

TRA™ e-News

The Right **Product**

The Right **Nutrition**

The Right **Exercise**

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Dear friends,

For many of us, we often felt a sense of guilt while munching away with our favourite snacks like potato chips, doughnuts or even ice kacang? While you snack, do you tell yourself that you will exercise later to offset the extra fats you are taking in? But how many of us really do exercise after that? And do we know how much exercise is needed to do to work off the extra calories?

The next time you felt the temptation to munch, check out our healthy snack swap tips below to enjoy snacking while managing weight.

Read on to check out new exercise idea and the best product to grant you a perfect body shape!

The Right Nutrition - Snack & Swap

"We can easily take in 500 - 1000 calories just by snacking away in between meals," says our nutritionist, Debbie Wang. Most of us are 4 to 5 o'clock snackers since energy from lunch has been used up and work stress is driving us to take a quick shot of sugar break while waiting for dinner to commence. Learn how to swap with low fat and healthy substitute to prevent your guilt trip.

<p>Unhealthy Snack Choice</p>  <p>Potato Chips 100g</p>	VS	<p>Healthier Snack Choice</p>  <p>Corn Flakes 100g</p> <p>Fat Amount Reduced 32g</p>	<p>Ideal Snack Choice</p>  <p>Apple</p> <p>Fat Amount Reduced 34g</p>
<p>Unhealthy Snack Choice</p>  <p>Chicken Curry Puff 1 pc/71g</p>	VS	<p>Healthier Snack Choice</p>  <p>Spring Roll 1 roll/41g</p> <p>Fat Amount Reduced 10g</p>	<p>Ideal Snack Choice</p>  <p>Strawberries 100g</p> <p>Fat Amount Reduced 15.4g</p>
<p>Unhealthy Snack Choice</p>  <p>Doughnut 1 pc/78g</p>	VS	<p>Healthier Snack Choice</p>  <p>Egg Tart 1 tart/64g</p> <p>Fat Amount Reduced 6g</p>	<p>Ideal Snack Choice</p>  <p>Bananas</p> <p>Fat Amount Reduced 15.61g</p>

*Fat levels are calculated according to individual products and may differ from brand to brand. Please check nutritional labels for exact figures.

The Right Product

Want to keep the fats away and sculpt a better body shape? Just 6 capsules of Diene-O-Lean™ a day will do the trick.

Diene-O-Lean™ provides dietary support for all to ensure appropriate ratio of muscle to fat and maintain a healthy body shape while undergoing weight management program.

1. Increase the number of fat-metabolizing enzymes to burn fat.
2. Increase muscle mass to utilize fat for energy
3. Provide Capsaicin to increase fat burning progress by improving circulation, metabolism and energy level to achieve body shaping results.
4. Contain Conjugated Linoleic Acid (CLA) to reduce body fat mass and increase lean muscle tissue. Supported by the American Journal of Clinical Nutrition 2004.

Source: www.ajcn.org Conjugated linoleic acid supplementation for 1 y reduces body fat mass in healthy overweight humans. Am J Clin Nutr 2004;79:1118-25

It is recommended to take 2 times a day with 3 capsules after each meal. (2 hours apart after taking DuoLean™ or FibreNet™) By taking Diene-O-Lean™ after you exercise, your muscle mass can be increased and body fats can be reduced more effectively.



The Right Exercise

Hit your flabby arms today!

After losing weight, your arms are bound to be flabby. It is time to tone them up and you no longer need to hide them with your long sleeves in our hot weather.

If you do not have a dumbbell at home, simply find one litre-filled 500ml to act as weight.

- Step 1:** Stand with feet wide apart.
- Step 2:** Hold weight above head together with your two hands. Remember to keep your arms straight.
- Step 3:** Bend your elbows to lower weight behind your neck.
- Step 4:** Stop when your arms form 90 degrees.
- Step 5:** Bring the weight up again till your arms are straight. Repeat step 1 to 5 for 15 to 20 repetitions.

