

HERBALIFE NUTRITION AT WORK

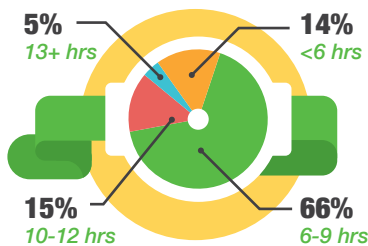
A 2016 Snapshot of the Health and Lifestyle Trends of Malaysia's Urban Workforce

The findings featured are the result of the Nutrition At Work Survey conducted by Herbalife with 500 respondents in March 2016.

DAILY ACTIVITY LEVEL

7 in 10 workers in Malaysia

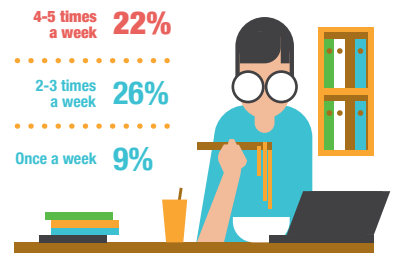
spend **more than 6 hours** at their desks on an average work day



52% of Malaysia's urban workforce exercise **once a week or less**

48% of Malaysia's urban workforce

eat lunch at their desk at least **twice a week**



TOP OBSTACLES TO EXERCISING AT WORK



51%

said they have no time



36%

said they forget to keep active



24%

said it's embarrassing

ADOPTING A HEALTHY, ACTIVE LIFESTYLE



60%

strive to live a healthy, active life

62%

would be encouraged to stay active if it were part of their company's culture

54%

find it difficult to stay active during the work day

TOP HEALTH CONCERNS



73%

are concerned about gaining weight



61%

are concerned about having less energy



60%

are concerned about high stress levels



53%

are concerned about having a heart disease



49%

are concerned about poor digestive health



TIPS

FOR A HEALTHIER

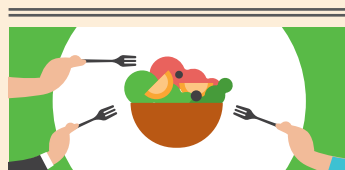
URBAN
WORKFORCE



ORGANIZATIONS

Organizations can make it easier for employees to pursue healthy, active lifestyles by having **internal fitness facilities** to encourage active living.

Companies can also **negotiate gym membership discounts** for employees or **organize regular group workout sessions** to boost employee activity levels and overall health.



HR DEPARTMENTS

As the key internal partner looking after employees' well-being, HR Departments can organize **healthy eating days** and cater meals that are low in fat and high in protein and fiber to boost employee energy levels.

HR Departments can also **plan team building activities around healthy active lifestyle themes**, such as organizing exercise sessions.



WORKING PROFESSIONALS

For deskbound working professionals, start simple by **adopting a good sitting posture** - sit up tall and ensure your back is fully supported against a back rest.

Time-strapped workers can also reduce the risk of weight-related diseases by combining **meal replacements*** such as Herbalife's Formula One Shake with Omega-3 fatty acids for a convenient and nutritious option.

*Findings from a study by Herbalife and Taipei Medical University