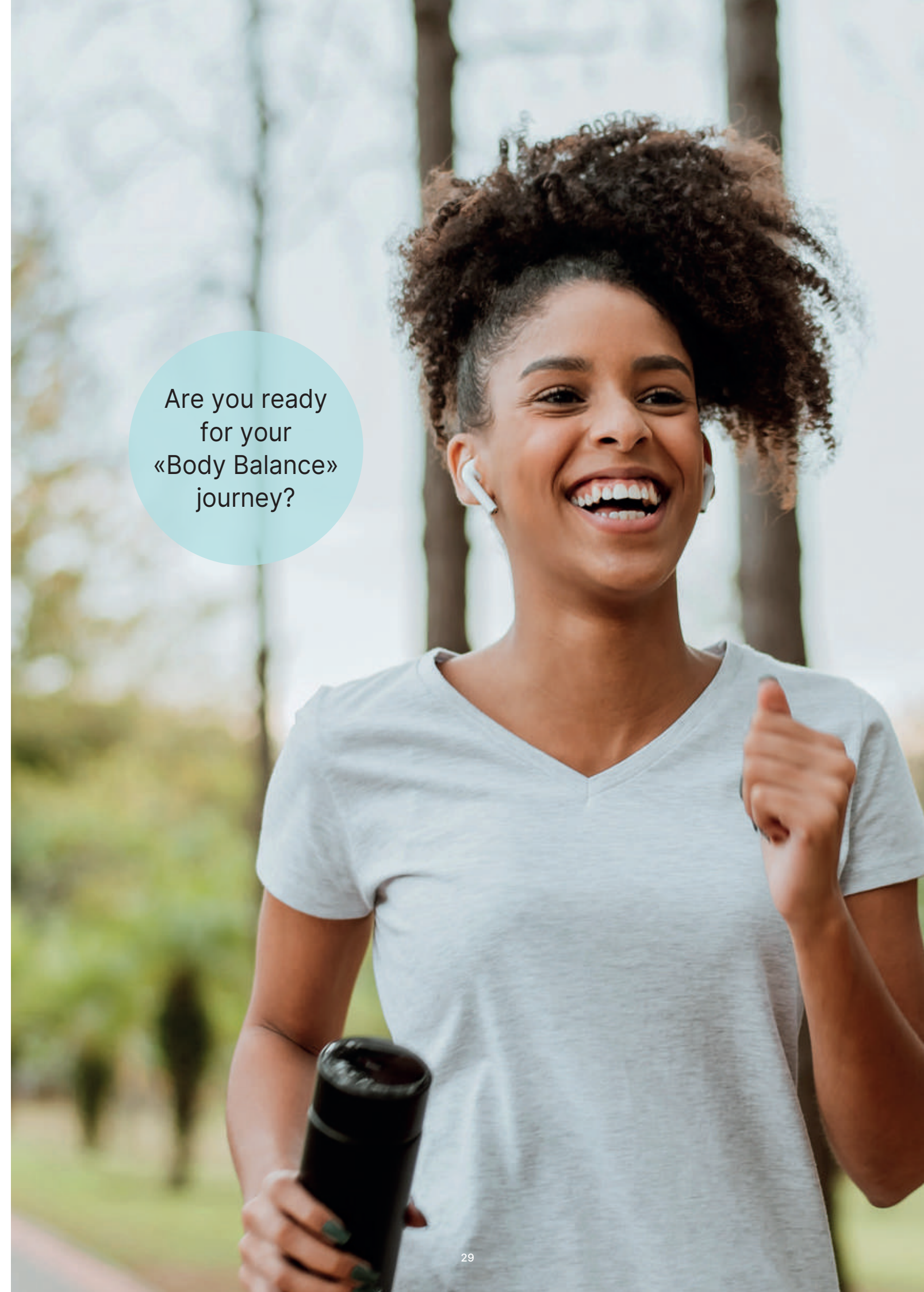
WHAT'S IN IT? Chickpea flour, soluble fiber obtained from beetroot, soy protein, humectants: maltitol syrup, glycerol, and sorbitol syrup, dark chocolate with sweetener (10%) (cocoa paste, sweetener: maltitol, cocoa butter, emulsifier: lecithin (soy), natural vanilla flavoring), pea protein, minerals (potassium phosphate, calcium carbonate, sodium phosphate, magnesium carbonate, ferric pyrophosphate, zinc citrate, copper gluconate, manganese sulfate, sodium selenite, potassium iodide), starch, sunflower oil, cocoa butter, flavorings, acacia fiber, slivered cocoa beans, natural flavoring, salt, stabilizer: calcium carbonate, vitamins (vitamin C, vitamin E, vitamin B3 (niacin), vitamin A, vitamin B5 (pantothenic acid), vitamin B8 (biotin), vitamin B6, vitamin B12, vitamin D, vitamin B2 (riboflavin), vitamin K, vitamin B1 (thiamine), vitamin B9 (folic acid), maltodextrin, emulsifier: soy lecithin, sweetener: sucralose.



The TRME M-Bars are easy on-the-go meal replacement bars containing everything you need to replace one meal.



TRME Weight Management Kit **With M-Bars**
or **Without M-Bars**



Are you ready
for your
«Body Balance»
journey?



MOVE

#Strength
#Flexibility
#Cardio

We all know that daily physical exercise is key to one's health and well-being. Once you have found the activity that suits you, it won't be hard to keep on track. When was the last time you were physically active **for the enjoyment of the activity itself?**

With the TRME Body Balance System, we want you to move because you like the feeling not because you must!

We are convinced that there is an activity that's right for everyone whether it's dancing, yoga, weightlifting, or swimming!

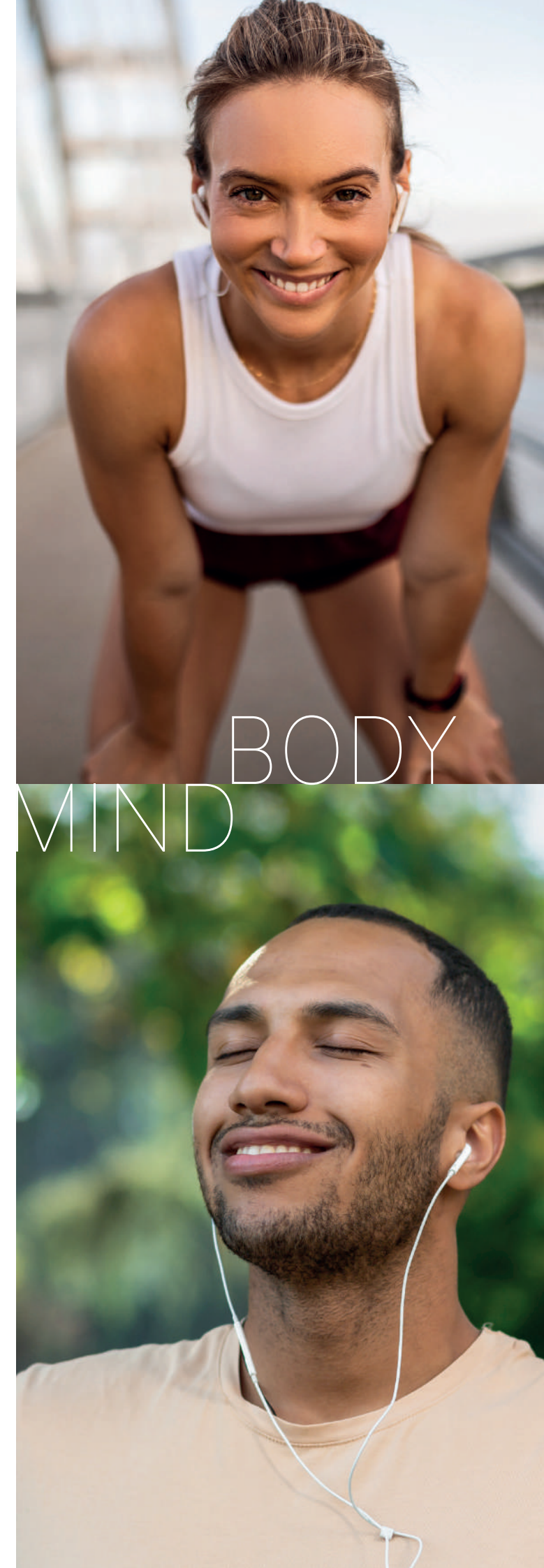
Being physically active benefits your body and mind!

BODY

- ✓ Muscle strength
- ✓ Endurance
- ✓ Metabolism
- ✓ Better physique
- ✓ Weight management
- ✓ Quality of life

MIND

- ✓ Better mood
- ✓ Increased focus
- ✓ Better sleep
- ✓ Decreased stress
- ✓ Improved cognition
- ✓ Better self-esteem



BODY
MIND

Guidelines to help you move



Frequency

- Exercise 5x each week.
- 2x strength training
 - 3x cardio or flexibility training (>150 minutes cardio each week)



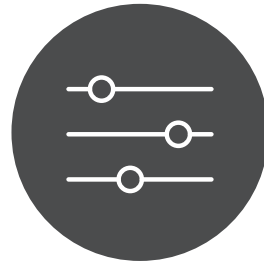
Variety

Mix cardio, strength, and flexibility.



Length

30-60 minutes each session.



Intensity

Moderate to high intensity (safety first).



DID YOU KNOW to decrease body fat without muscle loss, a **balanced food intake should be accompanied by regular physical activity?**

Keep in mind that muscle is heavier than fat, so gaining weight is not always an indicator of unhealthy weight gain! You may instead see positive changes in your body shape and notice your clothing fits differently.

Always check with your physician before beginning a new exercise routine.



Every single step counts!



It's going to be a journey, it's not a sprint to get in shape!



Be kind to your body.



It's not about winning, it's about self-care and joy.



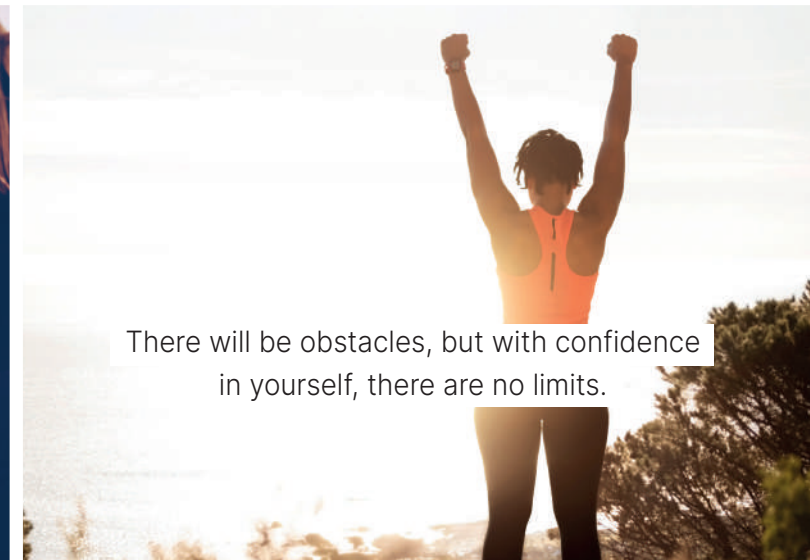
Say yes to each opportunity you get.



Age is no barrier, it's a limitation you put on your mind.



Passion first and everything will fall into place.



There will be obstacles, but with confidence in yourself, there are no limits.

Example of work-out

	Low-Intensity Examples	Moderate-Intensity Examples	High-Intensity Examples
Cardio	Easy Walk/Bike 10-15 minutes 2x daily	Medium Walk/Jog/Bike 30 minutes 5x weekly	Intense Run/Jog/Bike 30 minutes 5x weekly
Strength Training	Body Weight Exercises (squat, lunge, plank, etc.) 10 minutes 2x weekly	Body Weight/Light Weight Exercises (add in light weights as able) 15 minutes 2x weekly	Medium-Heavy Weight Exercises (increase weight and/or repetitions) 30 minutes 2x weekly
Flexibility	Light Stretching 5 minutes daily Before and after every activity	Light Stretching 5 minutes daily Before and after every activity	Light Stretching 5 minutes daily Before and after every activity



Choose what fits you best and unlock your body's potential!

PERSONALIZE your activity

Adapt the intensity, length, and exercises to fit your goals and ambitions.

Find the activity **you really enjoy!**

SWAP THIS FOR THAT...

Running

> cycling, swimming, brisk walking, hiking, rowing, skiing, indoor aerobics...

Squats

> machine leg press, step ups, lunges, deadlift, leg curls with resistance band...

Trap bar deadlift

> bench press, kettlebell swing, cable lifting, arm exercises with resistance band...

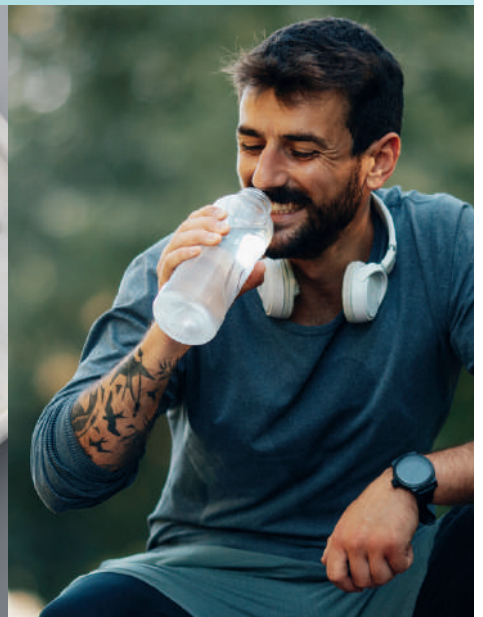
Set ups

> plank, deadbug, bird dog, scissor kicks, flutter kicks, Russian twist, side plank...

NSE Products Europe BV
The Corporate Village, Leonardo Da Vincilaan 9, 1930 Zaventem

www.nuskin.com

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