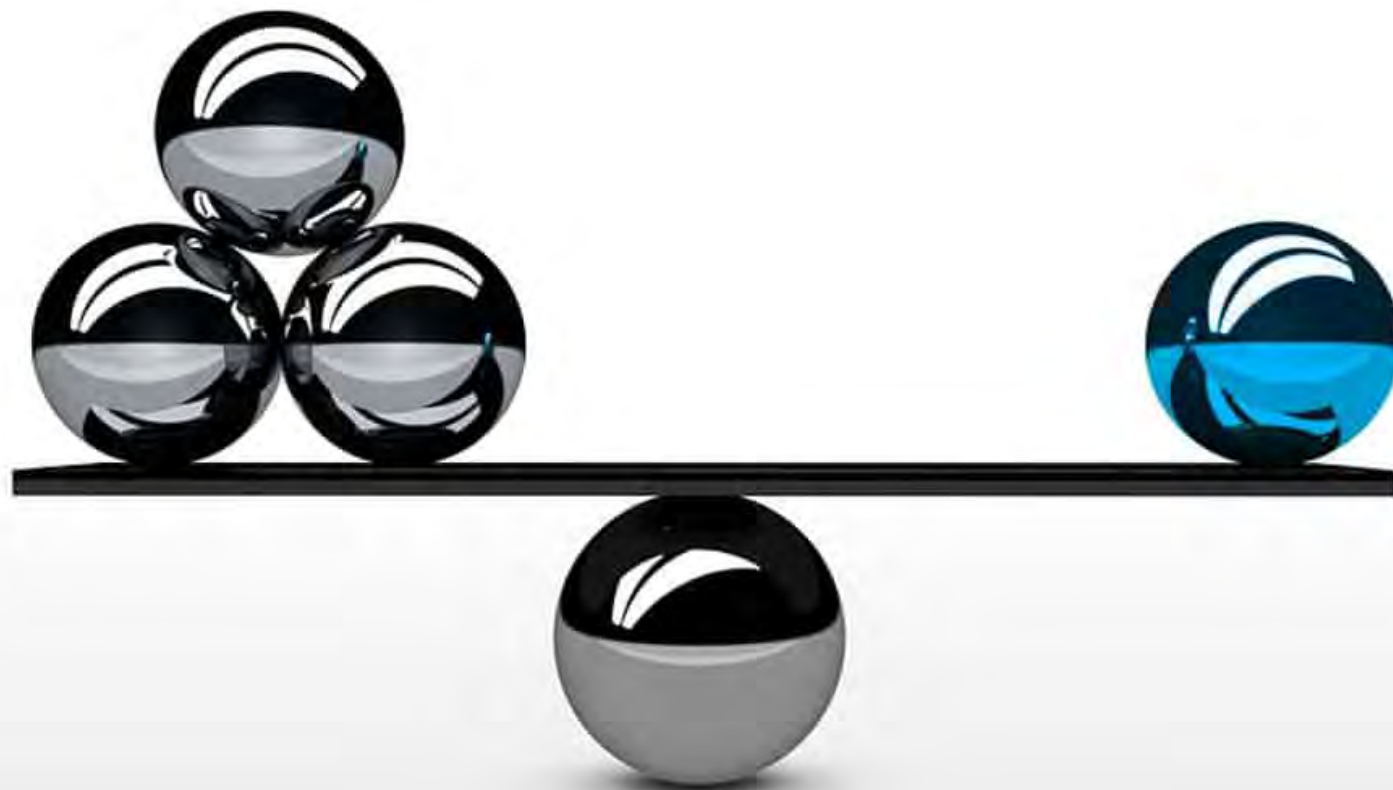


WATCH YOUR “FIGURE”

WITH SLIQUE

Presented by: Michelle Lau

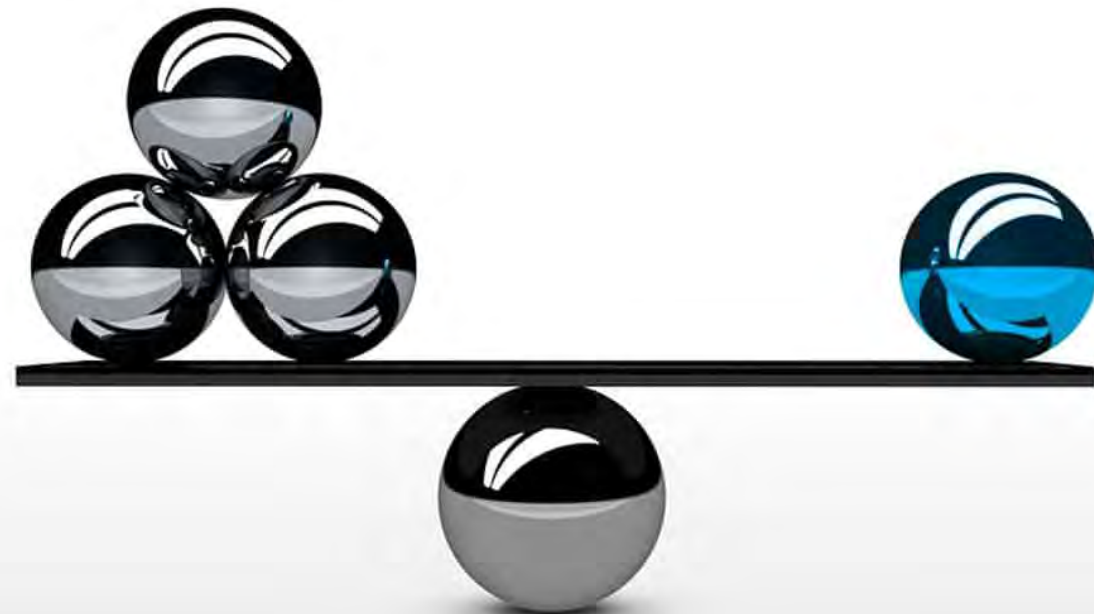


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TODAY'S TAKEAWAYS

- The dark side of Overweight and Obese
- Calculate your BMI
- Know your BMR
- Understand your body composition and distribution
- The magic word "Suku Suku Separuh"
- Plan your calories with Nutrient Dense food
- Snack smart with Slique and Ningxia





Did You Know?

Malaysia has the highest **rate of obesity** and **overweight** among Asian countries with 64% of male and 65% of female population being either **obese** or **overweight**.

Key Contributors to Obesity

Contributors You Can't Control

- ✓ Genetic
- ✓ Age
- ✓ Pregnancy
- ✓ Diseases such as hypothyroidism, insulin resistance, PCOS, and Cushing's syndrome
- ✓ Medication

Contributors You Can Control

- ✓ **Lifestyle choices** – unhealthy eating, overeating, liquid calories, physical inactivity, meal skipping
- ✓ Quitting smoking/caffeine
- ✓ Lack of sleep
- ✓ Stress
- ✓ Previous attempt to loose weight

1. All-causes of death (mortality)
2. High blood pressure (Hypertension)
3. High LDL cholesterol, low HDL cholesterol, or high levels of triglycerides (Dyslipidemia)
4. Type 2 diabetes
5. Coronary heart disease
6. Stroke
7. Gallbladder disease
8. Osteoarthritis (a breakdown of cartilage and bone within a joint)
9. Sleep apnea and breathing problems
10. Gout
11. Many types of cancer
12. Low quality of life
13. Mental illness such as clinical depression, anxiety, and other mental disorders
14. Body pain and difficulty with physical functioning



The
Consequences
of
Overweight and Obesity

BODY MASS INDEX (BMI)

- Simple and most used index to classify overweight and obesity.
- Applies to both men and women, regardless of age or frame size.

$$\text{BMI} = \frac{\text{Weight in Kilograms}}{\text{Height in Metres}^2}$$

Calculate Your

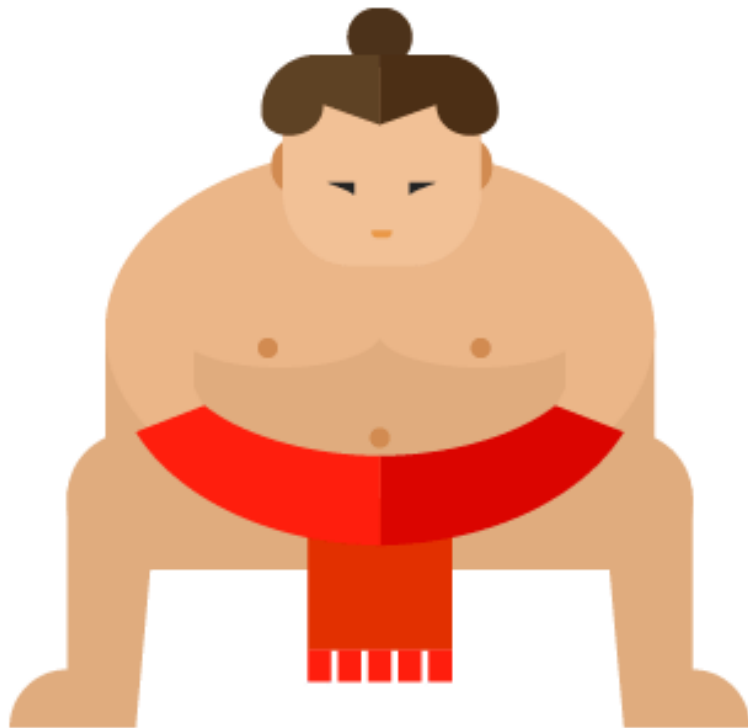


BMI

Now

Which Group Are You?

| BMI for Adults | Health Risk |
|----------------|--|
| 30.0 and above | <p>Obese</p> <ul style="list-style-type: none"> • High Risk • Your weight is above healthy range. • Increases the risk for developing many chronic diseases. • Talk to your healthcare provider about your ideal body weight and how to make healthy lifestyle changes. |
| 25.0 – 29.9 | <p>Overweight</p> <ul style="list-style-type: none"> • Moderate Risk • Your risk for developing chronic diseases is higher. |
| 18.5 – 24.9 | <p>Desirable Weight</p> <ul style="list-style-type: none"> • Low risk (Healthy range) • Continue exercising and eating healthily. |
| Below 18.5 | <p>Underweight</p> <ul style="list-style-type: none"> • Risk of nutritional deficiency diseases and osteoporosis |

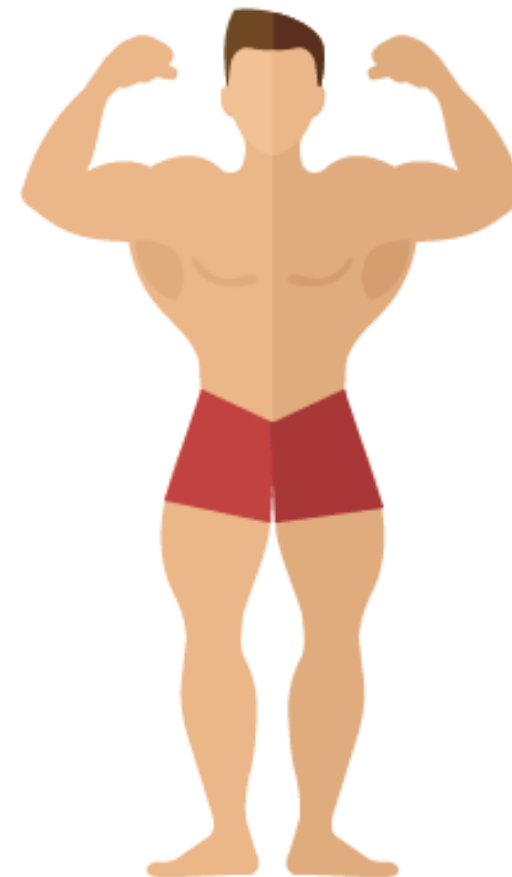


HEIGHT
0 6 0 0
FEET INCHES

WEIGHT
2 5 0 . 0
POUNDS

PBF
3 1 %

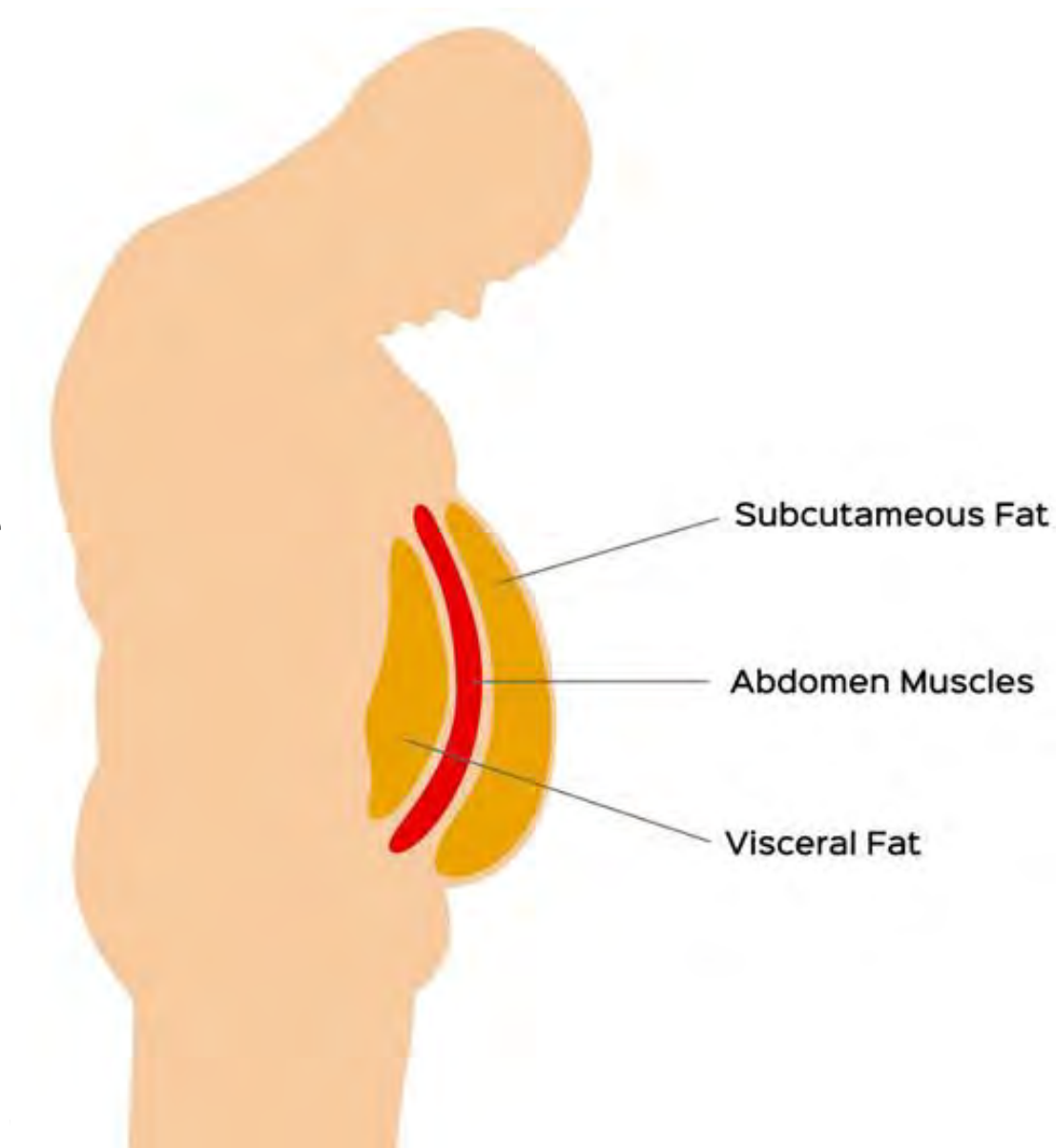
PBF
1 0 %

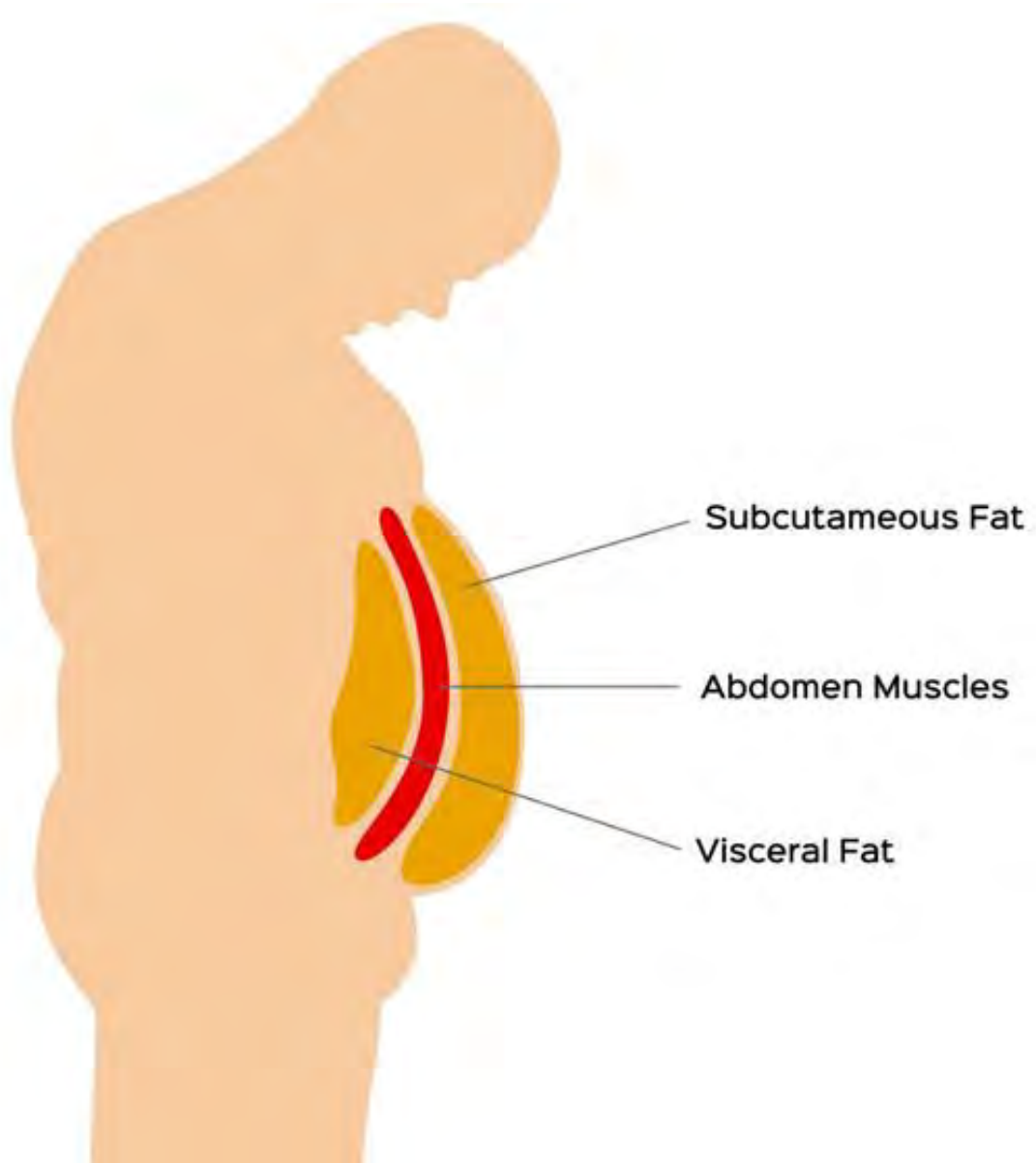


BODY FAT

Plays an important role in our body:

- Functions as an **energy storage**
- Functions as **structural building blocks** of the body
- A **cushion to protect** internal organs
- Helps maintain your core **body temperature**
- A **transport system** for fat-soluble vitamins





TYPES OF FAT

Subcutaneous fat

- Fat that is located just under the skin
- Physically visible
- More stubborn & harder to lose

Visceral fat

- Fat that is located in the stomach, surrounding important organs
- Not physically visible
- Breaks down quickly

APPLE

PEAR

Mainly
visceral fat



Mainly
subcutaneous
fat



Source:

¹Harvard Health Publications: Harvard Medical School, Abdominal fat and what to do about it, September 2005

BODY FAT PERCENTAGE



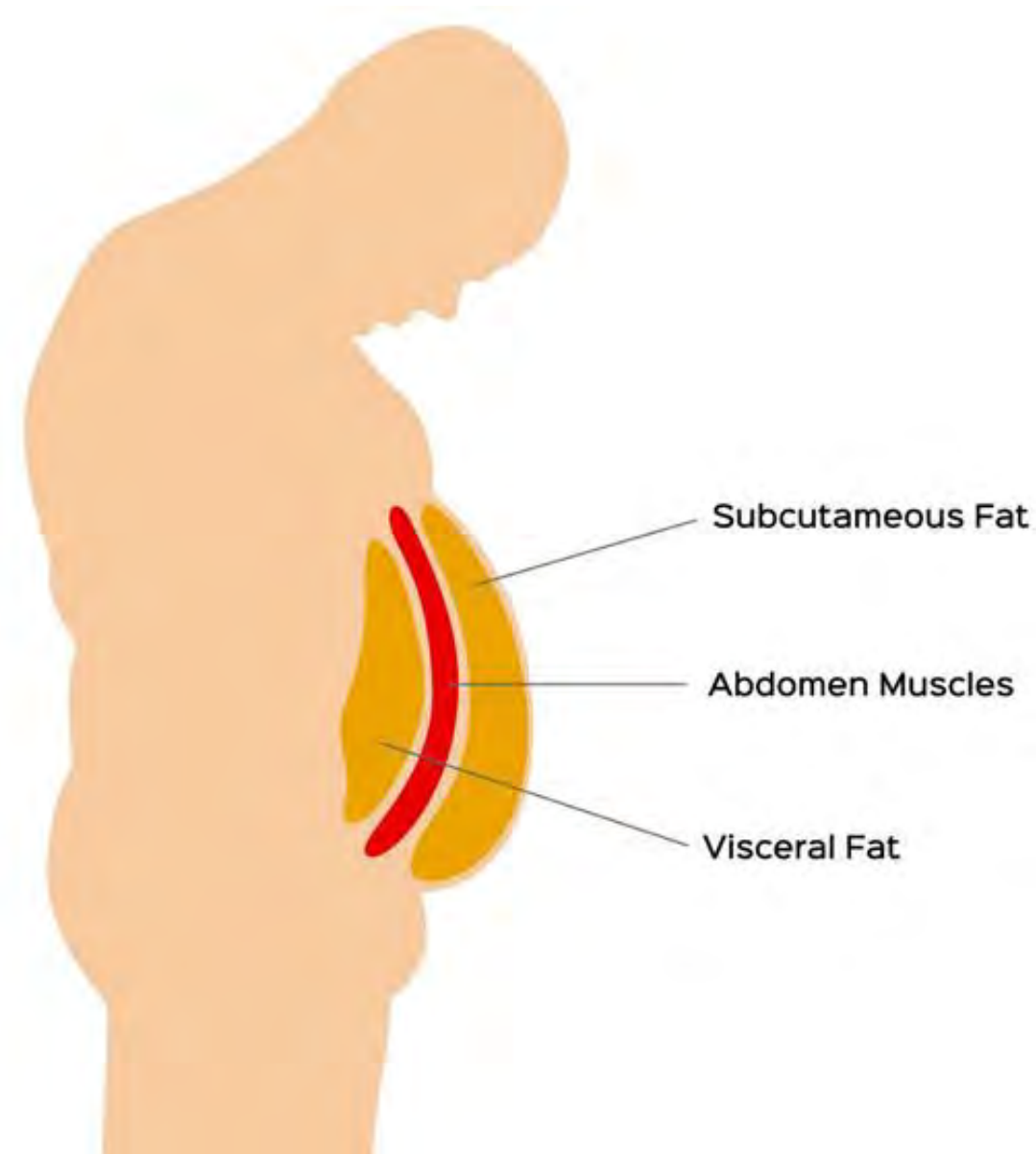
| BODY FAT PERCENTAGE | CLASSIFICATION | BODY FAT PERCENTAGE |
|---------------------|----------------|---------------------|
| 25% or more | Very High | 35% or more |
| 20.0% - 24.9% | High | 30.0% - 34.9% |
| 10.0% - 19.9% | Normal | 20.0% - 29.9% |
| 5.0% - 9.9% | Low | 5.0% - 19.9% |

Based on the obesity values proposed by Lohman (1986) and Nagamine (1972)

VISCERAL FAT

- Fat that surrounds the vital organs on the trunk/stomach area of the body.
- Different from fat found underneath the skin (Subcutaneous fat)

| Visceral Fat Level | Classification |
|--------------------|----------------|
| 0.5 – 9.5 | 0 (Normal) |
| 10.0 – 14.5 | + (High) |
| 15.0 – 30.0 | ++ (Very High) |

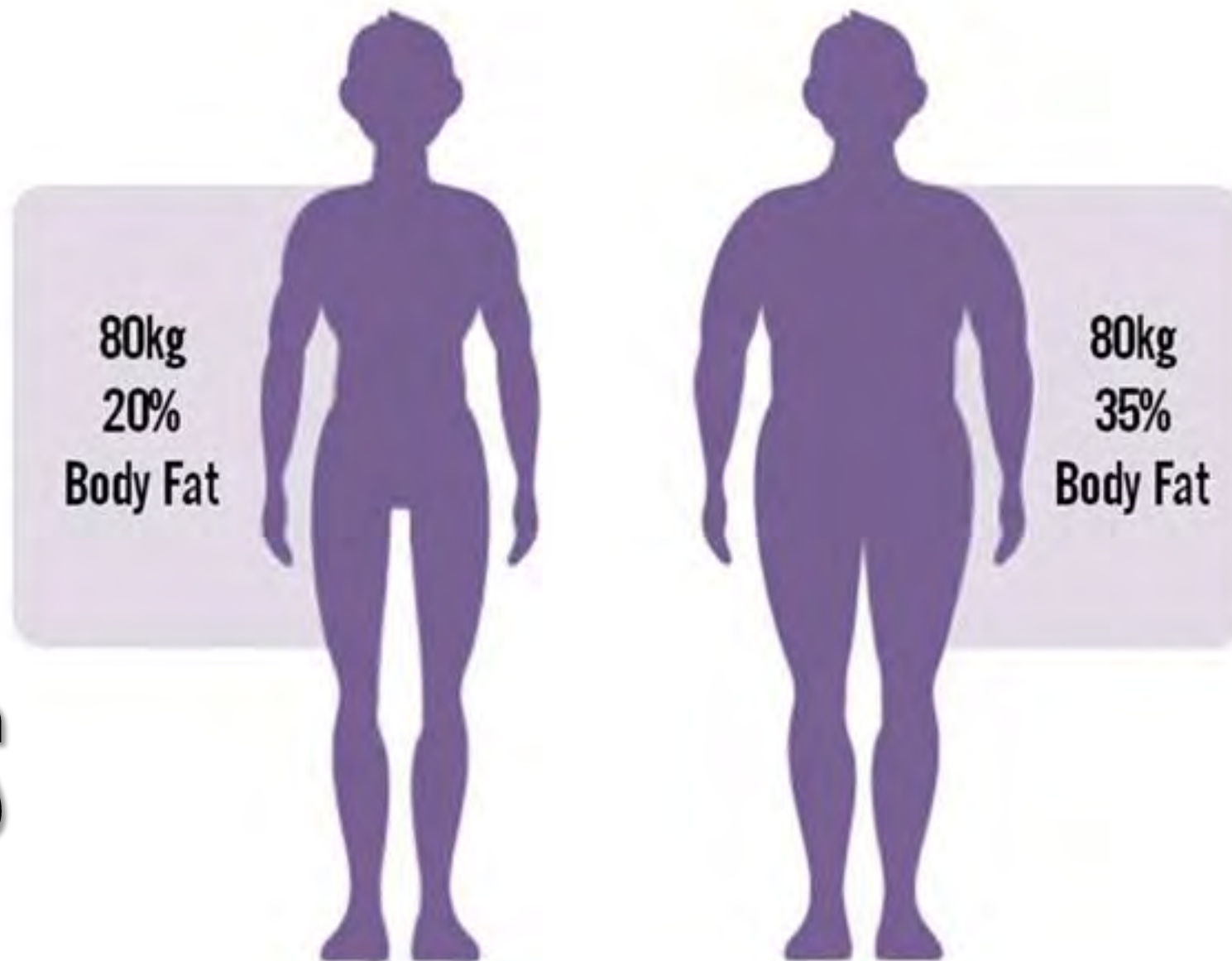


THINK

FAT LOSS

NOT

WEIGHT LOSS



MUSCLES VS FAT

1 kg of Muscle takes up less space than 1kg of Fat



1 kg of Fat



1 kg of Muscle

BASAL METABOLIC RATE (BMR)

- **Minimum level of energy** is required to sustain the body's everyday functions
- Maintaining normal body temperature and respiration.
- A person with high BMR can burn more calories than a person with low BMR.



CALCULATE YOUR DAILY CALORIE NEEDS

MALE

$$\text{BMR} = 66 + (13.7 \times \text{weight in kg}) + (5 \times \text{height in cm}) - (6.8 \times \text{age in years})$$

FEMALE:

$$\text{BMR} = 655 + (9.6 \times \text{weight in kg}) + (1.8 \times \text{height in cm}) - (4.7 \times \text{age in years})$$

DAILY CALORIE NEEDS

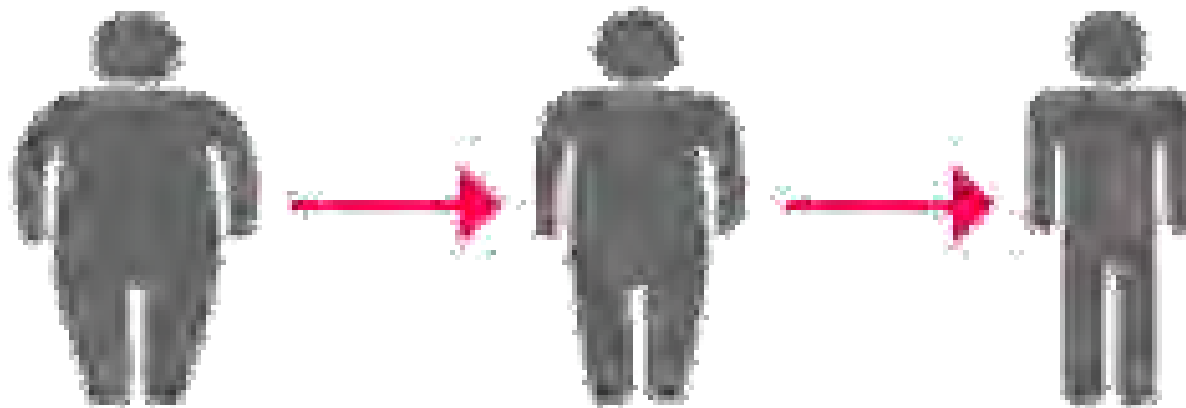
| ACTIVITY LEVEL | DAILY CALORIE REQUIRED (TO MAINTAIN CURRENT WEIGHT) |
|-------------------------------------|--|
| Little or no exercise | BMR x 1.2 |
| Light Exercise (1 - 3 days/week) | BMR x 1.375 |
| Moderate Exercise (3 - 5 days/week) | BMR x 1.55 |
| Heavy Exercise (6 - 7 days/week) | BMR x 1.725 |

HOW TO LOSE WEIGHT?

0.5kg = 3,500kcal

To lose 0.5kg per week:
 $3,500 \div 7 \text{ days} = \underline{500\text{kcal/day}}$

Reduce 500kcal per day from your total daily calorie needs



BMR: 1,352 kcal/day

Physical activity: Rarely exercise

$$\begin{aligned}\text{Total daily calorie needs} &= \text{BMR} \times 1.2 \\ &= 1,352 \times 1.2 \\ &= 1,622.4 \text{ kcal/day}\end{aligned}$$

To lose 0.5kg per week:

$$1,622 \text{ kcal} - 500 \text{ kcal} = 1,122 \text{ kcal/day}$$



CALORIES IN YOUR FAVOURITE FOODS

320kcal /pc

- 48mins cycling
- 32mins running
- 1.9hr house cleaning



CALORIES IN YOUR FAVOURITE FOODS

350kcal

- 50mins cycling
- 35mins running
- 1.9hrs house cleaning



CALORIES IN YOUR FAVOURITE FOODS

750kcal

- 1.9hr cycling
- 1.2hours running
- 4.5hr house cleaning



CALORIES IN YOUR FAVOURITE FOODS

535kcal

- 1.3hrs cycling
- 55mins running
- 3.2hr cleaning



CALORIES IN YOUR FAVOURITE FOODS

95kcal/pc

- 14mins cycling
- 9mins running
- 35mins house cleaning



CALORIES IN YOUR FAVOURITE FOODS

340kcal /medium size

- 55mins cycling
- 35mins running
- 2hr house cleaning



CALORIES IN YOUR FAVOURITE FOODS

100kcal

- 15mins cycling
- 10mins running
- 35mins house cleaning








CALORIES IN YOUR FAVOURITE FOODS

1130kcal/ medium set

- 2.8hrs cycling
- 1.9hrs running
- 6.7hrs house cleaning






PHYSICAL ACTIVITIES & CALORIES

How Much Do You Burn in 30mins

| | 50KG | 65KG | 80KG |
|---|----------|----------|----------|
| ROPE JUMPING  | 250 kcal | 325 kcal | 400 kcal |
| ZUMBA  | 220 kcal | 286 kcal | 352 kcal |
| RUNNING  | 200 kcal | 260 kcal | 320 kcal |
| CYCLING  | 175 kcal | 228 kcal | 280 kcal |
| SWIMMING  | 150 kcal | 195 kcal | 240 kcal |

PHYSICAL ACTIVITIES & CALORIES

How Much Do You Burn in 30mins

| | 50KG | 65KG | 80KG |
|---|----------|----------|----------|
| HIIT  | 138 kcal | 179 kcal | 220 kcal |
| WALKING  | 75 kcal | 98 kcal | 120 kcal |
| YOGA  | 63 kcal | 81 kcal | 100 kcal |
| STRETCHING  | 63 kcal | 81 kcal | 100 kcal |
| CLEANING  | 63 kcal | 81 kcal | 100 kcal |

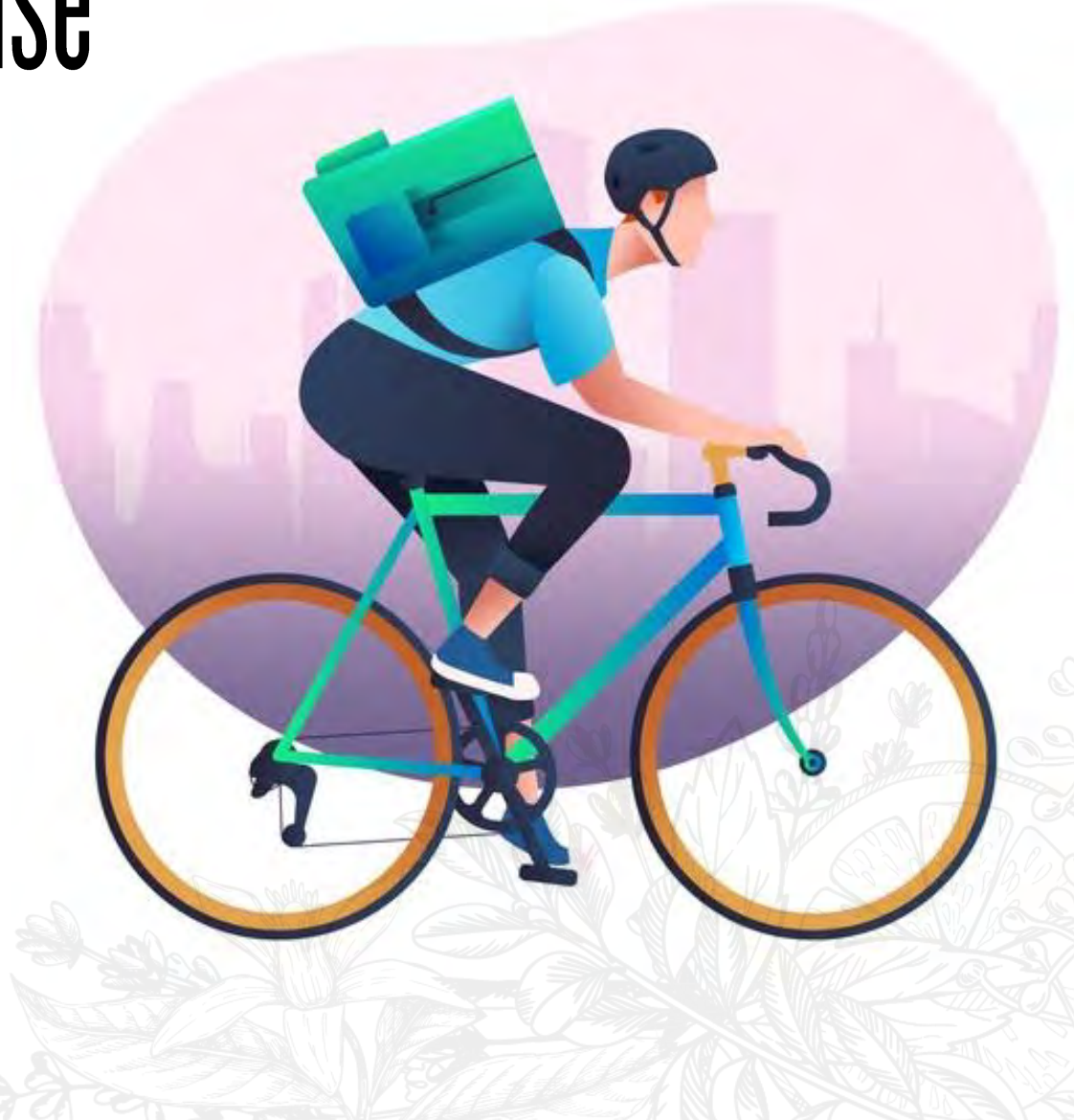
Tips for Before and After Exercise

Before Exercise : sufficient energy

- Take simple carbohydrate food with protein
- Banana with protein drink

Post Exercise : muscle restoration

- Take high fiber food with Protein
- Sweet potato with egg / Protein drink



TYPES OF DIET

Have You Tried These

◆ **Whole30 diet/ Paleo**

Whole food, eat like a cavemen

◆ **Intermittent Fasting**

Limit eating period

◆ **Low Carb/Sugar Diet**

No carbohydrate and sugar food

◆ **Ultra Low Fat Diet**

No fat and oils

◆ **Keto Diet / Atkins**

High protein and fat

◆ **Juice / Water Diet**

Also known as the liquid diet

◆ **High Protein Diet / Dukan**

High protein with source of fiber (oat bran)

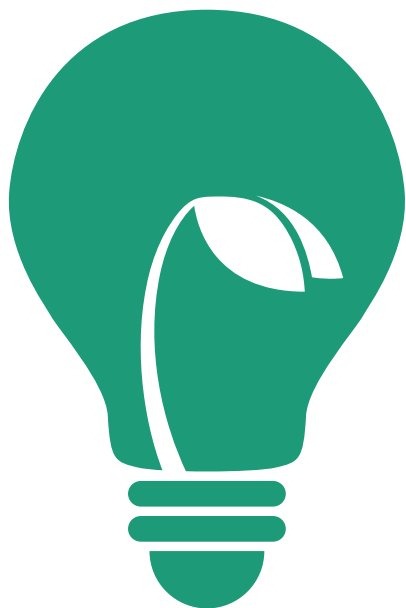
◆ **Cabbage, Blood Type, Others**

Random diet trends



DIET

WHAT IS THE BEST DIET?



**There is no perfect
weight loss diet**



**Different diets work
for different people**



**The best diet for you is
the one that you can stick
to in long term**

You should pick one that suits your lifestyle and tastes.



The 3 Keys To **HEALTHY WEIGHT MANAGEMENT**

- ✓ Healthy Balanced Diet
- ✓ Physically Active
- ✓ Positive Mindset

KEYS TO EFFECTIVE WEIGHT MANAGEMENT

01

IDENTIFY
WHERE
YOU ARE

02

DECIDE
WHERE
YOU WANT
TO BE

03

MAKE
BETTER
CHOICES

04

TRACK
YOUR
PROGRESS

05

CELEBRATE
YOUR
TRANSFOR
MATION



STEPS TO SUCCESSFUL WEIGHT MANAGEMENT



SMART GOALS SYSTEM

Set Your Goals Today



Choose a specific goal. For example, commit to exercising 30 minutes a day rather than the vague notion of “exercising more.”

SMART GOALS SYSTEM

Set Your Goals Today



Determine how you will measure your goal. You can track how often you exercise in a week, how many minutes per workout, or how many km you run in a week.

SMART GOALS SYSTEM

Set Your Goals Today



Develop a way to be held accountable. Sharing your goal with a friend or co-worker and asking him/her to follow up with you is a great way to stay accountable for your progress.

SMART GOALS SYSTEM

Set Your Goals Today



Make sure your goal is attainable. Set goals that you keep, like exercising 30 minutes, rather than 2 hours, per day.

SMART GOALS SYSTEM

Set Your Goals Today

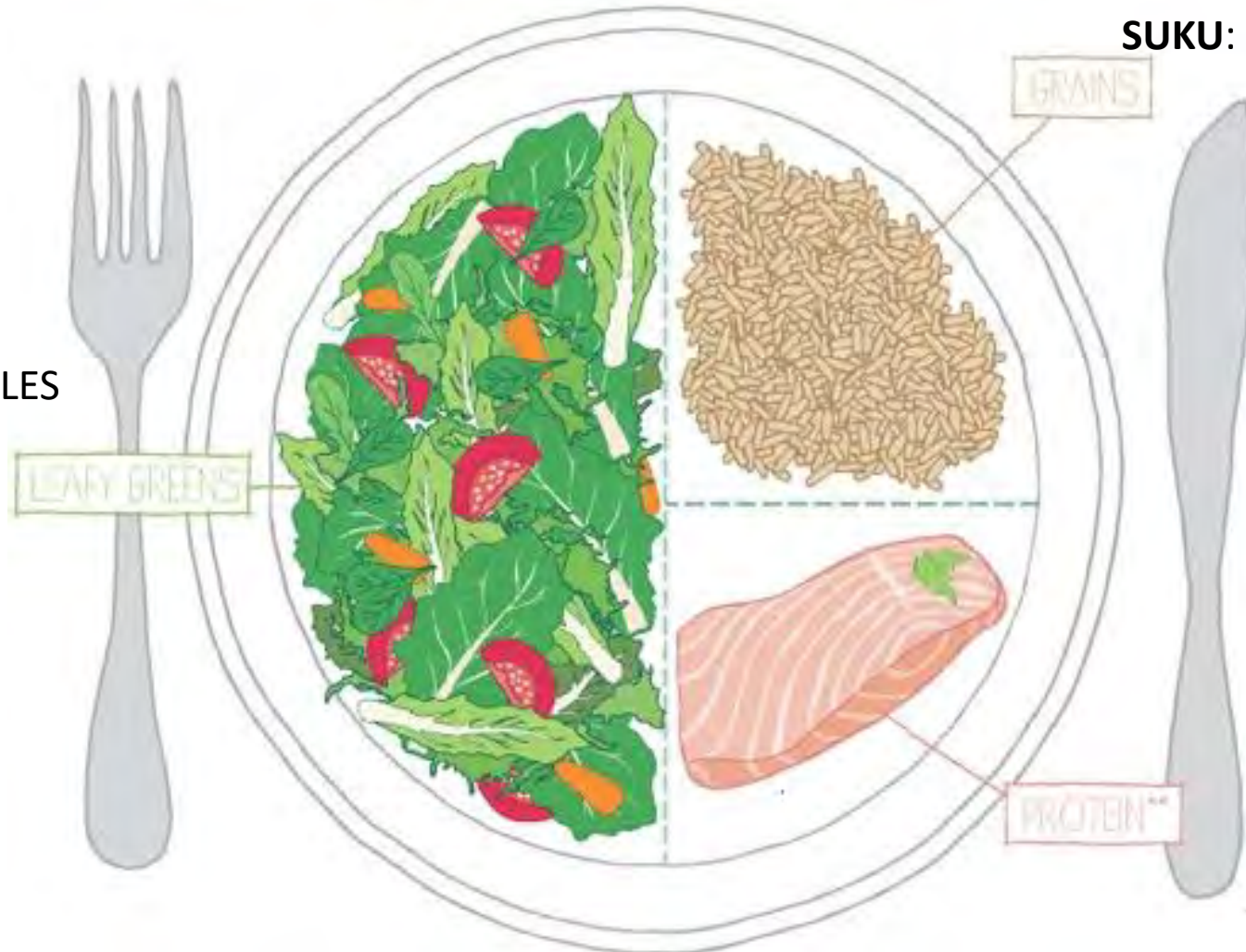


Establish a specific time in which you plan to accomplish your goal. You can create benchmarks for daily, weekly, and monthly goals, adjusting along the way as needed.

THIS IS HOW YOUR PLATE SHOULD LOOK

SUKU: GRAINS & CARBOHYDRATES

SEPARUH: VEGETABLES



SUKU: PROTEIN

Fill Your Plate With Real Food



CARBS

Brown Rice
Noodles
Oats
Root Vegetables
Whole Meal/ Grain
Bread and Biscuits

3 - 4 servings



PROTEINS

Plant base
Animal base
Dairy
Egg

2 - 3 servings



CELLULOSE

Fresh Vegetables
Fresh Fruits

5 servings



FATS

Cooking Oil
Avocado
Nuts and Seeds

Minimum

MEASURE SMART



Palm
Serve of meat



Two Cupped Hand
Serve of Vegetables



Cupped Hand
Serve of cooked grains



Finger Tip
1 Teaspoon



Thumb Tip
1 Tablespoon



Fist
Serve of Fruit



Rice Bowl
Diameter: 10cm
Height: 6.3cm
Volume: 320ml



Noodle Bowl
Diameter: 16cm
Height: 8.5cm
Volume: 1000ml



Plate
Diameter: 20-22cm



Spoon
Teaspoon: 5ml
Tablespoon: 15ml



Cup
Cup: 240ml
Mug: 350ml

Stay Hydrated!

Minimum Daily Water Requirement:

Body Weight (Kg) x 40ml



Drink Water The Right Way

- Upon Wakeup: 250ml of warm water
- Drink few sips at a time, not half a bottle
- Drink during daytime, not during nighttime
- Drink plain water, not flavored drinks



slique[®]

Slim into a new you

slique[®]

- Help manage weight
- Create feelings of satiety
- Support metabolic activity
- Provide nutritional support



*These products are not intended to diagnose, treat, cure, or prevent any disease.
Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

SLIQUE SHAKE

BERRY BREEZE FLAVOUR



Complete meal replacement shake that provides quick, satisfying and delicious nutrition*



High in protein helps promote **satiety***



High in dietary fibre supports **healthy digestion***



Includes a fruit & vegetable blend provides **essential vitamins & minerals***



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B

BUILD

Build cells, muscles, bones, skin, hair, nails and hormones

REPAIR

Repair cells, muscles, bones, skin, hair, nails

R

**WHY
PROTEIN**

S

SATIETY

- Keeps you feeling full longer
- Lower chances of binge eating

METABOLISM

- Increase metabolic rate
- Enhance calorie burning

M

Types Of Protein



WHEY Protein

- Derived from milk (lactose)
- Quickly digested
- Help increase muscle mass and strength.
- High in protein but also harbors lactose
- May trigger milk allergies in some people

PEA Protein

- Derived from yellow peas
- Completely natural, plant-based protein.
- Has *nearly* complete amino acid profile
- Absorbed slower than whey protein, may promote fullness and increase muscle growth

SOY Protein

- Made from soybeans
- Contains full amino acid profile.
- May impact hormonal levels, as isoflavones produce weak estrogen-like substances
- One of the 8 most common allergens.

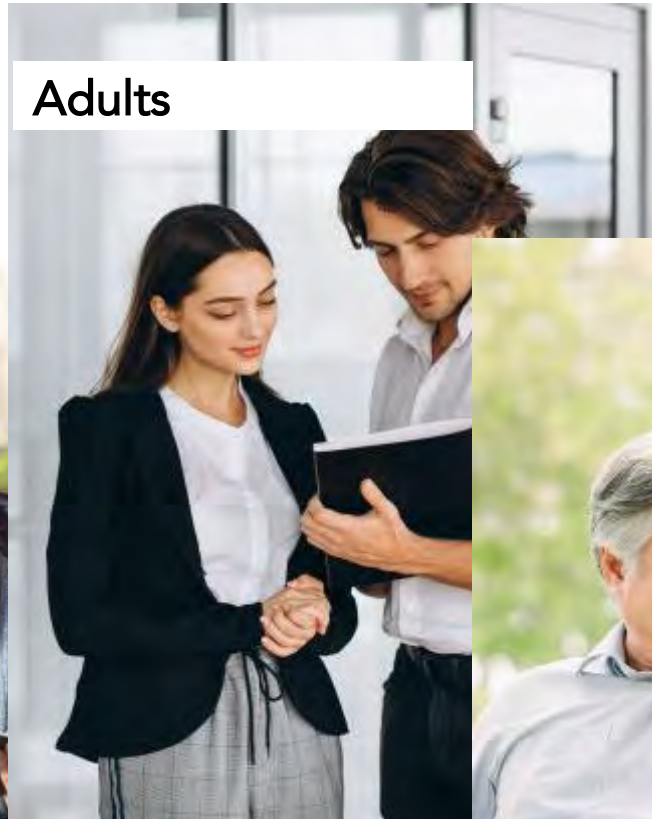
WHO NEEDS PROTEIN?



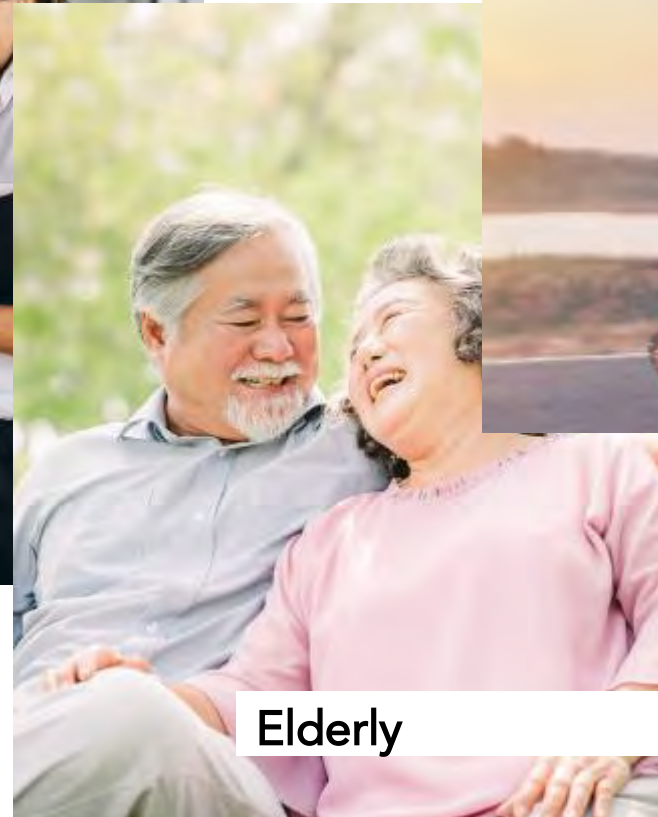
Children



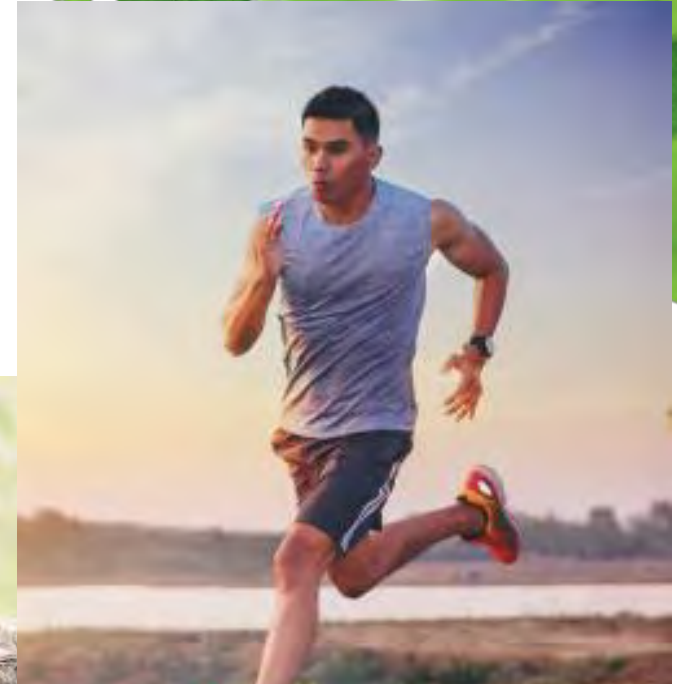
Teenager



Adults



Elderly



Physically active

Why SLIQUE Shake?

- As healthy breakfast to kickstart your day
- As meal replacement to support your weight management efforts
- A complete, quick & satisfying meal for those on the go
- A calorie-controlled meal for pre & post exercise
- A complete meal high in fibre to support digestion and protein to help maintain muscle mass

Key ingredients:

Slique Essence essential oil blend, Pea protein, Quinoa, Wolfberry, Pumpkin seed protein, Alfalfa grass juice



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SLIQUE Shake
Berry Breeze Flavour

Soy Protein X
(Berry Flavour)

FLAVOUR

Natural sweetened with organic coconut palm sugar, wolfberries, strawberries

Contains fructose & artificial flavoring

PROTEIN

16g /serving

8-9g /serving

FIBER

5g / serving

0-3g / serving

TYPES OF PROTEIN

Pea Protein, Quinoa, Pumpkin Seed Protein

Soy Protein

ALLERGEN

Soy-free, Dairy-free, Nut-free, Gluten-free

May contain non-fat dry milk, milk, soybean, gluten, etc

GMO

Non GMO

Undisclosed

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Frequently Asked Questions

- **Does Slique Shake have a specific flavor?**
 - Slique Shake's flavor is Berry Breeze. Berry, because it's comprised of strawberry, wolfberry, and raspberry powders, and Breeze because the shake is lightly flavored. This light flavor can be blended with your favorite fruits, vegetables, and essential oils.
- **Is this considered a raw product?**
 - Yes, Slique Shake is considered a raw product, since it is processed under 118°F (47c).
- **Does Slique Shake have any soy, dairy, or nut-derived ingredients?**
 - No, Slique does not have any soy, dairy, or nut-derived ingredients.
- **Can you use it as a meal replacement more than once a day?**
 - Yes, Slique Shake can be used more than once a day, as desired.
- **Is Slique Shake vegetarian and/or vegan?**
 - Slique Shake is both vegetarian and vegan.

Slique Bars

- Good source of fiber
 - Gluten-free
 - Contain no trans fats
 - No preservatives
 - Manages satiety
-
- **Nutritious snack** that helps moderate cravings and keep you feel fuller, longer
 - Tastes great and promotes fullness when combined with **protein and high levels of fiber**
 - Made with a proprietary essential oil blend to **help moderate cravings**



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Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Key Ingredients

- Baru Nuts Almonds
- Honey
- Chicory root inulin
- Dates
- Coconut
- Cacao nibs
- Golden Berries
- Bing Berries
- Wolfberries
- Quinoa crisps
- Chia seeds
- Potato skin extract
- Sea salt
- Vanilla essential oil
- Sunflower lecithin
- Orange essential oil
- Cinnamon essential oil

Tips:

Consume before or between meals with 350ml of water to help promote feeling of satiety



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Slique Essence

- Grapefruit essential oil
- Tangerine essential oil
- Spearmint essential oil
- Lemon essential oil
- Ocotea
- Stevia
- Exclusive blend that helps to **support feeling of satiety**
- Supports **better abdominal activities**
- Contains strong active constituent, Limonene as **antioxidant support**
- Add 2-4 drops to water in your morning glass of water / beverages to enhance with pleasant citrus flavor



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Slique Tea

- Premium jade oolong tea
- Wild-harvested Ecuadorian ocotea leaf
- Ecuadorian cacao powder
- Vanilla essential oil
- Frankincense powder
- Natural stevia extract

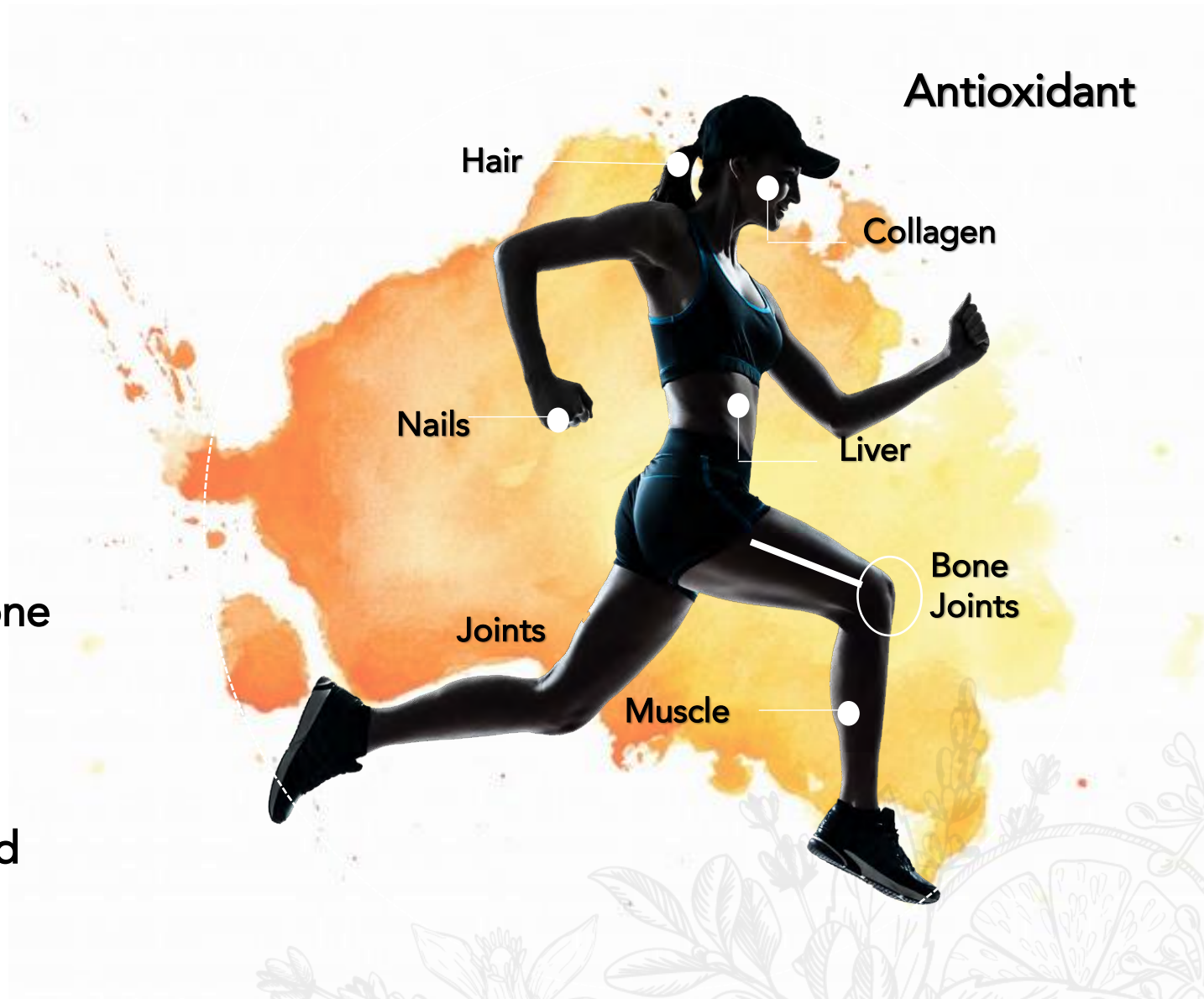
- Rare blend of natural ingredients with impressive phytonutrients
- Rich aroma and antioxidant properties
- **Low calorie beverage** that can be enjoyed throughout the day while support hydration & energy



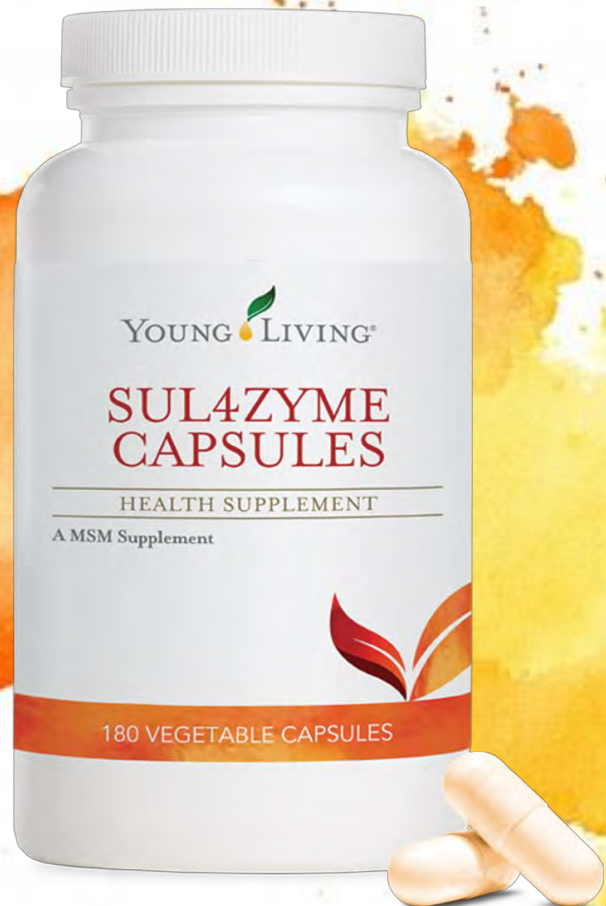
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The MSM Support

- MSM donates sulfur for **liver detoxification**
- MSM supports **muscle recovery** after physical activities
- MSM ensures **healthy level of Glutathione (Antioxidant)** to support optimal joint, hair, skin and overall health
- MSM donates sulfur to form bonds essential for **strengthening hair, skin and nails.**



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SUL4ZYME



MSM

**Methyl Sulfonyl Methane*



NingXia Wolfberry Powder



Young Living Copaiba Essential Oil

1st

Essential Oil Infused
Health Supplement

Registered as Health Supplement
with NPRA under MOH

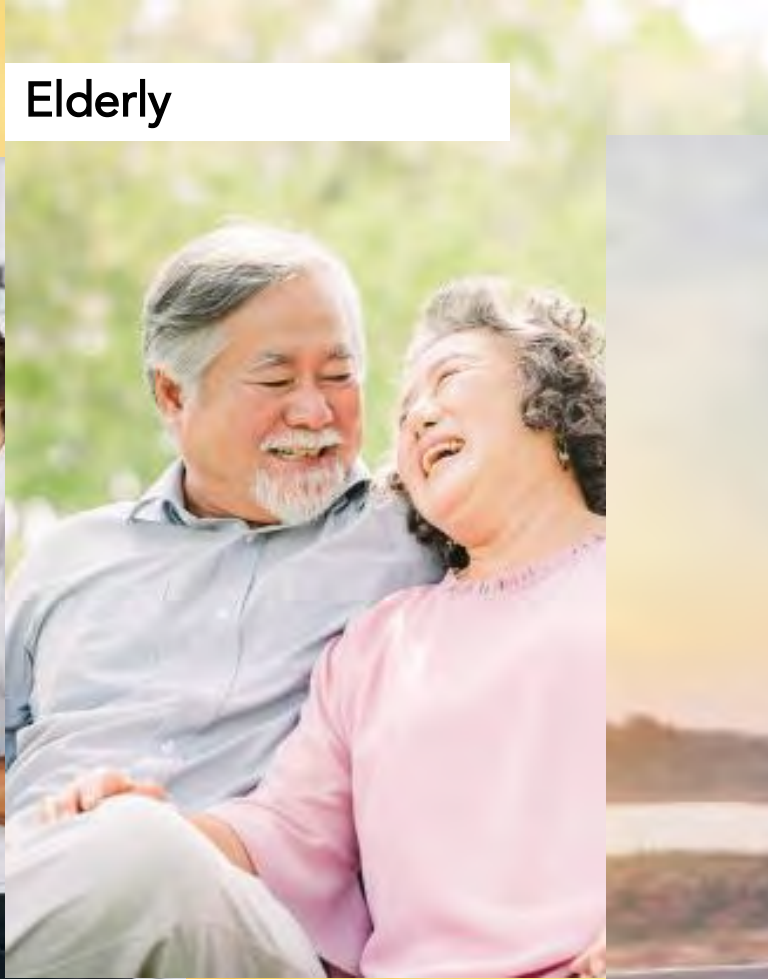
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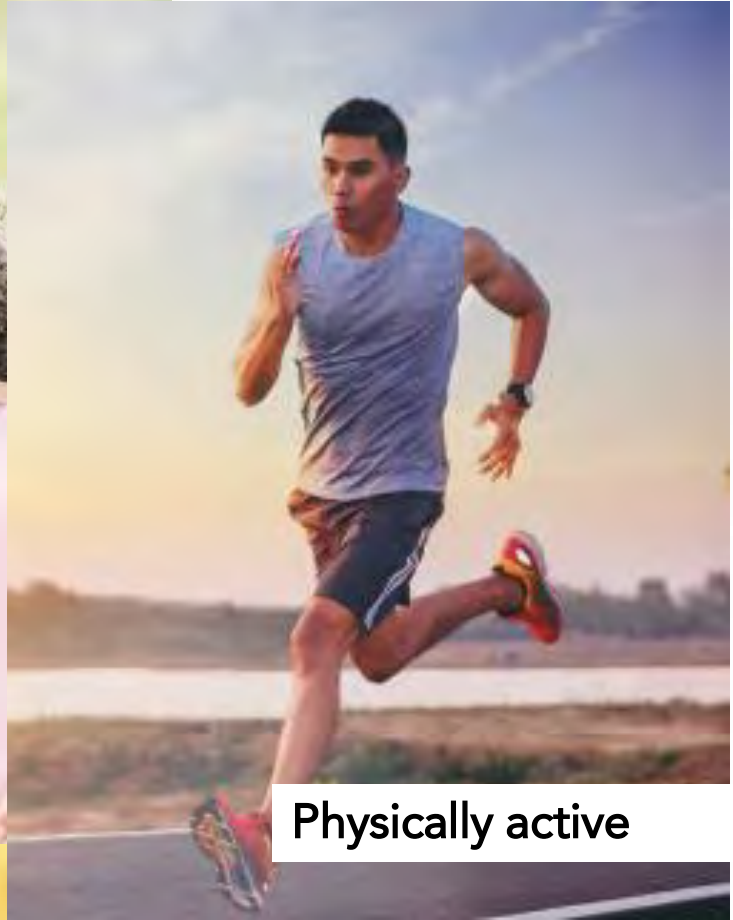
Teenager age 15
years old and above



Adults

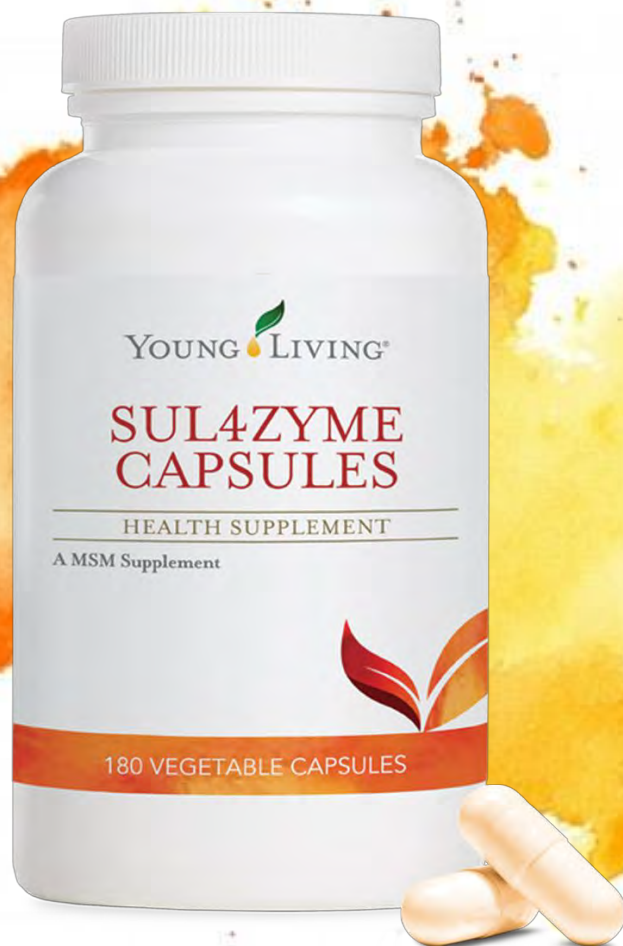


Elderly



Physically active

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*Always seek the advice of your physician or other qualified health provider with any
questions you may have regarding a medical condition.*



HOW TO SUPPLEMENT

2 caps daily

**1 hour before or after meal.*

Adolescents (15 to 18 Years Old)

1 caps daily

Allergies

1 caps daily

**Start low, go slow. Monitor for 2 weeks*

Medical Condition

Please seek for doctor's advice before starting any nutritional supplements

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SUPERFRUIT

POWERHOUSE

NingXia Wolfberry Puree

*copper, iron, selenium, zinc

Citrus Essential Oils

Infusion

D-limonene



Grape Seed Extract
Polyphenolic compound

Super Fruit Blend

Blueberry, Plum, Aronia, Sweet
Cherry, Pomegranate

Naturally sweetened with stevia extract

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Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.



NINGXIA RED[®]

- Supports **good health** and overall wellness.
- Traditionally used to support normal **eye health**
- Supports natural **anti-oxidative stress** processes
- Feel **Energized** with superfruit replenishment

*These products are not intended to diagnose, treat, cure, or prevent any disease.
Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.



A beverage that tastes as good as it is good for you.

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Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.



THE COMBO

- **Start your day with**
 - 2 oz of Ningxia Red
 - 2 capsules of Sul4zyme
 - 2 scoops of Slique Shake (Breakfast)
- **Snack with**
 - 1 Slique Bar
 - 1 Slique Tea
 - Infuse your water with 2-4 drops of Slique Essence
- **End your day with**
 - 2 oz of Ningxia Red
 - 2 scoops of Slique Shake (Dinner)

*These products are not intended to diagnose, treat, cure, or prevent any disease.
Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

THE RED DRINK

23oz Water

2 oz NingXia Red

3 drops Lime Essential Oil Flavoring

1 capsule Sul4zyme

***by Dr. Peter Minke, Ph.D., LMT*



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10 Wellness Tips

1. Always choose **fresh produce** over processed food.
2. Always choose **steam, grilled, roasted, stir fry** over fried, preserved, pickled food.
3. **Never skip meals**, always eat frequently in smaller portion
4. Drink at least **2L of plain water**. Add a drop of Young Living Essential Oil Flavoring for taste.
5. **Chew your food** at least 15 – 20times before swallow.
6. Remember the mantra “**Suku Suku Separuh**”
7. Take **fruits before meal**.
8. **Snack wise** on protein or high fiber food (Nuts & Seeds, Fruits, Slique bar)
9. **Stay physically active** with 3 - 4 times of exercise a week.
10. Have your last meal at least **4 hours before sleep**.

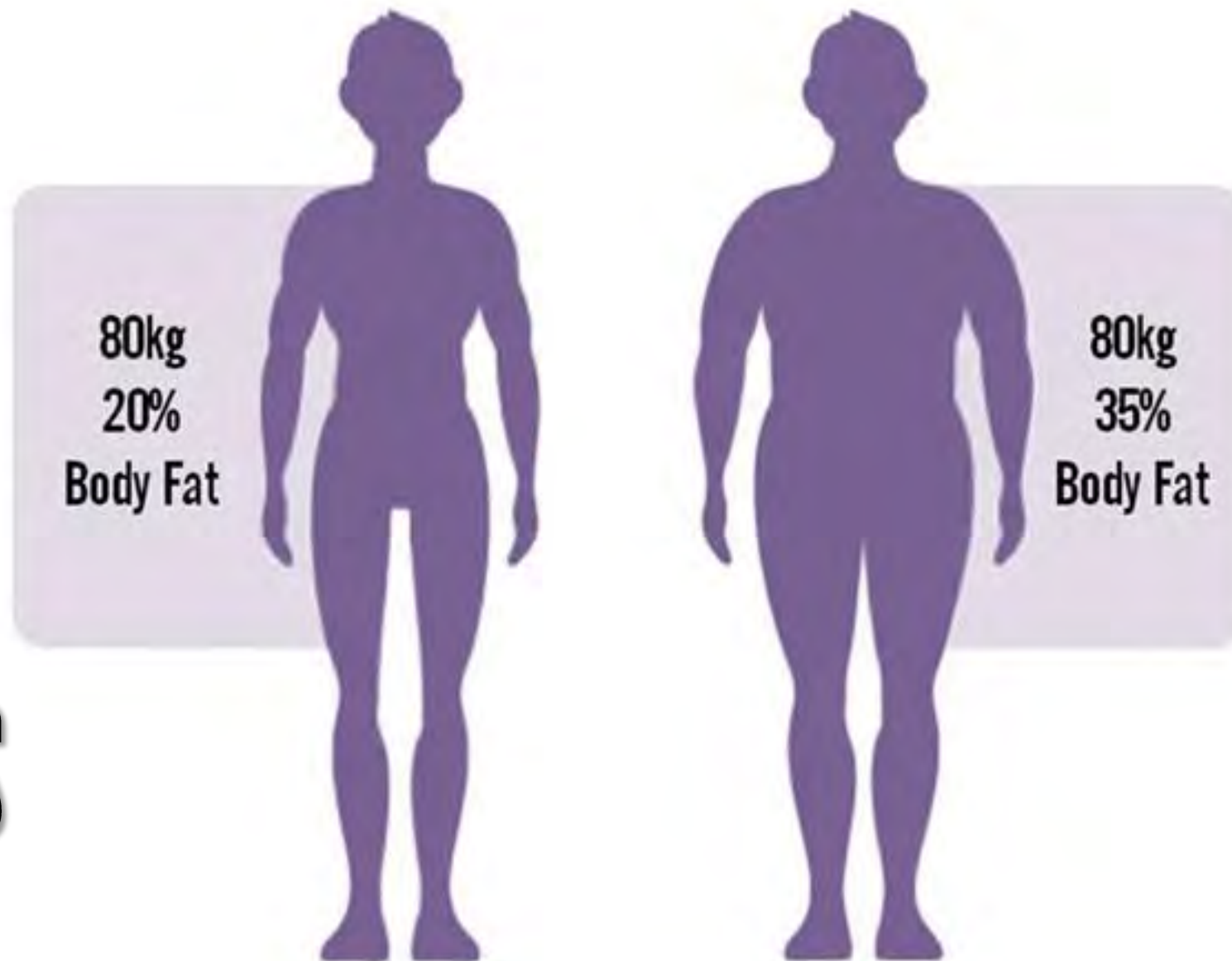
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THINK

FAT LOSS

NOT

WEIGHT LOSS





A GOAL *without a plan*
IS JUST A WISH.

-ANTOINE DE SAINT-EXUPERY

WATCH YOUR “FIGURE”

WITH SLIQUE

Presented by: Michelle Lau

