

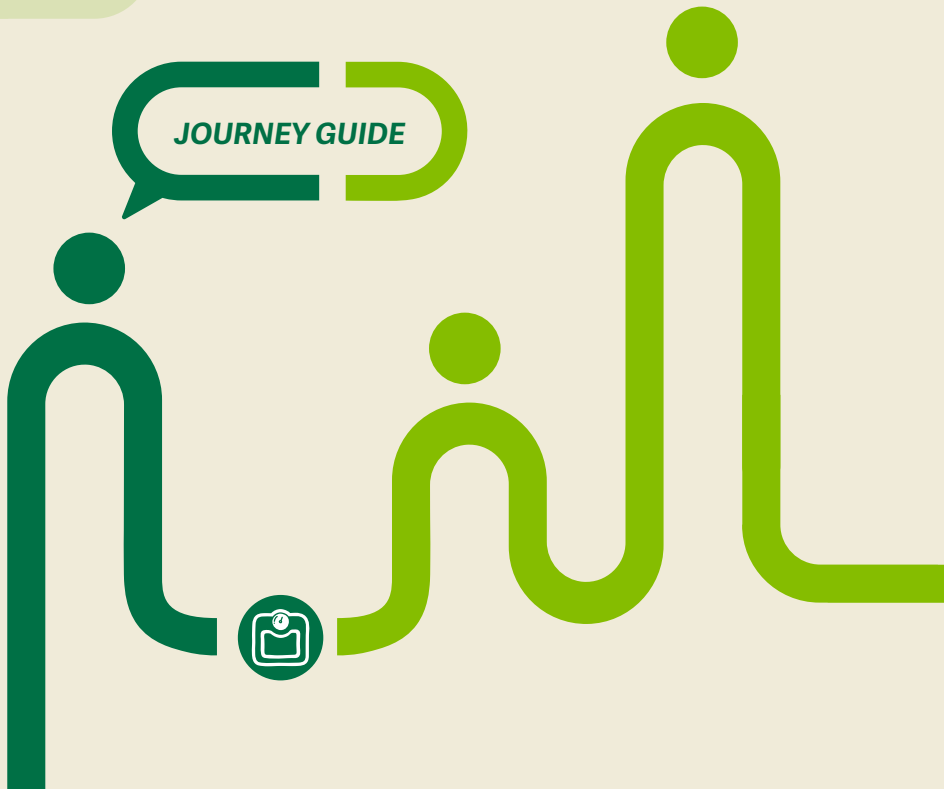


Healthier e

A Healthier Tomorrow Starts Today

Healthy Weight

JOURNEY GUIDE



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Metabolic Health: The Key to a Longer, Healthier Life

Good metabolic health is key to living a longer, healthier life. It helps your body use energy efficiently, control inflammation, and keep blood sugar levels stable. This supports healthy weight management, reduces the risk of chronic diseases, and boosts overall vitality.

Understanding Metabolic Health

A key aspect of metabolic health is a well-functioning metabolism. This allows your body to digest and absorb nutrients effectively, avoiding harmful spikes in blood sugar, fat levels, inflammation, or insulin. Maintaining this balance helps lower your risk of conditions such as obesity, Type 2 Diabetes, heart disease, stroke, kidney disease, and non-alcoholic fatty liver disease.



To evaluate your metabolic health, doctors focus on four important markers ⁽¹⁾.



Fasting Blood Glucose Level

Fasting glucose level of ≥ 6.1 mmol/l



Blood Pressure

$\geq 130/85$ mmHg



Waist Circumference

Men > 90 cm Women > 80 cm



Blood Cholesterol Level

- Total Blood Cholesterol < 200 mg/dL (or 5.2 mmol/L)
- LDL (Low-Density Lipoprotein) < 100 mg/dL (or 2.6 mmol/L)
- HDL (High-Density Lipoprotein) ≥ 60 mg/dL (or 1.6 mmol/L)
- Triglycerides < 150 mg/dL (or 1.7 mmol/L)

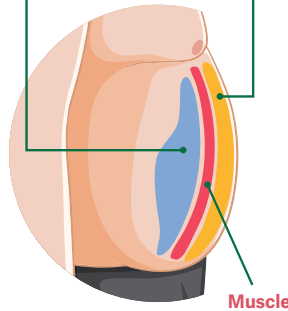
Why Body Fat Matters?

Body fat plays a vital role in our body. It's essential for survival, serving as an energy reserve and help produce hormones that regulate metabolism, appetite, and other vital functions ⁽²⁾.

Visceral Fats

- Found around internal organs, providing protection.
- Can build up due to cortisol, a stress hormone.
- Excess visceral fat affects blood glucose and metabolic health.

Human Fats



Subcutaneous Fats

- Located just beneath the skin, it cushions bones and joints.
- Too much can increase risk of chronic diseases.

Functions of Muscles and Metabolic Health

Strong muscles are crucial for overall health. Regular exercise and a nutritious diet are key to maintaining muscle strength, which contributes to overall well-being and longevity.

Weak muscles increase the risk ⁽³⁾ of:



Metabolic conditions such as Type 2 Diabetes and heart disease



Falls and reduced quality of life

Maintaining strong muscles help ⁽⁴⁾:



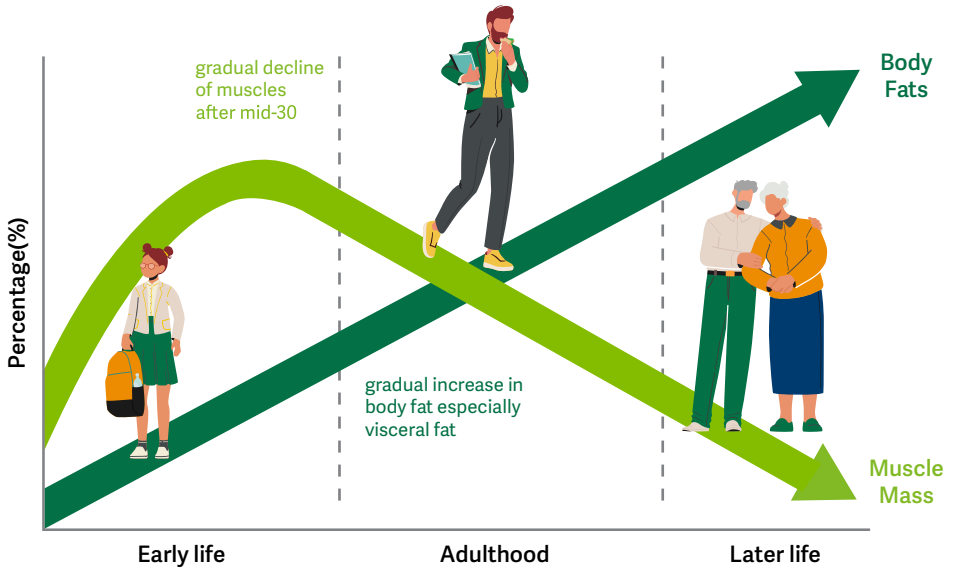
Efficient energy use and calorie burning



Support a healthy metabolic rate and prevent obesity

Our Body Composition Changes with Age, Diet, and Lifestyle

As we age, particularly after 35, body fat—especially visceral fat—increases, while muscle mass decreases. These changes are influenced by diet, hormones, and lifestyle, contributing to various metabolic diseases.



High Body Fat



- Obesity
- Poor blood glucose regulation
- High blood pressure
- High blood cholesterol

Reduced Muscles Mass



- Reduced metabolic rate
- Poor glucose regulation
- Reduced strength and balance

The 6 Pillars of Healthy Weight

Metabolic syndrome affects roughly 25% of adults worldwide. Managing lifestyle factors such as diet, physical activity, sleep, and stress is vital. These six pillars are essential for improving metabolic health and overall well-being.



Nutrition

A balanced diet of whole foods, fiber, lean proteins, and healthy fats improves metabolism, controls blood sugar, and reduces fat and disease risk.



Physical Activity

Regular exercise boosts metabolic health, mood, and energy. Aim for 150-300 minutes of moderate-intensity aerobic activities weekly and include muscle-strengthening exercises at least twice a week.



Hydration

Drink at least 2 liters (8 glasses) of water daily to support hydration and toxin removal.



Sleep

Getting 7-9 hours of quality sleep a night helps regulate hormones, control appetite, and prevent insulin resistance and obesity.



Stress

Combat stress with mindfulness and breathing exercises to maintain metabolic health and reduce anxiety.



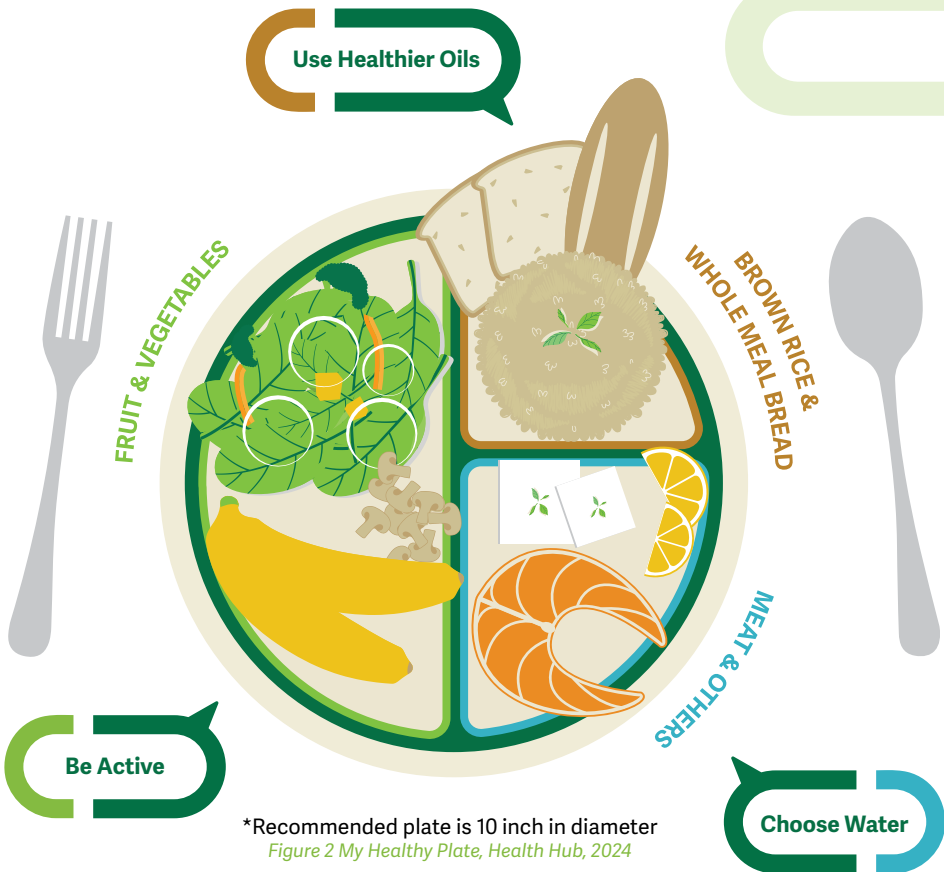
Mindset

Maintain a positive mindset by managing emotions, leading a healthy lifestyle, and seeking support from friends and family for overall well-being.

My Healthy Plate for a Healthier Me

To meet your daily nutritional needs, eat a variety of foods in the right proportions. The Singapore Health Promotion Board's My Healthy Plate follows the "Quarter, Quarter, Half" principle for a balanced meal.

My Healthy Plate

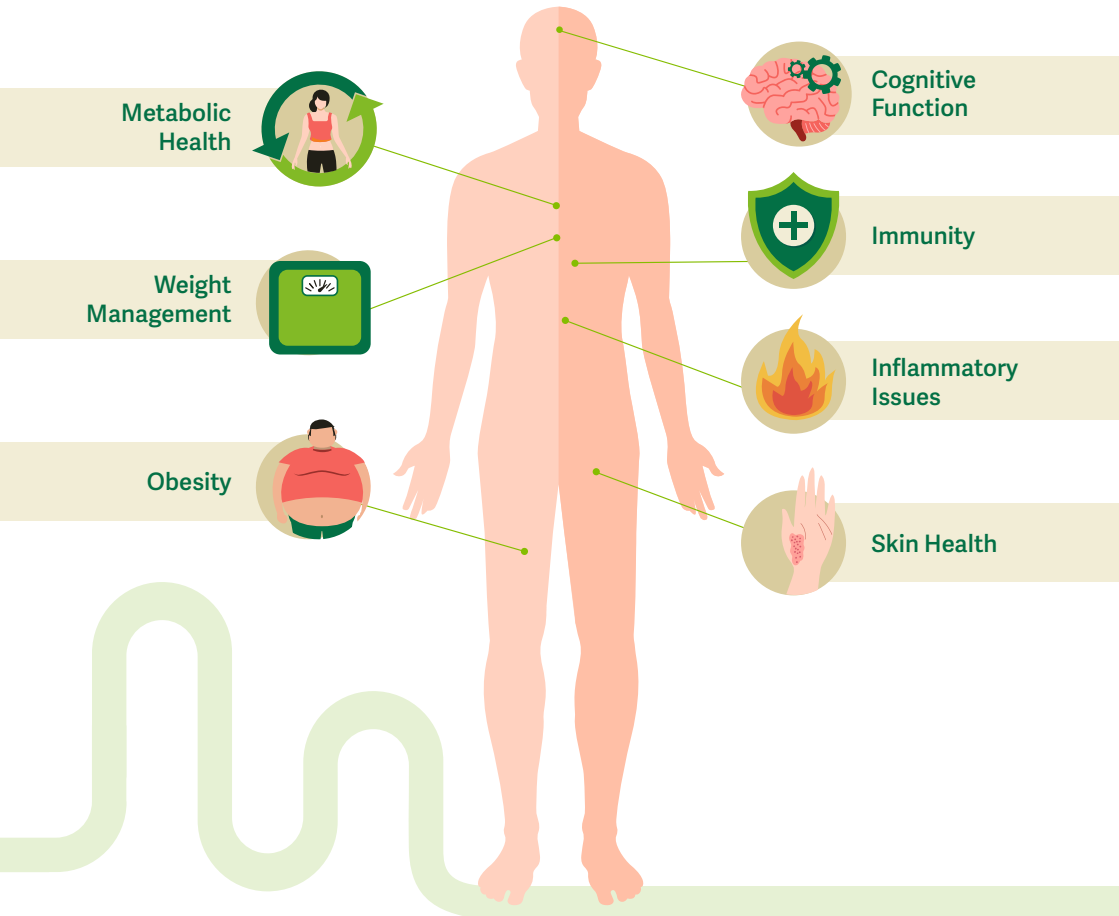


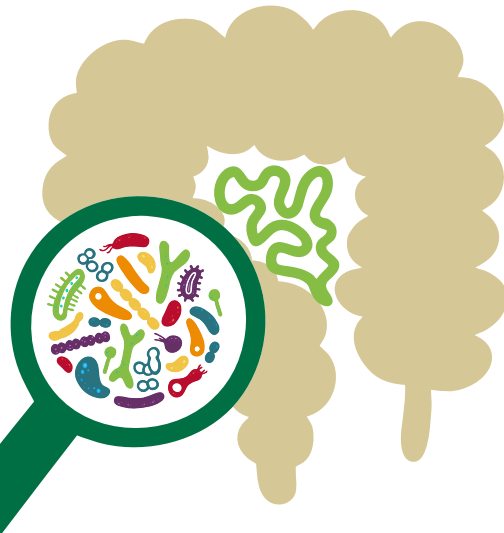
*Recommended plate is 10 inch in diameter
 Figure 2 My Healthy Plate, Health Hub, 2024

Health Starts Here:

How Your Gut Microbiome Powers Every Body Function

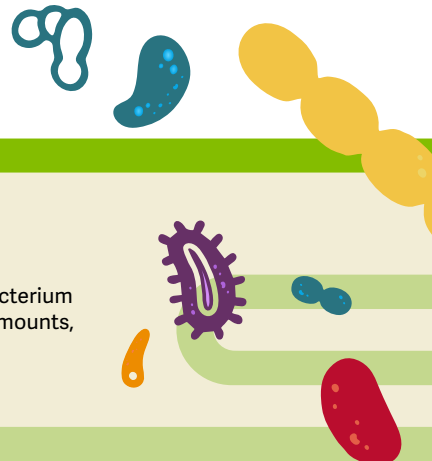
Your gut microbiome is a complex ecosystem comprising trillions of microorganisms, including bacteria, viruses, fungi, and other microbes. These microorganisms interact with each other and their environment in numerous ways ⁽⁴⁾, playing a crucial role in maintaining your overall health.





The Impact of a Healthy Gut on Your Weight

Evidence is emerging that the gut microbiome is linked with obesity risks ⁽⁵⁾. Scientists have discovered that a special species of bacteria, *Akkermansia muciniphila*, also known as AKK, is associated with reduced risk of obesity, diabetes, inflammation and metabolic disorders ⁽⁶⁾.



The Skinny Microbiome

AKK, also known as the “Skinny Microbiome,” is a beneficial bacterium found in the mucus layer of the gut. When present in healthy amounts, AKK supports better metabolic and immune health ⁽⁷⁾.

Studies have shown that AKK helps ⁽⁸⁻⁹⁾:



Boost Insulin

AKK promotes the release of GLP-1, a hormone that helps your body use food for energy.



Control Blood Sugar

GLP-1 helps block glucagon, a hormone that keeps excess glucose out of the bloodstream.



Reduce Hunger

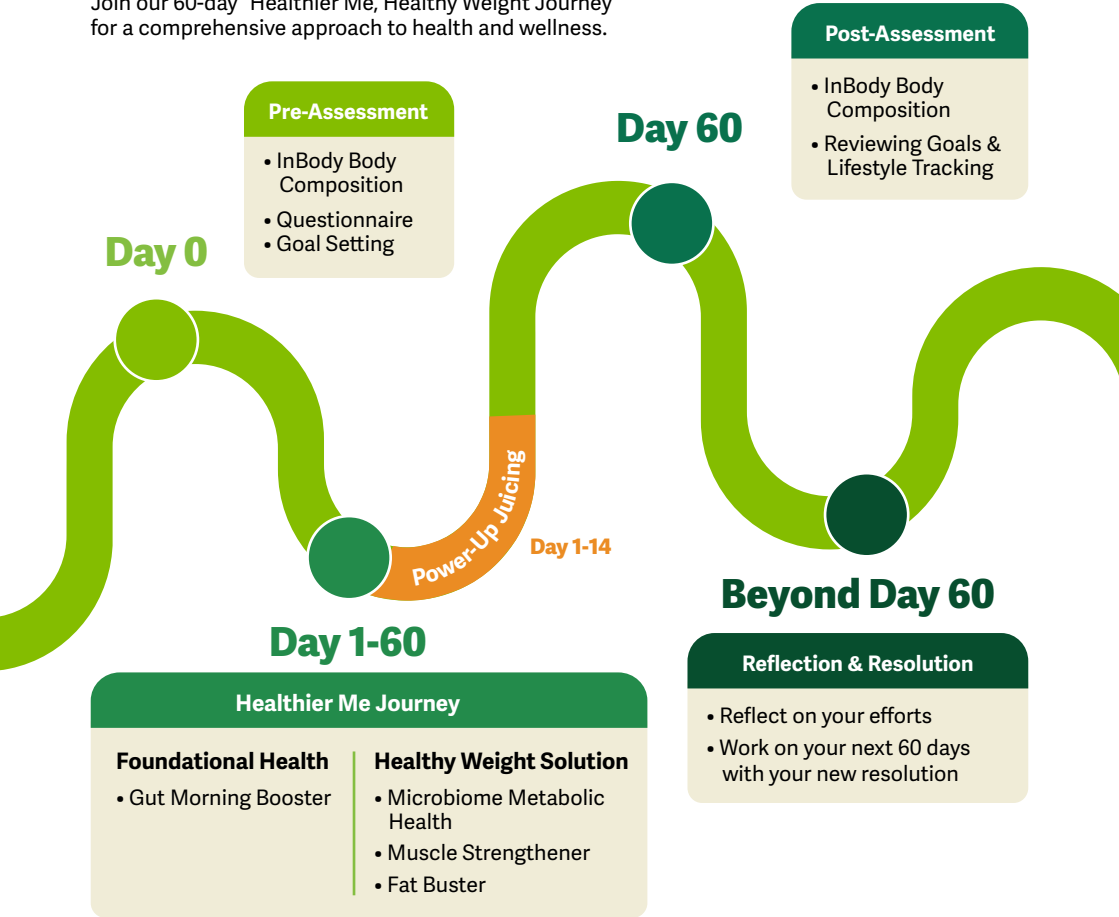
GLP-1 slows stomach emptying, helping you feel full longer.

Lower abundance of AKK is associated with increased body mass index (BMI) and waist circumference, both risk factors towards metabolic syndrome ⁽¹⁰⁾. Scientists have observed that age and a high-fat diet may cause AKK levels to deplete in the human body ⁽¹¹⁾.

Healthy Weight Journey

To reach a healthy weight, start by understanding your personal health needs. Use a structured plan to track progress and support long-term health.

Join our 60-day “Healthier Me, Healthy Weight Journey” for a comprehensive approach to health and wellness.



Pair with


 Healthy Lifestyle
 
 Progress Tracking
 
 Reflections

Day 0 – Pre-Assessment and Goal Setting

Body Composition

Body composition measures fat and muscle mass, giving you a clearer picture of your health than BMI. It helps you understand your metabolic health.



Skeletal Muscle Mass

- The amount of muscle attached to your bones.
- Increases with exercise.

The amount of fat under the skin and inside the body.



Body Fat Mass

Suggested Body Fat Percentage %

Female

18 - 28%

Male

10 - 20%

Questionnaire

Filling out a set of questionnaires will help you understand your health and goals, allowing personalized diet and lifestyle changes for effective weight management and overall well-being.

Refer to the Appendix for the “Healthy Weight Journey Questionnaire” to get started.

Goal Setting

Setting clear goals is essential for your health improvement. Good goals are *Specific, Measurable, Actionable, Realistic, and Time-bound*.

Specific

Write down exactly what you are you trying to achieve.

For example: Rather than "I want to do more exercise", make it specific, such as "I will ride my bike to work on Monday and Wednesday".



Measurable

Use numbers or amounts where possible.

For example: I will eat 2 portions of fruit, each day



Action-based

Write down a goal that you can reach.

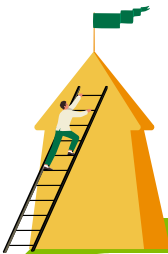
For example: If you know you are unlikely to start exercising 40 minutes daily, a better goal might be exercising 20 minutes daily



Realistic

Your goal needs to be achievable and meaningful to you.

For example: When I feel stressed, instead of snacking, I will stop and ask myself why I feel this way. I will focus on this thought for 10 minutes to establish whether I am hungry before I eat anything



Time-bound

Set a time frame for your goal to track your progress.

For example: I will walk to work twice a week by the end of May



Day 1 - 60 – Healthier Me Journey

Congratulations on starting your journey to better health! We're here to help you achieve your goals.

Nutrilite Foundational Health – Gut Morning Boosters

Start your day with Nutrilite Gut Morning Boosters to support your gut. This blend of probiotics, dietary fiber, and protein helps balance your gut microbiome and supports overall digestive health.



Nutrilite All Plant Protein

INGREDIENTS	KEY BENEFITS	HOW IT WORKS?
<ul style="list-style-type: none"> Natural, non-GMO Unique tri-blend of wheat, soy and pea protein 9 essential amino acids 	<ul style="list-style-type: none"> SUPPORT overall cell repair and gut health 	<ul style="list-style-type: none"> Highly digestible protein (PDCAAS = 1) Generates beneficial gut metabolites Supports gut immune function Addresses gut inflammation, gut motility and secretion Improves gut barrier

INGREDIENTS	KEY BENEFITS	HOW IT WORKS?
<ul style="list-style-type: none"> Exclusive blend of 5 probiotic strains 	<ul style="list-style-type: none"> NOURISH good bacteria in your gut and eliminate harmful bacteria 	<ul style="list-style-type: none"> Arrive Alive Technology and Stick to the Gut Technology enables the probiotic reach and adhere to the gut Added prebiotic fiber to boost the growth of good bacteria



Nutrilite Balance Within Probiotic



Nutrilite Mixed Fiber Powder

INGREDIENTS	KEY BENEFITS	HOW IT WORKS?
<ul style="list-style-type: none"> Soluble fiber blend Chicory root Digestive-resistant maltodextrin Partially-hydrolyzed guar gum 	<ul style="list-style-type: none"> REPLENISH good bacteria in your gut 	<ul style="list-style-type: none"> Boost growth of good gut bacteria Enhances the production of SCFAs Improves lipid metabolism and nutrient absorption Strengthens intestinal barrier and immunity

Complete your morning routine by adding BodyKey Meal Replacement for a nutritious start that keeps you full and energized.



BodyKey Meal Replacement

INGREDIENTS

- Protein
- Dietary fiber
- Essential vitamins and minerals

KEY BENEFITS	HOW IT WORKS?
<ul style="list-style-type: none"> • Complete and balanced nutrition • Instant on-the-go nutrition 	<ul style="list-style-type: none"> • Controls hunger and reduces cravings

Power Up Juicing

Power Up Juicing with Gut Morning Boosters supports gut health by incorporating fruits and vegetables rich in polyphenols, vitamins, minerals, and fibers. This helps maintain a balanced gut microbiome.⁽¹²⁾⁽¹³⁾

Incorporating a **14-day Power Up Juicing program** improves gut health by eliminating foods that support harmful bacteria, and introducing prebiotic-rich foods.

SCAN OR CLICK [HERE](#)
for more information
on nutrition for a
good gut!



Power Up Juicing with Gut Morning Boosters Recipes

Get creative with your juice combinations using various fruits and vegetables. Keep it simple: 1 serving of fruit and 1 serving of vegetables per juice.

Not sure where to start? Check out these recipes to get inspired!

Gut Morning Boosters

with:

- ½ medium bitter melon
- ½ cup spinach
- ½ lemon
- ½ cucumber



with:

- ½ white or red dragon fruit
- ½ beetroot
- 5 cherry tomatoes



For Blood Glucose:

For Blood Cholesterol:

Base Ingredients:



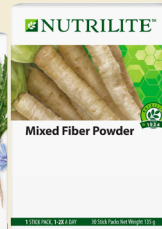
200 - 300ml
of water



Nutrilite
All Plant
Protein



Nutrilite
Balance Within
Probiotic



Nutrilite
Mixed Fiber
Powder

For Blood Pressure:

For Gut Health:

with:

- 1 green apple
- 1 celery stalk
- ½ small beetroot



with:

- 10 blueberries
- 2 steamed large purple cabbage leaves
- ½ steamed purple sweet potato



Source: Amway Malaysia, BodyKey Gut Reset Weight Management Programme User Manual

Disclaimer:

The juicing recipe provided above is for reference only. If you have any medical condition or are taking any medication, please consult your doctor before making any significant changes to your diet, including incorporating healthy juices into your daily diet plan. While juicing can be a healthy addition to your diet, it may not be suitable for everyone and could have potential interactions with medications. Feel free to create your own healthy juices with different fruits and vegetables that work for you.

Nutrilite for Healthy Weight – Microbiome Metabolic Health

Enhance your metabolic health and gut microbiome by integrating these products to your Foundation Health and Gut health routine. They help:



Activate *Akkermansia muciniphila* (Skinny Microbiome):
Boosts natural GLP-1 production.



Convert Glucose into Energy:
Improves glucose utilization.



Inhibit Liver Fat Production:
Reduces fat creation in the liver.



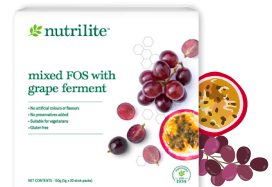
Promote Fat Breakdown:
Supports the breakdown of stored fats.



Nutrilite Metabolic Pre and Postbiotics

INGREDIENTS	KEY BENEFITS	HOW IT WORKS?
<ul style="list-style-type: none"> Heat-treated postbiotic BPL-1 Purple Carrot Golden Kiwifruit Powder 	<ul style="list-style-type: none"> Reduces fat production in the body Enhances metabolic health 	<ul style="list-style-type: none"> Improves gut microbiome signals for better fat regulation and fat loss. Provides B-vitamins for efficient energy metabolism

INGREDIENTS	KEY BENEFITS	HOW IT WORKS?
<ul style="list-style-type: none"> Fructooligosaccharides (FOS) Passion fruit extract Grape ferment 	<ul style="list-style-type: none"> Activates the Skinny Microbiome, <i>Akkermansia muciniphila</i> Controls food cravings 	<ul style="list-style-type: none"> Boosts natural GLP-1 production levels safely and naturally



Nutrilite Mixed FOS with Grape Ferment

Who needs this?



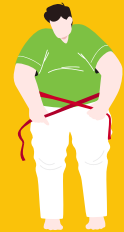
Health-conscious individuals seeking better metabolic health



Those struggling with appetite control



Individuals with busy lifestyles



Anyone struggling to reduce fat mass

Nutrilite for Healthy Weight - Fat Buster Solution

Struggling with excess body fat? Add these Nutrilite products to your health routine for:



Balanced Blood Glucose:
Keeps blood sugar in check.



Healthy Cholesterol Levels:
Helps maintain optimal cholesterol.



Enhanced Calorie Burning:
Targets fat for increased calorie expenditure.



Better Body Composition:
Supports a healthier body and lowers metabolic risks.



Nutrilite Slimmetry

INGREDIENTS	KEY BENEFITS	HOW IT WORKS?
<ul style="list-style-type: none"> GreenSelect Phytosome EGCG 	<ul style="list-style-type: none"> Helps reduce body weight and body fats Supports body weight reduction and maintain a healthy waistline 	<ul style="list-style-type: none"> Promotes heat production through fat oxidation

INGREDIENTS	KEY BENEFITS	HOW IT WORKS?
<ul style="list-style-type: none"> Lecithin Vitamin E Soy Protein Isolate 	<ul style="list-style-type: none"> Promotes healthy liver function Helps maintain and regulate healthy cholesterol levels 	<ul style="list-style-type: none"> Emulsifies fats in blood plasma to regulate cholesterol levels



Nutrilite Mixed Soy Protein & Lecithin with Vitamin E



**Nutralite
Glucose Health**

INGREDIENTS	KEY BENEFITS	HOW IT WORKS?
<ul style="list-style-type: none"> Chromium picolinate Garcinia cambogia Vanadium Gymnema sylvestre Parsley extract 	<ul style="list-style-type: none"> Supports healthy blood glucose levels 	<ul style="list-style-type: none"> Regulates insulin in the body to support glucose oxidation Supports food metabolism and prevent excess fat storage

INGREDIENTS	KEY BENEFITS	HOW IT WORKS?
<ul style="list-style-type: none"> Phaseolus vulgaris (kidney bean extract) Glycine max from soybean extract Parsley concentrate 	<ul style="list-style-type: none"> Blocks up to 500 calories per meal Controls appetite 	<ul style="list-style-type: none"> Blocks the amylase enzyme, controlling the digestion of carbohydrates. Limits the formation of fats from glucose



**Nutralite
CB Plus**

Who needs this?



Individuals with busy lifestyles



Busy mothers



Frequent social gatherers



Individuals with irregular eating habits



Individuals aiming to improve metabolic health

Nutrilite for Healthy Weight - Muscle Strengthening Solution

If your body composition indicates a need to increase skeletal muscle mass, consider adding these products to your Foundational Health and Gut Health regimen to:



Enhance muscle strength for daily activities



Build muscle for lifting heavier weights



Improve body composition and lower the risk of metabolic health issues



XS Ignite

INGREDIENTS	KEY BENEFITS	HOW IT WORKS?
<ul style="list-style-type: none"> Moro Blood Orange Extract Isomaltulose L-Glutamine 	<ul style="list-style-type: none"> Boosts lean muscles and keeps muscles hydrated to reduce fatigue Enhances muscle strength & recovery Promotes fat burning 	<ul style="list-style-type: none"> Prevents fat buildup by blocking the enzymes that create fat cells Supplies essential building block for muscle development

INGREDIENTS	KEY BENEFITS	HOW IT WORKS?
<ul style="list-style-type: none"> Essential amino acids BCAAs (Leucine, Isoleucine, Valine) L-Arginine L-Glutamine 	<ul style="list-style-type: none"> Builds and maintains lean muscle Reduces muscle protein breakdown Promotes muscle recovery 	<ul style="list-style-type: none"> Contains free amino acids to promote muscle protein synthesis



XS Muscle Multiplier

Who needs this?



Individuals who exercise regularly Fitness & performance-driven athletes



Those looking to build muscle and strength for:
Lifting heavy objects | Carrying kids | Performing daily activities with ease



Health-conscious individuals seeking better metabolic health

Fat Buster Solution Product Usage Guide

For effective fat loss, use this guide to manage your meals, nutritional supplements, and healthy lifestyle practices.

Main Meal



**Gut Morning Boosters,
BodyKey Meal Replacement**
**Power-Up Juice for Day 1-14*



Morning

Supplements



**Metabolic Pre & Postbiotic,
Mixed FOS with
Grape Ferment, Double X**



**A Healthy Plate Meal
with water**



Mid-Day



Slimmetry, Glucose Health, CB Plus
*(before high-carbohydrate meals),
Mixed Soy Protein & Lecithin with
Vitamin E, Advanced Omega, Double X*



**A Healthy Plate Meal
with water**



Evening



Slimmetry, Glucose Health, CB Plus
(before high-carbohydrate meals)



Gut Morning Boosters



Bedtime

Did You Know?

Our gut microbiome takes 12-16 hours to fully utilize protein and nutrients in our diet. Replenishing gut-friendly nutrients every 12-16 hours help keep our gut microbiome active.

Healthy Lifestyle Habits



- Exercise (e.g. running, brisk walking, stretching)



- Tune-in to a 5-minute Breathe Session

**Healthy Lifestyle Habits are suggested activities that can be adjusted and personalized based on your daily routine and needs.*

Aim For 150 Minutes of Workout A Week

A balanced mix of aerobic exercises such as running and swimming, as well as strength training such as push ups and light weight lifting.

Suggested Exercise Regime :



Week 1

Get your heart pumping with feel good cardio and build strength with focused training sessions.



Cardio:
3x 30 min



Strength
Training:
2x 15 min

Week 2

Get motivated by walking with friends and trying out group workouts.



Daily 30 min
cardio
workouts



4 X 15min
strength
training
workouts



Week 3 and beyond

Stick to your workouts



Cardio:
30 min
daily



Strength
Training:
15 min daily



Pre-Workout

XS Ignite

- 250-300ml of water before workout

Post-Workout

XS Muscle Multiplier

- 250-300ml of water within 30 minutes after workout



Muscle Strengthening Solution Product Usage Guide

Enhance lean muscle growth by integrating this guide into your daily routine, focusing on nutrition, supplements, and exercise.

Main Meal



**Gut Morning Boosters,
BodyKey Meal Replacement**
*Power-Up Juice for Day 1-14



Morning

Supplements



**Metabolic Pre & Postbiotic,
Mixed FOS with
Grape Ferment, Double X**



**A Healthy Plate Meal
with water**



Mid-Day



Advanced Omega, Double X



**A Healthy Plate Meal
with water**



Evening



All Plant Protein



Gut Morning Boosters



Bedtime

Did You Know?

Our gut microbiome takes 12-16 hours to fully utilize protein and nutrients in our diet. Replenishing gut-friendly nutrients every 12-16 hours help keep our gut microbiome active.

Healthy Lifestyle Habits



XS Ignite

Pre-Workout
Consume
before workout
session



- Exercise (e.g. running, brisk walking, stretching)
- Tune-in to a 5-minute Breathe Session



Post-Workout
Consume within
30 minutes after
workout



XS Muscle Multiplier

*Healthy Lifestyle Habits are suggested activities that can be adjusted and personalized based on your daily routine and needs.

On Fancy Lunch/ Dinner Dates, Social Gatherings

such as buffets, wedding luncheons and dinner



Nutralite CB Plus

1–3 tablets together with carbohydrates-heavy meal



Nutralite Slimmetry

1 tablet, twice a day with meals



Nutralite Glucose Health

1 capsule, 30–45 minutes before meals



Nutralite Mixed Soy Protein & Lecithin with Vitamin E

Add 1 scoop to 100–150ml glass of water/ beverage, stir and drink. Once a day

Aim For 150 Minutes of Workout A Week

A balanced mix of aerobic exercises such as running and swimming, as well as strength training such as push ups and light weight lifting.

Suggested Exercise Regime :



Week 1

Focus on improving speed and endurance with brisk walks and strength exercises.



Cardio:
3 X 30 min
brisk walks



Strength
Training:
2 X 15 min

Week 2

Increase walk frequency to enhance muscle development.



Cardio:
30 min
walks daily



Strength
Training:
2 x 15 min

Week 3 and beyond

Elevate your routine longer walks and strength-building workouts.



Cardio:
4 x 4 km
daily



Strength
Training:
2 x 15 min
functional
workouts



Pre-Workout

XS Ignite

- 250-300ml of water before workout

Post-Workout

XS Muscle Multiplier

- 250-300ml of water within 30 minutes after workout

All Plant Protein

- Consume 2 hours after XS Muscle Multiplier



Mindfulness

Stay engaged in your journey by practicing mindfulness through meditation, deep breathing, and savoring meals. This will help support and acknowledge your progress and stay motivated for what lies ahead.

Week 1



Strengthen relationships with friends and family, maintain a gratitude journal, start daily mindfulness practice, and take outdoor walks to unwind.



Connect with others daily



5 minutes of daily breathing exercises



Gratitude journaling



2 x 20 minutes of nature walks

Week 2

Keep up with your daily breathing exercises, and incorporate active mindfulness into your workouts. Foster connections with acts of kindness and use your walks to stay in touch with friends and family.



5 minutes of daily breathing exercises



Acts of kindness



3x 30 minutes of walks



Week 3 and beyond

Stay committed to your daily breathing exercises and incorporate mindfulness into your daily activities.



5 minutes of daily breathing exercises



Daily efforts to connect



2 x 20 minutes of brisk walk, mindful workouts



Gratitude journaling



Acts of kindness

Reflection

It is important to make time to reflect and your progress ⁽¹⁴⁾.



Day 60 and Beyond

Congratulations on making through your 60-day journey towards a healthier you!

Day 1-60

Healthier Me Journey



Foundational Health

- Gut Morning Booster

Healthy Weight Solution

- Microbiome Metabolic Health
- Muscle Strengthener
- Fat Buster

Day 60

Post-Assessment



- InBody Body Composition
- Reviewing Goals & Lifestyle Tracking



Beyond Day 60

Reflection & Resolution

- Reflect on your efforts
- Work on your next 60 days with your new resolution

Appendix

Healthy Weight Journey Pre-Assessment Questionnaire

1. What are your main challenges in achieving good health? (Check all that apply)

<input type="checkbox"/> Type of food	<input type="checkbox"/> Watching TV or movies	<input type="checkbox"/> Comfort	<input type="checkbox"/> Meal convenience
<input type="checkbox"/> Portions	<input type="checkbox"/> Depression	<input type="checkbox"/> Work nature	<input type="checkbox"/> Lack of time
<input type="checkbox"/> Alcohol	<input type="checkbox"/> Anger	<input type="checkbox"/> Fatty foods	<input type="checkbox"/> Unplanned meals
<input type="checkbox"/> Snacks	<input type="checkbox"/> Boredom	<input type="checkbox"/> Sugar/sweets	<input type="checkbox"/> No support
<input type="checkbox"/> Travel or eating out	<input type="checkbox"/> Nervousness	<input type="checkbox"/> Fast foods	<input type="checkbox"/> Conflict of routine
<input type="checkbox"/> Habits	<input type="checkbox"/> Stress	<input type="checkbox"/> Soft drinks	<input type="checkbox"/> Inconsistent meal times
<input type="checkbox"/> Socializing	<input type="checkbox"/> Quit smoking	<input type="checkbox"/> Desserts	<input type="checkbox"/> Other
<input type="checkbox"/> Lack of food knowledge	<input type="checkbox"/> Enjoy food		

2a. List any diets or weight-loss plans you have tried in the past:

2b. Which ones were effective / Which ones worked?

3. Why do you want to achieve good health / healthy weight?

4. What are your health goals?

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