The Right **Product** 

The Right **Nutrition** 

The Right Exercise



Have you always been skipping breakfast in order to shed those extra kilos? If yes, stop doing that because your plan will definitely backfire. Start your day right with breakfast and increase the success rate in your weight management program. Having a good breakfast can prevent you from gorging during lunch time, boost your metabolism and refuel energy for your body. What's more? It helps you to stay healthy too. Read on to find out how to select and prepare a healthy breakfast that will aid weight loss.

Finally, get rid of cellulite and get tips to increase your energy level.

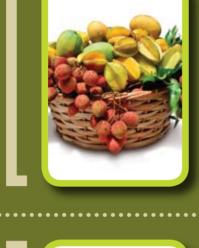
The Right Nutrition - Breakfast: Secret to Staying

# Healthy Do you know that having your breakfast daily can reduce chances of obesity, diabetes and heart attacks? Research has shown that breakfast skippers have 4.5 times the risk of obesity

and a study from University of Texas at El Paso discovered that people who have taken substantial breakfasts consume much fewer calories a day than those who skipped their morning meals. Breakfast can be healthy if you select them well. Learn to make healthy breakfast which can provide you with a good source of vitamins, antioxidants as well as minerals.

Select one item from at least three out of the following four food groups:

**Fruits** 







**Vegetables** 







**Grains** 



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trimsh





Dairy & Protein



## it ever invaded your thighs, bums or hips? If yes, check out Nu Skin's Dermatic Effects® Body Contouring Lotion and win the war against cellulite.

The Right Product -

Do you realize that obesity can accentuate cellulite? Do you think that cellulite is unbeatable? Has

Cellulite Fix-It-Up

Look out for the formidable results in just 8 weeks. Clinical study showed a 55% reduction in the appearance of cellulite, an 84% increase in moisture content, a 37% improvement in skin firmness, and a 69% enhancement in skin smoothness. It is enriched with Malvaceae extract

(Hibiscus abelmoschus) which is similar to lipids found between skin cells to help inhibit the appearance of cellulite and includes Echinacea extract to improve firmness of the skin's surface.



# The Right Exercise -

# Low Morale to Exercise? Finding it hard to begin your fitness activities

when your mood is down? In fact, one of the best methods to inject positive feelings is to increase your activity level. A simple 10-minute exercise can boost your energy level and decrease ill feelings of tension, anger, stress etc. But if you want to work your fats off in compliance with your slimming plan, do work out diligently for at least 30 minutes a day. If time is a concern, you can simply make small

adjustments to your lifestyle with the following activities:

lift. Alight two bus-stops before your destination

Climb the stairs instead of using the elevator or

- and walk your way there. Ride a bicycle around your house compound.
- Try brisk walking during lunch time.
- Try skipping at home while watching your favourite TV program.
- Do household chores. By vacuuming, you can burn 75-125 calories.

