

L I V E

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LET'S GET Physical!

In just a blink of an eye, we've entered the second half of the year. The first half of the yearly festivities are over but the nation's focus is now glued towards the 29th Southeast Asian Games (SEA Games) which is finally back in Malaysia after 16 years! So, how's your New Year Resolutions coming along? Are your goals in getting fit and healthy for 2017 still intact or have they been long forgotten?

To be honest, it doesn't matter if it's a New Year Resolution or not. All year long, humans are always looking for new ways to feel, look and live better. If you really study the history of fitness, the approach to it has evolved in many ways. From the Arnold Schwarzenegger gym culture in the 60's, eating only cabbage soup for 2 weeks straight, to those wearable fitness activity trackers that can be seen everywhere! It seems that no matter which era that we are in, the fitness trends and fads get sweeps around the globe, one person at a time.

These constant fitness trends and fads lure in people who are struggling with their weight and body image issues promising them with a simple quick fix. We all know that exercising is important, but there are many people out there who doesn't fully understand what fitness is really all about. Getting fit is more than being able to have that bikini body or six pecs, it's about leading a healthy lifestyle for a better you in the future.



Did you know? Malaysia has the dubious honour of having the highest obesity prevalence in Southeast Asia. Most notably, coronary heart disease and stroke are the top killers in Malaysia. Whether you are a trend follower or not, you shouldn't join in the fitness trend just because everyone is doing it, being healthy should be a lifestyle choice!

As we eagerly cheer for our national athletes at the SEA Games, it should come with no surprise that those elite sportsmen and women must have a vigorous and hard core healthy habits. While we might not be able to replicate their regime, we can most certainly try to incorporate it into our daily lives.

Eating healthy food and exercising regularly can be challenging for almost everyone. Not only it's tough to find the time, but the motivation to sail through a healthy diet

and workout routine can be the worst. And saying no to that cheesy slice of pizza can be torturous! So why not get some help? No one said you have to do this alone.

Get your friends and family together to join you. When you're doing it with someone, getting fit can be a lot more fun! You're more likely to stick to it and make being healthy a regular and enjoyable habit. Before you know it, you'll start seeing the mental and physical changes and benefits of following a healthy lifestyle! Bottom line, the consistently healthy choices you make will lead to a longer life.

Remember, doesn't matter if you're an athlete or not, your body is a reflection of the decisions you made. Think of your body as a piece of artwork you work on every single day and it will change the way you live. Be proud of your body because you deserve it!



THE WINGS OF *Transformation*

The Nu Skin business opportunity, products and culture are all revolving around one thing – to empower and transform the lives of people around the world.

Most of the Nu Skin distributors started like a plain sheet of paper, but with persistence and well leverage on the Nu Skin opportunity, innovating products and its unique culture, many has undergone a transformation to become interesting and unique individual.

We believe each Nu Skin leader has their unique story to tell. As for yourself, how does Nu Skin transform you and the people around you to become a better person, both inside and out?"

"Many are searching for opportunities in life, but not all are able to find one. We are thankful to have found the Nu Skin platform that helps us to achieve success in life. Nu Skin's innovative products have truly transformed our lives. I have lost my self-confidence when an accident ended my athlete life during my teenage year. It was Pharmanex products that helped me to regain my health and self-esteem. Same goes to Albert, his life was being transformed through Nu Skin products and a set of TRA. We are grateful for being able to leverage on the Nu Skin opportunities to help others become healthier and better every day. It is true that making the right choice is more important than working hard!"

Amy Khor & Albert Sia
1 Million Dollar Circle & 2 Year Team Elite

"Prior to Nu Skin, we were just ordinary nine-to-fivers, but things changed after we've encountered Nu Skin. Through leveraging on its business opportunity, our lives have transformed from living frugally to an upgraded standard of living today. Its innovative products not only giving us better appearances, but also made us realized that health is wealth. Nu Skin is a business where you succeed by helping others to succeed. It's a cycle, you were being helped by others at first, then you help others and those you've helped will continue the effort to help more people. When you've helped more people to become wealthier, healthier, happier and gain more confidence, you will get the same reward in return! We believe a right mindset is the key in achieving success in the Nu Skin business. Being grateful and not taking things for granted are the greatest gift we've earned from Nu Skin. We are grateful for all the challenges we had in the past as they've made us grow into a better person. We will continue to pass on this great value to our business partners and through the Nu Skin business, together, we'll make everyone a better person."

Loo Mun Fong & Kok Kung Shen
1 Million Dollar Circle & Blue Diamond Executive

"I have never thought that I would have become who I am today. Suffering from various health problems and having overweight issue for quite a long time have really crushed my self-esteem. However, all these have come to an end when I have found TRA. I've lost almost 10kg after taking a set of TRA! With a healthier body weight and a fitter appearance, I've regained my confidence and health. Although enjoying good food is still something that I love to do, but with Nu Skin's innovative products and a healthy lifestyle, staying fit is not an issue anymore! I am grateful for what Nu Skin has given me. Spreading good vibes and making people around me healthier and happier have made me a better person. Thank you, Nu Skin!"

Grace Tan
1 Million Dollar Circle & Blue Diamond Executive

"Time flies, I've been in the Nu Skin business for more than 20 years now. My journey with Nu Skin began with a sensitive skin and an invitation from a stranger. It's in the Nu Skin 1.0 era, where resources were limited and BB Call was the only communication tool. Without having enough time to figure out what's going on, I've already been placed to become the next speaker on stage. Although there were not much trainings available, but practice makes perfect. My next goal is always the beacon that leads me forward. From my previous goal of achieving a monthly income of 20 thousand dollar to a 10 Million Dollar Circle today, Nu Skin has truly given me a lot. I don't aim at over ambitious goal, but I insist to accomplish every goal that I have, slowly but surely. Pursuing a quality life is what motivates me in doing this business. Spreading positive vibes with the right platform is what makes me stay passionate for over 20 years. My motto: No magic, only basic."

Jasmine Hew
10 Million Dollar Circle & 2 Year Team Elite



PERK UP Your Natural Glow!

It is true to say that a well-toned red-carpet body is everyone's dream. However, owning a killer body shape alone is not perfect without a healthy-looking skin. Imagine having the perfect curves, sharply defined abdominal muscle, well-toned arms and thighs but a face full of depressed acnes and pigmentation... that doesn't seem like a perfect combination now, isn't it?

There's no doubt that many tend to focus too much on their physique and forgot about their skin. In fact, skin fitness is just as important as physical fitness. Healthy skin contributes to overall health and self-confidence. Beautiful healthy skin is within everyone's reach, with a regular skincare routine that suits your skin type, achieving your skin health goals can happen in no time!

Discover the secrets to healthy glowing skin with Nu Skin Nutricentials Pack - a daily skincare regimen that delivers essential skincare nutrients from the outside in to naturally enhance the healthy appearance of your skin.

Skin Care Regimen

NORMAL TO DRY SKIN **COMBINATION TO OILY SKIN**



1

CLEANSE

CLEAN SKIN IS BEAUTIFUL SKIN!

CREAMY CLEANSING LOTION

Protects the skin's delicate moisture barrier while effectively cleansing the skin of dirt, oil, and impurities.

PURE CLEANSING GEL

Helps deep clean to free pores of oil, dead cells, makeup, and pollution.



SOOTHE & SHRINK

AFTER ALL, WHO DOESN'T LOVE THAT SUPPLE AND PORE-LESS SKIN?

PH BALANCE TONER

Strawberry extract helps restore skin to its optimal pH level, allowing moisturizers to work more effectively

PH BALANCE MATTEFYING TONER

Bi-phase technology suspends oil-absorbing mineral powders to give an instant matte finish and control shine.

Polyphenol-rich strawberry extract helps refine the complexion.



3

SERUM

GOODBYE SIGNS OF AGING!

CELLTREX ULTRA RECOVERY FLUID

helps provide needy dry skin with concentrated levels of the polyphenol hydroxytyrosol for supple, healthy looking skin.



MOISTURIZE

A NATURAL DEWY VISAGE COMES FROM SKIN WITH HIGH WATER RETENTION!

MOISTURE RESTORE DAY PROTECTIVE LOTION SPF 15

Fortified with colorless carotenoids help to provide superior antioxidant protection and rich emollients to enhance the skin's natural barrier function.

MOISTURE RESTORE DAY PROTECTIVE MATTEFYING LOTION SPF 15

Formulated with colorless carotenoids, this oil-free mattefying moisturizer is perfect for minimizing oily complexions while shielding against aging UVA and UVB damage.



5

NIGHT SUPPLY

WAKE UP TO GORGEOUS LOOKING SKIN EVERY DAY!

NIGHT SUPPLY NOURISHING CREAM

Features phosphatidylcholine lipids help to restore flexibility and resiliency to the skin for improved barrier function.



Getting your skin into a fit and healthy stage is no different from getting the rest of your body fit. Start working out your skin to its utmost fitness with Nu Skin Nutricentials Pack now!



TURNING FAT INTO *Fab!*

Sports has a unique potential and can be used to unite the nations. During the recent 2017 SEA Games in Kuala Lumpur, all Malaysians regardless of ethnic group or religious practices united together to support our athletes. That's the magical power of sports, bringing Malaysians together without having to utter a word!

Despite the strong support Malaysians possess towards sports, the ratio of Malaysians involved in sports is rather low. According to the National Health and Morbidity Survey (NHMS) 2015, Malaysia was identified as one of the least physically active countries in the world with over 60% of adults being essentially sedentary.

Did you know that sedentary lifestyle can increase all causes of mortality, double the

risk of cardiovascular diseases, diabetes and obesity as well as increase the risks of colon cancer, high blood pressure, osteoporosis, lipid disorders, depression and anxiety?

Although most of us are fully aware of the importance of exercising regularly, but we always put off exercising, coming up with 1,001 excuses such as “too busy, too tired, not in the mood, etc.”

Well, who says getting fit has to be painful? Try one of these tips and tricks to help make physical activity more enjoyable yet effective:



CRANK UP THE TUNES

A good beat can increase your pace and effort. Let music be the food of your life, play on!



MIX IT UP

Bored with your same old gym routine? Try mixing up activities that's both physical and fun, such as dancing, Zumba or fencing.



GRAB A BUDDY

Exercise isn't always a solo activity. Working out with a friend provides extra accountability along and added push to go that extra mile.



SET A REWARD

Buying a new outfit or indulging on a massage can act as rewards that make tough workouts more bearable.



OPTIMIZE WORKOUT PERFORMANCE

Leverage on the benefits of Pharmanex supplements to make your workout work harder!

1 CORDYMAXCS-4



BOOST STAMINA WITH CORDYMAXCS-4

- Promotes vitality and stamina while reducing fatigue.
- Increases endurance, aerobic and anaerobic capacity during exercise.
- Enhance healthy lung function and increase the body's resistance to daily environmental and occupational stresses.
- Clinically proven to be effective in healthy adults, the elderly, the active, and sedentary individuals.

2 ageLOC® TR90® TRIMSHAKE



BUILD MUSCLE WITH AGELOC® TR90® TRIMSHAKE

- Provides your body with essential protein needs, which is vital for lean muscle tissue growth and repair.
- Contains fibre that keeps you feel satiety and helps balance high blood sugar level during exercise, which help sustaining your workout, as well as controlling your appetite especially after workout!
- Low in calories to ensure that you have sufficient nutrition while cutting down your calorie intake which may be beneficial in weight control.
- Support your metabolism with essential vitamins and minerals.

3 TEGREEN97®



FIGHT FREE RADICALS WITH TEGREEN97®

- Contains potent antioxidants to neutralize the free radicals produced during exercise.
- Contains the antioxidant power of seven cups of tea per capsule and is 99.5% caffeine free which give you the energy boost and pumps for your workout and still let you sleep at night.
- In a comparative study, Tegreen97® was shown to have better bioavailability and antioxidant capacity than drinking green or black tea.
- Helps increase fat-burning by supporting thermogenesis and enhance physical endurance during exercise.

Stay in shape has never been easier with these tips and tricks. Bring your workout to the next level by complementing them with ageLOC® TR90® TrimShake, Tegreen97® and CordyMaxCS-4 today!

A LIFE Changing Journey

When it comes to defining life, many choose to see youth as an important element in life. However, many failed to realize that having a healthy body is actually more crucial for you to enjoy life to the fullest. While we get busy trying to achieve our healthy goals in life, we tend to take things for granted, dismissing that there are many underprivileged people in the community. This is when you'll realize that there aren't any contentment that can surpass the satisfaction and joy for helping to save the lives of the people in your community.

For more than 17 years, the Nu Skin Force for Good Foundation has contributed millions of dollars to improve the health, literacy and economic situation of children in more than 50 countries around the world. Nu Skin Force

of Good Culture unites the Distributors, customers, and employees in innovative efforts that multiply the company's ability to nourish and uplift children around the world.



NU SKIN 14TH BLOOD DONATION DRIVE

Over the years, Nu Skin has engaged in various types of initiatives that created a lasting impact on the lives of others. Founded with a mission to be a Force For Good throughout the world by empowering people to improve lives with rewarding business opportunities, innovative products, and an enriching, uplifting culture in 1984, Nu Skin continues to uphold its mission by organizing its 14th Blood Donation Drive!

Heroes walked among us as Nu Skin's Sales Leaders, Distributors and staff members all played a part as they exemplified a Force For Good culture by rolling up their sleeves and saving lives. Together with everyone's support, Nu Skin will be able to save 250 LIVES with 99 pints of blood collected, one of the highest recorded number to-date in Nu Skin Malaysia!

NU SKIN FORCE FOR GOOD DAY

This year, history and smiles were created as more than 40 participating Nu Skin Sales Leaders, Distributors and staff members demonstrated their Force For Good spirit by spending a fun-filled day out with 30 sponsored children from the Southeast Asia Children's Heart Fund (SEA CHF).

Upon arriving at the Petrosains, The Discovery Centre, the children were all eager

to explore the fun and interactive exhibits about the science and technology behind the petroleum industry. Enormous smiles were seen everywhere as the children touch, feel and manipulate the interactive futuristic features complemented by thematic props, three-dimensional images, simulation effects and spectacular recreations with realistic visuals and sound effects.

Nothing gave the Nu Skin Sales Leaders, Distributors and staff members more contentment than seeing such joy and excitement on these children's faces as they were able to learn about the space science and technology from the "ISS-International Space Station" exhibits, a true-to-life oil platform while experiencing a stimulated F1 ride that delighted the young ones!

From the racing car grid races near the end to the tube slide further along, not only it was an education gateway for the sponsored children, to top it off, everyone headed back to Nu Skin Distributor Center where a delightful buffet feast was waiting for them.

The generosity of Nu Skin's Sales Leaders and Distributors have definitely brought smiles and hopes back to many families. It is our wish to see more children being saved in the years to come. So let us continue in bringing smiles, creating hopes and be a force of good!

Snapshot

TR90 CARNIVAL & PUBLIC FORUM
23 September 2017
Hotel Istana,
Kuala Lumpur



SUCCESS CELEBRATION
21 September 2017
Kuala Lumpur



**Nu Skin
ageLOC®
EXPO 2017**
5 August 2017
Johor Bahru & Penang
Distributor Center



11-12 August 2017
PNB Darby Park
Retail Lobby
Kuala Lumpur





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