

# Live the Difference

Volume 3, 2019



RUNNING TOWARDS A  
BETTER FUTURE

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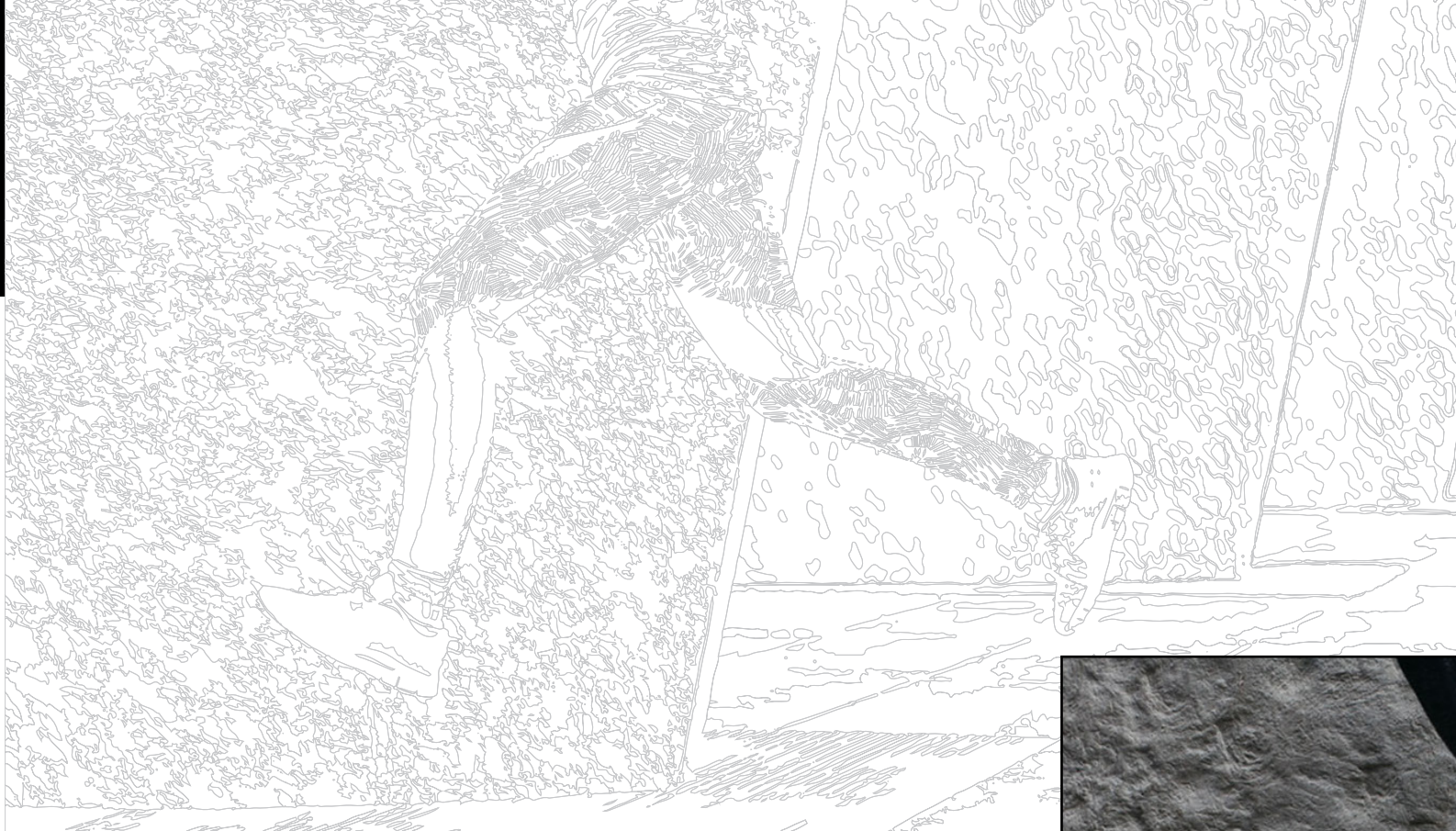
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Now have you ever wondered where does the word 'Marathon' come from? It was inspired by a legendary tale of an Ancient Greek messenger during a battle raged between the Athenians and the Persians. Pheidippides ran 42km from the Plain of Marathon to Athens bringing news of the Athenian victory over the invading army of Persians in 490 B.C. After making his announcement, the exhausted messenger collapsed and died. To commemorate his dramatic run, the distance of the 1896 Olympic marathon was set at 40 kilometres!

Today, marathon races take place everywhere from the Great Wall of China to the North Pole. Now if you happen to be one those brave people who set a New Year's Goal to run a marathon, KUDOS TO YOU! But if you're not, well, there is always next year and it's not too late to train up and get into the trend! There are a couple of reasons for the growing popularity of running a marathon. Health benefits is obviously one of the main reasons, but what else?

For many busy professionals, marathon training is about unplugging from today's hyperconnectivity. It's your "Me Time", a chance to get away from the busyness and reflect on the day and think about anything – or nothing at all. Participating in a marathon means more than just running a long distance and crossing that finish line. It means that you will need to take good care of yourself, as both your physical and mental well-being must be in good shape before putting your body under such stress.

Which is why, having a healthy diet is a must and daily training sessions are needed to be well prepared for a marathon. More than this, participating in a marathon also inspires the people around you – your friends and family to eat healthily, exercise more, and live a healthier lifestyle. Bonus point? It's also an amazing opportunity step out of your comfort zone and meet new and great people.

If running a marathon is a new experience to you, there's nothing to be afraid of, especially if you've trained well ahead. Nobody will expect you to win, so you can enjoy this new experience at its fullest. But whether you are a pro or a newbie – running a half or full marathon, Nu Skin's innovative Skin Care and Health Care products will definitely help you obtain your running goals!

Maybe it's a major lifetime goal – something to tick off that bucket list – or the satisfaction reaching that finish line. But why do a marathon? Because you can! Setting the marathon goal, completing the training and then successfully running the race will prove to you that you can tackle almost anything if you set your mind and heart to it.

*Ahhh marathons... Seems like everyone these days are running them. We're basically in the thick of prime marathon season, where your Facebook feeds are filled with photos of runners posing with their finisher's medals.*

# RUNNING TOWARDS A BETTER FUTURE





**ERIK CHEAH & MELANIE LEOW**

1 YEAR PRESIDENTIAL DIRECTOR &amp; EXECUTIVE BRAND DIRECTOR

Being yoga instructors, we have always been passionate in helping others to live better. Nu Skin platform reignited our dream of being humanitarian entrepreneurs. We love its enriching culture and we believe that Nu Skin is the right platform for us to build the future of our dreams and to help others who deserve this opportunity.

Be it running a marathon or mastering yoga practices, in order to achieve anything, one must set goals and take action. As the saying goes: "practice makes perfect."

We are grateful that with each milestone achieved, we gain more experience to lead our team better and help more people. Every success is more than just attaining personal goals, it's an opportunity to help others to thrive. It's always amazing to see people transform every day. Seeing ordinary people achieving extraordinary success inspires us to continue to reach out and help more to discover their best self with this business opportunity.

**JACK KERK & CASSANDRA LEE**

EXECUTIVE BRAND DIRECTOR

10 years ago when we were presented to Nu Skin, we were attracted by its business opportunity which allows one to create the life of your dreams by helping others to success. However, we know that it takes time to learn and accumulate before one can harvest the fruit of labor. It is like running a marathon, in order to be successful, it takes time to recruit, learn and grow. Over the years we see success builds on numerous of trials and errors, we see success builds on 100% of belief (not 99%).

The secret of Nu Skin Success builds on doing the 3 right things:

1. Use the products and genuinely sharing the products to many others
2. Sharing to people that needs a platform to be a better self passionately
3. Execute 1 & 2 consistently till you achieve the success you want

You can do it if you want to do it, it is just a matter of time.

**MITCHELL TAM & ELVIS TAN**

EXECUTIVE BRAND DIRECTOR

Marathon training is about running, but in order to be successful, you'll need more than that. Prior to Nu Skin, we have always thought that if we work hard enough, our hard work will surely pay off one day; but the truth is, without the right mindset, platform and strategies, one's dreams can hardly be reached.

We have met and helped many strangers who have now become friends and teammates after we've embarked on the Nu Skin business. A set of TR90 did not just help us regain health and confidence, but has also transformed us into brand new persons who inspire and transform others' lives to the better every day.

Thank you Nu Skin for giving us the opportunity to succeed by lifting others up. We enjoy spending more time with our loved ones and helping others whenever we can.

**JUSTIN WAN & SYDNEY GOW**

EXECUTIVE BRAND DIRECTOR

Running a business is very much like running a marathon! It all starts with a compelling "why".

One of the main reasons why we joined Nu Skin is how we saw those who are running the marathon in Nu Skin have the time and financial flexibility to do the things they love with the people they love, and how they have transformed many lives around them and that was exactly what we wanted.

Unlike a sprint, we learnt that running the business is not an overnight success and requires goals, consistency, teamwork and mentorship to build a lasting business.

In Nu Skin, we had the opportunity and environment to grow to be a successful person. We found that pushing someone to succeed from behind is way more difficult than inspiring someone from the front - and the best kind of leadership is leading by example!

# RUNNING THE ROAD TO SUCCESS

"Running a business is like running a marathon. They both require persistence, determination and lots of will power. Besides planning, teamwork, mentorship and trust, one needs to have a purpose, a 'why' to run a marathon or a business. You don't run a marathon just for physical pleasure, you run for an emotional reward. Same goes to every business owner, you have a 'why', a purpose for the reason your business exists that becomes something greater than profit alone - fulfilling your dreams and inspire others to succeed.

Being a successful Nu Skin leader, could you please share with the readers on your secret of running a successful business and how do you inspire others to succeed?"

# RUN

# BEAUTY

{ Marathons have become far more popular in the past few years than they had been at any other time in the past. It is true to say that as a runner, you take care of your body and prepare it for challenges through trainings and proper nutrition. But there might be one thing that you are forgetting: taking care of your SKIN. }

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# RUN!

Whether you're sprinting, jogging or marathoning, outdoor exercises expose your skin to UV rays, air pollution and dehydration. Overexposure to the UV rays can leave your skin feeling dry, rough and set you at an increased risk for freckles, premature wrinkles and fine lines.

Although we're living in a race-face era, the good news is you don't have to compromise your hobby because of any skin concerns. Keep reading to learn some simple ways to keep skin hydrated, soft and healthy before and after the marathon!

## BEFORE & DURING THE RUN

### • BE SUN SAFE

UV rays from the sun can lead to skin aging. That means proper sun protection is a must! Choose a broad-spectrum protection that can offer both UVA and UVB rays protection. Remember to reapply as needed.

For face and body, outdoor runners should look for water-resistant sunscreen formulas. Sunright sun care products provide sun protection from UVA and UVB rays. Along with moisturizing and skin soothing ingredients, anti-aging ingredients—Astaxanthin from Haematococcus Pluvialis extract, it helps protect skin from environmental exposure. What's more? It's Physalis Angulata extract keeps skin cooler in the presence of sunlight.

Protect your skin with these water-resistant, non-greasy sunscreens. Remember to apply sunscreen to dry skin approximately 15 minutes before going outside. Sunright 50 SPF50 allows 80 minutes of uninterrupted water play, make sure you reapply at least every 2 hours or every 80 minutes during water play.



## AFTER THE RUN

### • SWEAT...AND CLEANSE

The golden rule of good skin after every run: Take a shower, wash your face and change your damp clothes after marathon!

You are dripping sweat every time when you run. Imagine if you do not shower after perspiring, you are literally trapping that sweat and bacteria against your bodies and skin in damp clothes, which can cause acne to flare-up, irritation and clogged pores.

Cleanse your skin every time you've done running with Nu Skin Liquid Body Bar. Besides having an aromatic grapefruit scent that could capture your senses, its rich, creamy, soap-free formula can effectively remove dirt, oil, and impurities without stripping your skin of important nutrients and moisture.

Next, give your skin a healthier, radiant look with Liquid Body Lufra, an exfoliating formula that revitalizes skin using finely ground walnut shells to buff out rough skin on the elbows, backs of arms, knees, heels, and all over. At the same time, its Aloe Vera and moisturizing ingredients help soothe and nurture skin to prevent any discomfort.

Last but not least, complete your marathon skin care regimen with PERENNIAL® Intense Body Moisturizer. This intense moisturizer features a perennial flower bulb extract to increase cellular durability and maximize the skin's natural defenses against environmental stressors like dry air, extreme temperatures, and wind. So regardless it's sunny, gloomy or rainy, you can enjoy softer, more resilient skin all year round!

Don't let skin concerns keep you from being your active, healthiest best. Follow the skin care tips mentioned here to keep yourself running and glowing!







# RUN TOWARDS A HEALTHIER AND A YOUNGER YOU!

So, you have decided to do it: train and run in an upcoming marathon. You spend hours researching how to manage your time and workout plan so that you can build up the stamina and strength needed for this adventure. Well, your training plan is probably well underway, but what about the fuel powering plan?

Successful marathon training isn't just about tempo and long runs. How you fuel your body plays a big part in how you feel before, during and after your runs. Training for marathon can be intensive with minimum 1-3 miles run every day for 22 weeks prior to the big race, and the food you consume during this period is just as important as the miles you eat up. Your nutritional choices now will have an impact not only on your all-important race time, but also on increasing your energy levels, ensuring you have enough supply of proper fuel to allow you to make it to the finish line.

Additional protein intake is important for the increased energy demands and repair of muscle proteins damaged by the intensive training. Therefore, a runner would need to ensure that enough protein is obtained from the diet. Otherwise, you will risk having protein breakdown and eventually lead to muscle wasting and affecting your training tolerance.

On the other hand, though you may eat healthily and exercise well, but with aging, it is still possible to easily feel tired, the body is not functioning at its best; and/or is taking longer than usual to recover. Coupled with toxin, free radicals, common byproducts of increased metabolism from the intensive training for the race, your body's normal function may be affected, such as cramps (buildup of lactic acid) which are prone to happen to runners. Well, the good news is, with Nu Skin ageLOC® technology, you will be able to cross this mission off your bucket list with a positive, successful running experience all the way from here to the finishing line.

## OFF TO A GOOD START

ageLOC® TR90™ Jumpstart is a part of a holistic weight management program, that aims to

- 1) target and promote healthy metabolism;
- 2) support metabolically active lean muscle;
- 3) promote a positive mood and mindset to help achieve a fitter, leaner you. On top of this, each sachet of ageLOC® TR90™ System's TrimShake provides 20g of good quality protein. It can be an additional protein intake to support the extensive training for the marathon.



## LEVERAGING THE ULTIMATE DUO

Taken in the morning, ageLOC® R² Day helps to optimize cellular energy production to help you recharge and take control of a new day. With the extra energy, one may find it easier to perform a longer exercise or training session. On the other hand, taken in the evening, ageLOC® R² helps to promote cellular purification process which includes removing waste and damaging metabolic byproducts, protecting cell structures from toxin-induced damage and repairing damaged cells structures. With a younger state of cellular purification system, one can rest assure that the unwanted byproducts from increased metabolism can be removed efficiently.



## SHIELD AGAINST AGING

ageLOC® YOU-SPAN Pack delivers all-encompassing anti-aging protection. Multiple aging defense mechanisms are targeted, for example antioxidant response, detox & stress response, tissue renewal and metabolism regulation. Complementing with your daily diet for a healthy, youthful body's function, you can surely strive to achieve a more optimal performance in your training and race!

So, with a proper training plan and the extra support from ageLOC® supplements, you can surely be able to go the distance and cross that finish line!

# HEALTHIER

<sup>1</sup>Tipton, K. D., & Wolfe, R. R. (2004). Protein and amino acids for athletes. *Journal of sports sciences*, 22(1), 65-79.  
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<sup>3</sup>Cadenas, E., & Davies, K. J. (2000). Mitochondrial free radical generation, oxidative stress, and aging. *Free Radical Biology and Medicine*, 29(3-4), 222-230.  
<sup>4</sup>Blahd, Y. (2017, July 14). Lactic Acidosis: Symptoms, Treatment, Causes, and More. Retrieved August 8, 2019, from <https://www.webmd.com/fitness-exercise/guide/exercise-and-lactic-acidosis#1>  
<sup>5</sup>Timpka, T., Alonso, J. M., Jacobsson, J., Junge, A., Branco, P., Clarsen, B., ... & Renström, P. (2014). Injury and illness definitions and data collection procedures for use in epidemiological studies in Athletics (track and field): consensus statement. *Br J Sports Med*, 48(7), 483-490.





## RUN FOR A CAUSE

Millions of people run, walk, and ride for charity every year. Competing in challenge events, such as half marathons – especially for a charity has become more and more popular. Running for others is one of the most self-serving things you can do. It gives runners a better motivation and focus to complete races when its for a good cause.

Opting to run a race for charity is an amazing rewarding experience! We all know how hard it can be to stay motivated to run when the temperatures are rising. But when you are running for a charity, it'll give you the extra motivation to brave the elements as well as achieving your goals on race day. So you've achieve this lifetime goal, but aside from a charity race, what else can you do to give back to the society?

**Roll Your Sleeve  
Donate Blood**



Founded in 1984, Nu Skin holds firmly onto its mission to be a force for good throughout the world by empowering people to improve lives. The annual Blood Donation event organized by the company draws out the good in the people! Nu Skin Brand Affiliates and staff members all joined hands, rolled up their sleeves and participated the Blood Drive. Every drop helps, and together with everyone's support in over just 5 hours in a day, Nu Skin will be able to play a huge part and save 297 LIVES with almost 100 pints of blood collected!

As sung by Whitney Houston in one of her greatest hits, "Greatest Love Of All" – 'I believe the children are our future. Teach them well and let them lead the way.' Children are indeed the future, they are our legacy when we leave the world behind. Which is why it's essential that we always make time to bond and spend time with them. During the recent Force For Good Day celebration, more than 221 registered participants (by far the highest number!) came together and enjoyed a fun-filled education day out at the KL Tower Mini Zoo with our sponsored children!

With a wide range of exotic animals ranging from a massive python, cheeky squirrel monkeys to the cuddly rabbits. Children and adults were captivated with the array of attractions, such as the different zones available that were all specially built to mimic the animal's natural habitat and interact with them through petting and feeding. It was a great adventure for everyone especially for the children as they got to explore around the mini zoo, discovering different species of animals.

Be it deciding to run for a charity, or performing a charitable work, not only you are contributing to towards the greater good, but you are also investing in your physical health and well-being. It's a win-win situation and as good a reason as any to get off the couch once and for all!





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