



Dear friends,

Do you know that excess body fats can interfere with our body anti-oxidation function and result in an increase of free radicals in our body? The fat burning process during your weight loss program can also increase free radical production. Hence, it is important to enhance your body antioxidant defense system while losing weight.

Check out **The Right Nutrition** to build your antioxidant protection as you shed off your fats. Plus, learn how **The Right Nutrition** can boost your heart health and prevent heart diseases. In this issue, **The Right Exercise** will also provide you with effective tips, targeting the inner and outer thighs.

The Right Nutrition - Food for your Heart

Do you know that excess body fat can increase your risk of developing heart diseases and strokes? The extra pound increase the strain on your heart, raise blood pressure, blood cholesterol and triglyceride levels as well as lower your High Density Lipoproteins (HDL), also known as good cholesterol.

Omega-3 Fatty Acids

This type of fat can lower cholesterol, improve blood vessel elasticity and thin the blood to prevent clotting and blocking of blood flow. Get your Omega-3 fatty acids from oily fish like mackerel, tuna, salmon or sardine.

Flavonoid Polyphenols

Set of antioxidants such as catechins and resveratrol which can protect blood vessels, lower blood pressure and reduce Low Density Lipoproteins (LDL), also known as bad cholesterol. Look out for red wine, dark chocolate, red grapes and green tea to build up your heart health.

B-complex Vitamins

Protect against blood clots and help to prevent hardening of the arteries. Food which provides Vitamin B-3 can increase good cholesterol. Get your B-complex vitamins from eggs, brown rice and soy milk.

Carotenoids

Alpha-carotene, beta-carotene, lutein, and lycopene are carotenoid antioxidants found in colourful fruits and vegetables. They help to enhance your immunity by fighting against free radicals in your bloodstream and prevent heart diseases.

Source: <http://www.webmd.com>



The Right Product - LifePak®: Adding Life to your Years

Clinical study has shown that **LifePak®** can enhance the effectiveness of weight loss by increasing your nutrition intake.

This 90-day experiment involved 230 adults who participate in weight management program and were divided into 4 different groups. DEXA is used to measure the participants' body fat and results have shown that the group who took LifePak® managed to **decrease their body fat 2-3 times better** than the other 3 groups. Hence, you can achieve better result by taking LifePak® during your weight management program.

LifePak® is a comprehensive nutritional supplementation system, delivering the optimum types and amounts of vitamins, minerals, trace elements, antioxidants, and phytonutrients for general health, suitable for vegetarians and Hindus.

Manufactured under **Pharmanex® 6S® Quality Process**, LifePak® has also passed stringent testing from **Banned Substances Control Group (BSCG™)** whose expertise is in doping detection for Athletes, **ConsumerLab.com®**, leading provider of independent test results and information to help healthcare professionals in evaluating consumers' products, as well as **NSF®** Dietary Supplements Certification Program independent testing programs.

You can improve your Skin Carotenoid Score with our LifePak® ARO Money Back Guarantee Program.



The Right Exercise - Tone your Outer & Inner Thighs

Sculpture both your outer and inner thighs with our recommended two exercises below:

Outer Thigh Lift

Directions:

- 1) Stand up straight and lift your right leg out to the side for a few seconds. Then lower it.
- 2) Repeat the above movement for at least 10 times.
- 3) Repeat step 1-2 with your left leg.

Tips: Try not to lean as you do the exercise.

Inner Thigh Lift

Directions:

- 1) Lie on the floor on your left side with your head, shoulders and hips, aligning them in one straight line.
- 2) Prop up your head with your left hand and place your other hand, relaxed, in front of you for support.
- 3) Bend your right leg and place it on the floor in front of your left leg.
- 4) Raise your left leg slowly off the floor about 8 inches and ensure your left leg is straight.
- 5) Hold for a few seconds when your left leg reaches the top, then lower your leg slowly back to the floor.
- 6) You are recommended to do 2 sets (at least 8 lifts for each set) of this exercise. Then relax and repeat it for your right leg.

