

**10**  
ANNIVERSARY

# I AM I CAN

## 體重管理比賽

WEIGHT  
MANAGEMENT  
COMPETITION

2022紐崔萊體重管理比賽已經圓滿結束，是次比賽接近3,200人參與。由2012年舉辦第一屆體重管理比賽開始，全賴大家的全力支持及踴躍參與，比賽已踏入第10個年頭；10年間，紐崔萊一直幫助更多有需要的人有營、健康地減重。這10年來，參加人數超過**1.9**萬，一共減去**64**噸體重，人均減去3.4公斤。重量可載滿超過**3**個貨櫃，重量相等於**25**萬罐XS能量飲品，成績有目共睹。

未來，紐崔萊與你繼續一起同行。

### 同行，一起經歷，一起解決

#### Working together to solve problems

“得到冠軍，當然開心！減去22公斤的肥肉，到現在體重也沒有反彈呢！過程中也有困難的時候，感恩得到很多隊友和我一起解決；當我望著別人「烱下烱下」進食麻辣邊爐時，我也只能猛吞口水，不敢輕舉妄動。他們竟然陪我一起吞口水，而不是慫恿我破戒！此外，營養師和團隊都向我分享了很多知識和提供技術上的支援，當我遇到問題時，他們也會秒回我的短訊，即使凌晨時分都可以找到他們！減重的過程，都是我們一起經歷和解決的；相比從前，減重卻是一件我每年都會獨個兒做的事情，更已經持續了6年，為什麼會這樣說？因為先前都是我自己一人以自己的方法減重，可是不足一個月體重已經反彈。這次不單減得成功，更賺取到好隊友和好團隊。

I feel very happy to have won the championship! And I feel good that my weight didn't rebound after losing 22kg of fat. Although there were obstacles during the weight-loss process, I was thankful that my teammates were there to help me solve any problems together. When I saw others enjoying mouth-watering spicy hotpot, it was hard to stop thinking about it. Thankfully, I received encouragement from my teammates, who also abstained from having the hotpot! Along with my teammates, I would also like to thank my nutritionist and the team who shared healthy information and gave technical support. They replied to my text messages immediately, even if it was after midnight! It was memorable to experience this journey and tackle difficulties together and it was such a big difference to my previous six-year slimming experience, where my weight always rebounded in a month.

It feels great to have lost weight successfully and to have gained such good friendships with my teammates and the team!

減去體重百分比22.3%  
Weight fell 22.3%

謝君廷  
Tse Kwan Teng  
Nicholas



個人輕盈體態獎男子組冠軍  
Champion - Individual Slimming  
Award in Male Category

## 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.



There was a fabulous response to this year's Nutrilite Weight Management Competition, with some 3,200 people taking part. This was the 10th time the competition had been held since it was first staged in 2012. Thanks go to everyone for your tremendous support and active participation over the past decade. Nutrilite is delighted to be able to help more people lose weight in a more nutritious and healthier way.

Over the past 10 years, the total number of participants exceeded **19,000** and an incredible **64 tonnes** of body weight was lost, with an average weight loss of 3.4kg per person. The volume of weight lost could fill up more than **three containers** and is equivalent to **250,000 cans** of XS energy drink!

We look forward to enjoying a healthy lifestyle with you.



羅珮嘉  
Law Pui Ga Macy

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

### 得到營養加持 建立好形象

#### Strong nutritional support and building a good image

“ 參加減重比賽的原因，主要是因為有朋友一起參加，也算是羊群心理吧；另外，我認為如果能夠透過比賽成功減重，對發展安利生意亦有幫助。一直都知道減重需要飲食的配合，但是卻不知道如何實踐；參加比賽後，我學習到很多實用知識，現在盡量少吃精緻澱粉質及三白，即白米、白麵、白糖。同時，我也清楚知道早餐的重要性，養成了進食營養早餐、少食多餐和飲用足夠清水的好習慣。在減重的過程中，得到足夠的營養加持，當然要歸功於紐崔萊！現在，我最開心的除了個人形象提升，得到身邊朋友的稱讚外；我更養成了健康的飲食習慣，並對食物的營養標準有更深入的了解。

I joined the Weight Management Competition because my friend also joined. I believed that it would help my Amway business if I lost weight successfully through the competition. I knew from day one that a healthy diet plays an important role in losing weight, but I didn't know how to get started and stay motivated. It's great to have acquired so much practical knowledge after joining the competition, and I now try to eat less refined starch as well as less white rice, white flour and white sugar.

I also got to understand the importance of a nutritious breakfast and have developed a good habit of eating a healthy breakfast followed by smaller and more frequent meals – and also to drink plenty of water.

Thanks go to Nutrilite for providing me with nutritional support along the way! I feel happier now and more positive about my personal image. It's been great to receive compliments from friends. The competition has also helped me to develop healthy eating habits and gain a deeper understanding of food nutrition.



禮品A — 真有「營」禮品套裝  
Premium A - Healthy Food Gift Pack

或  
OR



禮品B — 紐崔萊™超級食物套裝  
Premium B - Nutrilite™ Superfood Set