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ANNIVERSARY

I AM I CAN

WEIGHT MANAGEMENT COMPETITION

體重管理比賽

因沙嗲牛而有肚臍的IT男

IT Geek with a Passion for Satay Beef Noodles

“ 我是一個IT男，每天早上都在茶餐廳吃沙嗲牛肉麵作早餐。有一天，「打code」（編寫程式語言）時發覺雙手和寫字枱的距離越來越遠，我低頭一望，原來是自己的肚臍阻隔了我和寫字枱的距離。不得不承認，我就是那個每天吃沙嗲牛吃到有肚臍的IT男。我不想再吃沙嗲牛，更不想要肚臍；當朋友提議我參加紐崔萊™體重管理比賽時，我一口答應。從前覺得美食和健康勢不兩立，現在透過學習營養知識，發現只要懂得如何食、何時食，美食和健康都是可以「我全都要」的。除了可繼續品嚐美食外，現在我變得更有精神，每天不需要鬧鐘都可以「自然醒」呢。

I am an IT geek who likes to have satay beef noodles for breakfast every day. When I was writing code in the office one day, I noticed that the distance between my hands and the working table was getting bigger. I looked down and was amazed by the huge belly that was filling the gap between me and the table. I had to admit myself that I'd got a big belly because I'd been eating satay beef noodles too often. My reaction was to stop eating the noodles because I wanted a smaller belly!

When my friends suggested I take part in the Nutrilite™ Weight Management Competition, I at once said "yes!". I used to think that eating tasty food and enjoying good health were irreconcilable, but I've learnt that I can enjoy delicious food and a healthy body at the same time by getting to know more about nutrition. Plus, I now know how to eat smart and to eat at the right time. In addition to still enjoying delicious food, I find that I'm more energetic and able to wake up without an alarm every morning.

減掉7.2%脂肪率及
7.4%體重
Body fat ratio
fell 7.2%;
weight fell 7.4%

屈穎聰
Vut Wing Chung



體重管理比賽成績優異者
Achieved Outstanding Performance in
the Weight Management Competition

2022 紐崔萊™ 體重管理計劃產品推廣

2022 Nutrilite™ Weight Management Product Promotion

推廣期內，凡購買2022紐崔萊™ 體重管理產品套裝，

即可免費獲贈自選禮品乙份。數量有限，萬勿錯過！

During the promotion period, you can get one of the listed

Nutrilite™ Weight Management Premiums for FREE

when you purchase the **2022 Nutrilite™ Weight Management Product Promotion Package**. The offer is available while stocks last.



沒有做不到的事情，只有不想做的事情；
為自己的健康奮鬥吧！

Nothing is impossible in life; it all depends on your desire.
Let us fight for our health together!

張詩敏
Cheung Sze Man

代謝年齡下降7歲
Metabolic age fell
by 7 years



體重管理比賽成績優異者
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一個蛋糕控的轉變

From Sweet Tooth to Sashimi

“我從事多媒體創作工作，工作時間長而且日夜顛倒，壓力很大；每到假期，我便會悉心打扮，四出發掘好吃的coffee shop 打卡。我很喜歡吃甜品減壓，特別是Tiramisu；可是工作佔據了我大部分時間，缺乏運動，新陳代謝變得很慢，體脂亦漸漸升高，卻又找不到解決的辦法。

認識紐崔萊™後，我學習到不同的營養知識，了解到如何可以減掉體內脂肪。現在我最喜歡吃的是富含蛋白質的生蠔和充滿健康油脂的魚刺身。平日只要維持良好的飲食習慣，再配合適當的運動，偶然放縱一下，淺嚐Tiramisu這類高糖分甜品也並無不可。今個夏天，我可以大大方方穿着背心和貼身褲繼續去影靚相打卡啦！接下來的目標，我希望成為體重管理教練，將所學到的營養知識與身邊的朋友分享。

I work in the creative multimedia industry. The long hours and the nature of working late into the night or early morning often make me feel stressed. To help relieve my stress, I like to dress up and check out Instagrammable coffee shops during holidays. Desserts are a great stress reliever for me and my favourite is tiramisu. Unfortunately, work occupies most of my day and I don't have time for exercise. My metabolic rate was getting slower and I felt discouraged about not being able to find a solution.

I feel much happier now as I've acquired a great deal of nutrition knowledge thanks to Nutrilite™, and I've also got to know more about how to lose body fat. My favourite foods now are high-protein oysters and sashimi that are full of healthy oils. As long as you maintain good daily eating habits and get adequate exercise, it's okay to indulge yourself with tiramisu sometimes. I can't wait for summer as I am ready to put on my vest and jeggings to go out and take photos. I'd like to become a weight management coach in the future so I can share my new nutrition knowledge with friends.



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Premium A - Healthy Food Gift Pack

或
OR



禮品B — Le Creuset 陶瓷花形碟2件裝
Premium B - Le Creuset Set of 2 Flower Plate

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