

# TRA™ e-News

PHARMANEX®  
the measurable difference

The Right **Product**

The Right **Nutrition**

The Right **Exercise**

Issue 1 January 2008

Dear friends,

**This is the very first issue for TRA E-News.** We have marked first Tuesday of every month to deliver the first product highlight, diet and fitness tips to facilitate you through your TRA success journey. Let us do a quick check on your current BMI.

If your BMI is below 23, give yourself a pat on your back! You are in the acceptable range! If your BMI fall between 23 or more, you are in the unhealthy range.

Do you know there are at least 3 in every 10 Singaporean rated obese under guidelines issued by the World Health Organization (WHO)? Not to worry, we will provide you with the best weight management tips through our e-news every month. Be sure to check them out every first Tuesday of the month!

Visit <http://www.hpb.gov.sg/> to use an online BMI calculator now.

## The Right Product

Having a hectic lifestyle or can't help taking supper?

TrimShake™ is here to help!

Simply drink 1 serving of TrimShakes (2 scoops with 8oz of water) each day to manage your caloric intake and obtain the right nutrients you need for your effective weight management. It provides 20g of protein and increases your metabolism rate. What's more, it contains soluble fibers to increase satiety and improve your bowel movement.

1 serving of TrimShakes = 1 serving of protein & 1 serving of carbohydrate.



More about Trimshake™ – Make losing weight easier.

In March 2002, a two-part study was published in the American Journal of Clinical Nutrition. Study participants on the meal replacement diet lost an average of nearly 16 pounds over three months, compared to only an average loss of 3 pounds by those on a conventional food diet.



## The Right Exercise

No time to do exercise? Now you can do simple home-based exercise to complement your weight management efforts.

Feel shy about wearing a sleeveless top? Tone up your flabby arms at any time and place with two liquid-filled 500ml bottles to act as dumbbells and begin!

Tone up your arms with Water Bottles!

**Step 1:** Hold the one bottle (filled with liquid) on each hand using underhand grip.

**Step 2:** Keep your elbow close to you and straighten your hand while holding the two bottles.

**Step 4:** Blend your arms to bring the two bottles toward your shoulders.

**Step 5:** Hold the position for 5 seconds and then stretch your hand straight again.

**Step 6:** Continue with step 1 to 5 for 15 mins and you can take a 5 seconds break every 5 minutes.

*Note: Your elbows must remain stationary and close to your body at all times.*

## The Right Nutrition

### Skipping Breakfast?

Can't find time to enjoy a healthy breakfast or do you think skipping breakfast a good way to lose weight? Do you know that breakfast is the most important meal of the day and is necessary to provide us energy for the entire day? What's more, breakfast prevent you from gorging during lunch time since you will not be famished by then. In addition, breakfast also boost our metabolism. Make sure you start your day with a healthy breakfast!

Try replacing your morning breaks with our delicious and nutritious easy-to make shake, TrimShake™. It serves as a quick meal and is perfect for breakfast. Try the following delicious TrimShake™ recipes.

#### Recipe #1 Chilly Shake:

- Add 2 scoops of Trimshake™ powder together with 1 sachet of Splash Crystal Orange to 240ml of iced or cold water. Blend or shake vigorously and drink immediately. It is recommended to mix Trimshake™ with cold water to preserve the nutrients.

#### Recipe #2 Frosty Fruit Blend

- Try adding your own favorite fruits such as mango, kiwi, pineapple, etc to TrimShake™!

**Step 1:** Pour 240ml water into the blender (a blender that can blend ice cubes).

**Step 2:** Add in 1 scoop of TrimShake™ and ice cubes.

**Step 3:** Cut fruits into small pieces (palm size serving) and add into blender.

**Step 4:** Blend accordingly to your own liking.



NU SKIN ENTERPRISES™  
the difference. demonstrated.