



# OMNIFIT

## 减脂增肌 健美生活



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## 前提

您一定曾想过，为什么有的人，怎么吃都不长胖，有些人稍微吃个面包隔天就胖了一公斤？到底造成肥胖的原因是什么？想要减少身体的脂肪，持续保持健康和维持窈窕的身材，到底须要什么方法呢？

对于以上的种种疑问，欧美利集团的健康顾问团能够助您一臂之力！为了帮助有需要的人能够轻松并健康的达到理想的身材，欧美利集团推出了全新的OMNIFit【减脂增肌】计划。只要跟从专业营养师的正确指导，您就可以轻松的甩掉多余的脂肪，转脂为能；同时也能增加肌肉量，减脂增肌。

## 99%正在减肥的人 面对的问题

时下减脂的方法有各种各样，可说是五花八门，繁至不胜枚举。尽管有这么多种方法，但仍有相当多的人减不下来或减不成功。总结，减脂增肌不成功的原因主要有以下三方面：



### ■ 不了解

- ◆自己属于什么肥胖类型？
- ◆永远减重失败？瘦了又复胖？
- ◆已经很努力运动，体重还是减得那么少？

### ■ 不确定

- ◆自己的体质适合什么运动？
- ◆需做什么运动快速燃脂？

### ■ 不知道

- ◆自己的体质应该吃什么？
- ◆需吃什么得到不复胖体质？

肥胖是全球性的“流行病”。

据世界卫生组织 WHO 在2016年的数据报告，全球超重或肥胖的成年人是39%。

## 马来西亚肥胖人数调查

NHMS全国健康和发病率在2019年的调查显示50.1%的马来西亚成年人超重或肥胖

**30.4%**  
超重

**19.7%**  
肥胖

具体较高的为：

**54.7%**  
女性

**60.9%**  
55-59岁

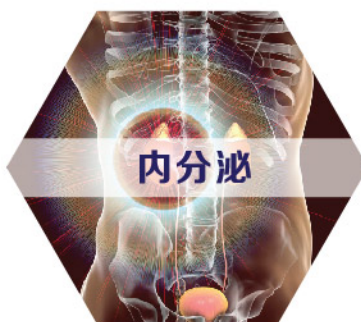
NHMS在2019年的调查显示

**29.8%**  
年龄介于  
5-7岁的小孩  
超重或肥胖



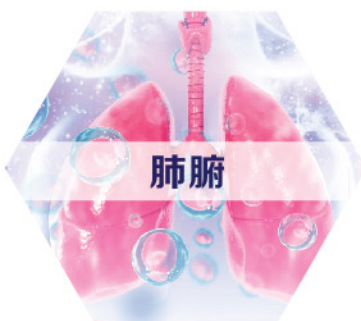
## 肥胖对健康的影响

内分泌紊乱  
患糖尿病，  
高血脂血症的风险高



超重者脑组织比正常人  
少4%，早衰8年

影响呼吸，易打鼾、  
憋气甚至会呼吸暂停



心脏负担加重，  
高血压、心脏病风险高

皮肤会变得粗糙、松弛



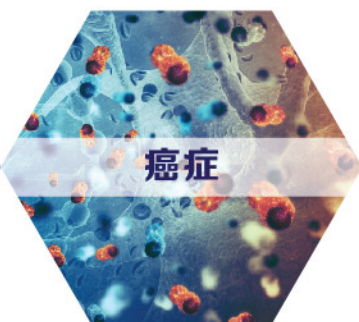
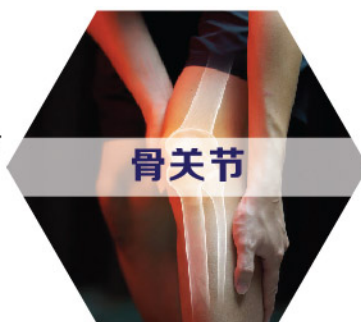
脂肪堆积会形成脂肪肝

损害肾脏，导致肾炎、  
尿毒症等疾病








蠕动减弱，  
易发生便秘，  
导致直肠癌和结肠癌

过度运动容易给骨关节  
造成负担



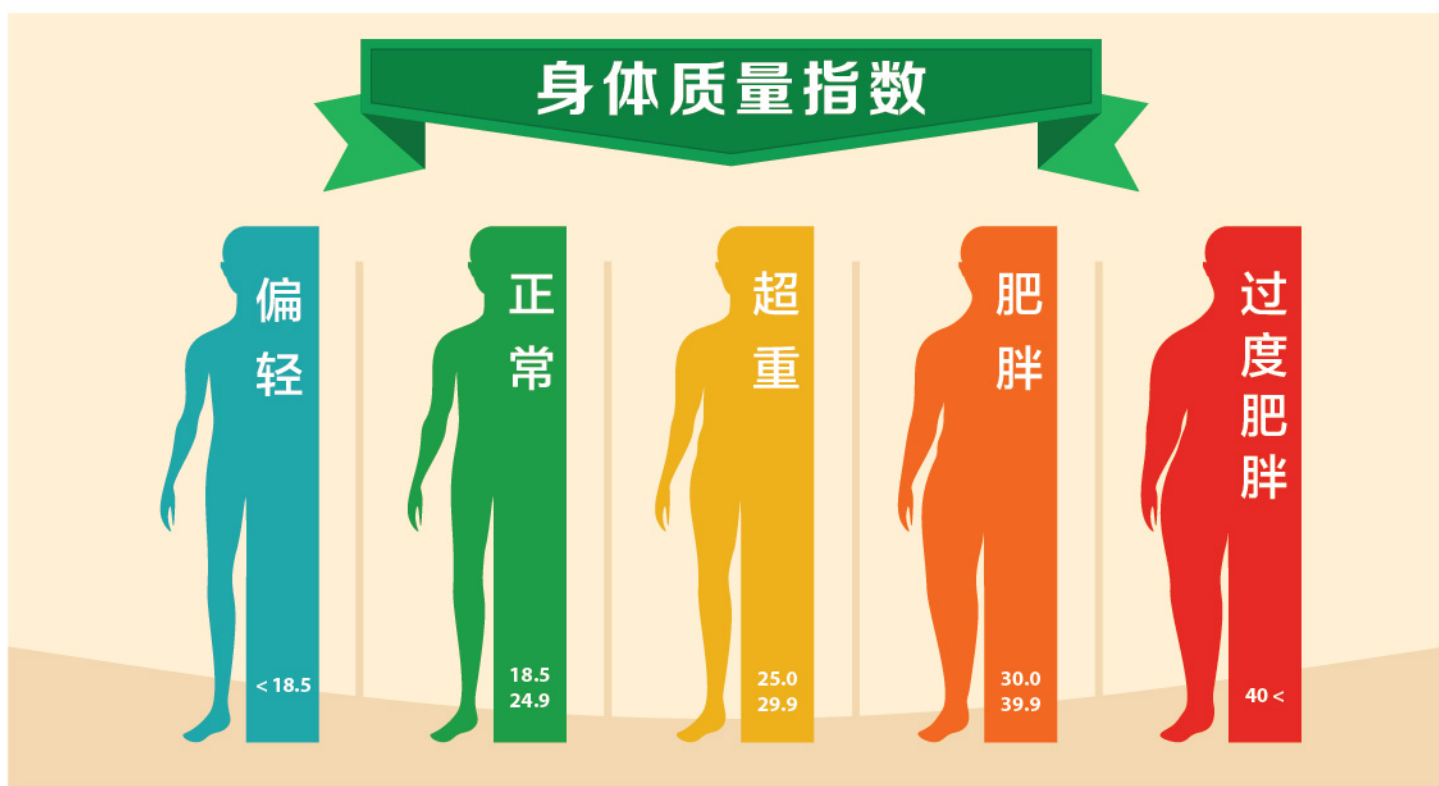
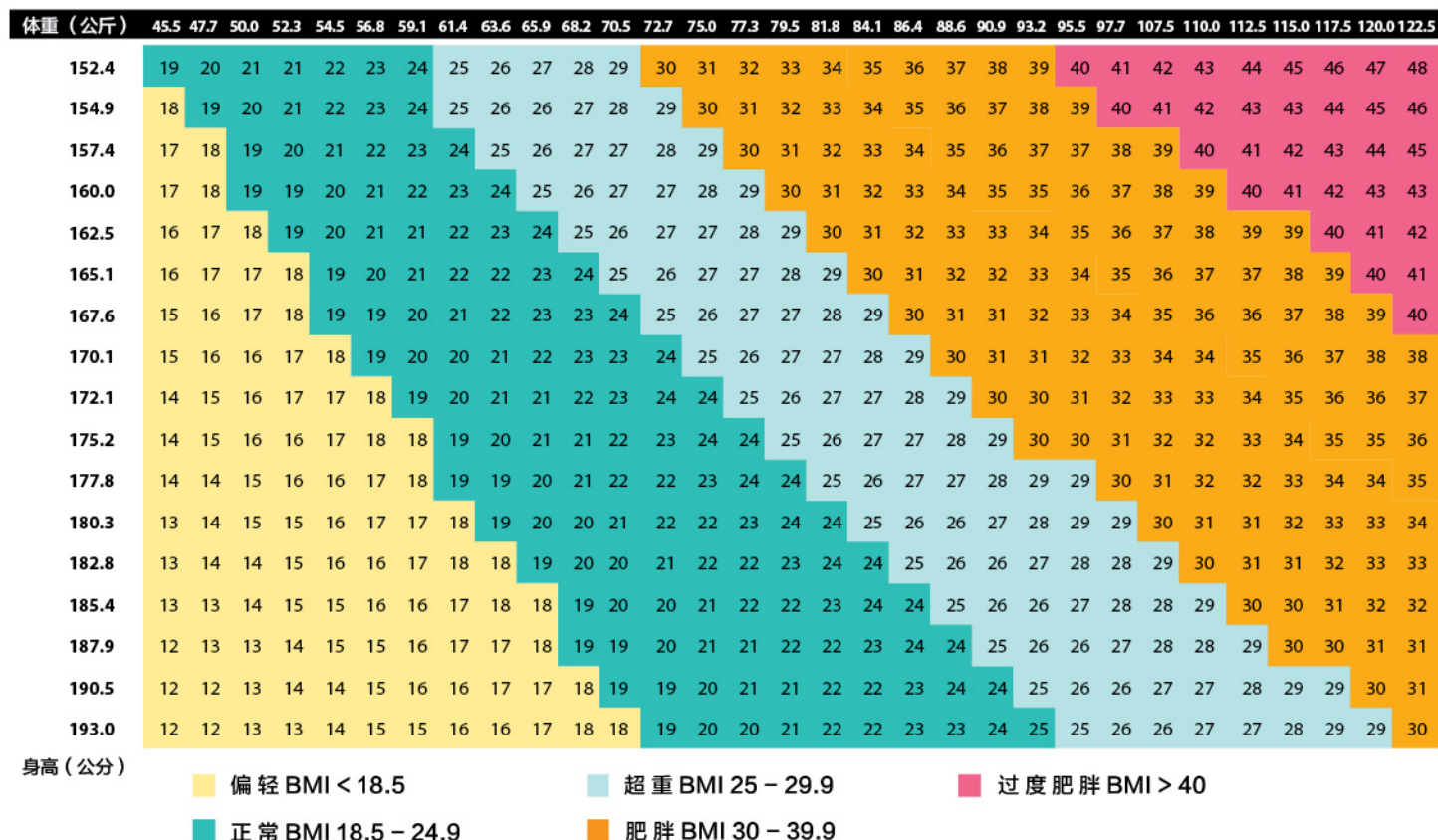
子宫癌、肾癌、  
乳腺癌、肝癌、胃癌等  
风险高

## 5大类型的肥胖体质

类型	原因	风险	解决方法
<b>脂肪型（苹果型）</b> 	<ul style="list-style-type: none"> <li>★ 脂肪集中于身材中躯</li> <li>★ 长期饮食不均衡</li> </ul>	<ul style="list-style-type: none"> <li>★ 三高（高血糖、血脂、血压）</li> <li>★ 代谢症候群</li> </ul>	<ul style="list-style-type: none"> <li>★ 减少精致糖分摄取</li> <li>★ 每日30分钟运动 + 腹部训练</li> </ul>
<b>水肿型（梨子型）</b> 	<ul style="list-style-type: none"> <li>★ 脂肪和水集中于身材中下身躯</li> <li>★ 长期食用高盐食物 + 少喝水</li> </ul>	<ul style="list-style-type: none"> <li>★ 高血压</li> <li>★ 肾脏负担，肾结石风险增加</li> </ul>	<ul style="list-style-type: none"> <li>★ 减少精致盐分摄取</li> <li>★ 多摄取富含钾的食物</li> <li>★ 爆汗有氧运动</li> </ul>
<b>乳腺型（萝卜型）</b> 	<ul style="list-style-type: none"> <li>★ 脂肪和水集中于身材中下身躯</li> <li>★ 基因，饮食和环境因素</li> </ul>	<ul style="list-style-type: none"> <li>★ 乳癌风险增加</li> <li>★ 荷尔蒙失调</li> </ul>	<ul style="list-style-type: none"> <li>★ 减少动物脂肪摄取</li> <li>★ 增加胸肌训练运动</li> </ul>
<b>隐藏型（漏斗型）</b> 	<ul style="list-style-type: none"> <li>★ 脂肪和水集中于身材各个部位</li> <li>★ 基因，饮食和环境因素</li> </ul>	<ul style="list-style-type: none"> <li>★ 脂肪隐藏在身体各个部位</li> <li>★ 内脏脂肪指数高</li> </ul>	<ul style="list-style-type: none"> <li>★ 多摄取富含膳食纤维和低脂食物</li> <li>★ 多做全身肌肉训练运动</li> </ul>
<b>荷尔蒙型（香蕉型）</b> 	<ul style="list-style-type: none"> <li>★ 情绪或压力</li> <li>★ 三餐，生活作息颠倒</li> </ul>	<ul style="list-style-type: none"> <li>★ 三高（高血糖、血脂、血压）</li> <li>★ 免疫下降，荷尔蒙失调</li> </ul>	<ul style="list-style-type: none"> <li>★ 调整回规律的生活作息</li> <li>★ 定时运动和解压</li> </ul>

想知道你是否也属于肥胖吗？可以计算你的BMI。身体质量指数（BMI）是衡量人们肥胖程度的粗略指数，具体算法是按公斤计算的体重除以按米计算的身高的平方。身体质量指数等于或大于30为肥胖。身体质量指数等于或大于25为超重。

以下是一个简单的列表，查看左边直列的你的身高（CM），以及对比最上面横列的体重（KG），看看你在哪个列别，就能得大概的得知你的BMI。



身体质量指数：BMI 指数（身体质量指数，简称体质指数，是目前国际上常用来衡量人体胖瘦程度以及是否健康的一个标准）

计算公式为：BMI = 体重(KG) 除以身高(M)的平方

## 现今的“快速”减重方式

市场上的减重方法，林林总总，不胜枚举；有的着重于极速祛脂，有的为求快速的有效果，却忽略了我们生活素质的平衡，可能在短期看到减重的效果，却无法真正的维持健康又长期有效的减脂增肌。以下我们可以参照一下，市面上较为普遍的减重方法的优缺点。

方式	好处	坏处
 <p>介入体内手术</p>	效果快速 (只用于严重肥胖症患者)	新陈代谢无改善 肌肉流失 复胖风险非常高
 <p>通过药物阻止肠道脂肪吸收</p>	快速减重	严重副作用 新陈代谢退化 消化能力衰退 呕吐腹泻 影响睡眠 心跳不正常 心情郁闷忧郁
 <p>完全不吃碳水，极端的饮食法</p>	效果可以很快速也可以很慢 (依据个人体质)	很耗时 新陈代谢退化 严重缺乏体力和动力 心情郁闷忧郁 肌肉流失 复胖机率高
 <p>每天进行强度激烈的运动训练</p>	效果快速	身体容易感到疲劳 剧烈运动后肌肉疼痛 容易肌肉抽筋 肌肉含量下降 睡眠不佳 免疫力下降 食欲不振



## 均衡的饮食

食物是身体的营养来源，也是保持健康的首要原则  
通过摄取不同类型的食物能给予身体所需的能量和提供蛋白质、碳水化合物、脂肪、维生素和矿物质的营养

## 适度的运动

适度运动可促进血液循环和新陈代谢，调节和兴奋大脑神经中枢，提升免疫力  
运动还能让你享受美肴时有好胃口，提高睡眠质量，让你更容易入睡

## 充足的睡眠

专家研究表明，睡眠不足或不规律除了让眼睛胀涩、嗜喝咖啡、在下午会议上打盹之外，还会增加多种重大疾病的患病风险，包括癌症、心脏病、糖尿病和肥胖症等  
只要有充足的休眠时间，就会有益于我们的心脏健康、有助于降低压力、缓解抑郁症和增强免疫系统

## 平衡的分泌

内分泌是人体生理机能的调控者，通过分泌激素在人体的不同部位内发挥独特的作用  
荷尔蒙能裁决细胞所燃烧分解的食物量和释放的能量，产生身体所需的分泌物或其他新陈代谢产物  
在睡眠期间会分泌大量的成长激素，有提高代谢、恢复疲劳、退黑色素和抑制食欲的效果

## 对抗自由基

自由基是由外部环境污染、工业污染、废气、海洋污染等以及内部过程由人类的生活作息，如缺乏或过量运动、熬夜、压力在体内所产生的物质  
过多的自由基可破坏健康的细胞和组织，引起细胞氧化与疲劳、肝脏解毒能力下降、心脏病、和过早衰老有关  
多摄取抗氧化食品、定期体检、保持规律性运动以及改善生活作息才能有效地对抗自由基

## 正确的 减脂增肌

提起减脂期间的饮食，很多人都认为“少吃”就行了。事实上，有效减脂必须要“吃饱”；想通过运动把多余的体脂肪燃烧掉，必须吃进更多有助于减脂增肌的营养物质才行。

肥胖的真正祸首是**不平衡的营养摄入量**！

- ✓ **足够的蛋白** 能促进食欲饱腹感 > 碳水
- ✓ **健康的脂肪（不饱和）** 有助于促进肝脏健康，降低坏胆固醇
- ✓ **适量的高纤维碳水** 有效的增强身体的新陈代谢

正确的减脂增肌是配合**70%健康饮食**，**30%适量运动和生活作息**  
健康的饮食是保持人体健康的重要因素之一

健康的饮食习惯	适量的运动和生活作息
一日三餐定时定量	增肌运动 - 无氧运动 (举重 / 阻力训练)
不挑食，不偏食	减脂运动 - 有氧运动 (跑步 / 游泳 / 踏脚车)
细嚼慢咽	减脂增肌运动 - 间歇性减脂增肌运动 (HIIT 高强度间歇性训练 / Tabata / CrossFit 混合健身)
不暴饮暴食	不熬夜，充足优质的睡眠
营养均衡	不抽烟，不饮酒
多喝白开水	积极乐观的生活态度

## 减脂增肌 才是瘦身王道

- 热量摄入 > 热量消耗 = 肥胖
- 提升基础代谢率 = 增肌
- 热量摄入 < 热量消耗 = 减脂
- 理想瘦身：控制热量 + 均衡饮食 + 适量运动

## 确认你的 健康目标

基础代谢率  
(BMR)



$[10 \times \text{体重 (kg)}] + [6.25 \times \text{身高 (cm)}] - [5 \times \text{年龄}] + 5$



$[10 \times \text{体重 (kg)}] + [6.25 \times \text{身高 (cm)}] - [5 \times \text{年龄}] - 161$

- 减脂 / 增肌：从 BMR 值扣 300-400 大卡
- 减脂增肌：维持 BMR 值或扣 200 大卡

## 01

### 为什么你应该减脂增肌？

- ◎ 肌肉量越多 = BMR 越高 = 减脂越容易
- ◎ 不需太在意体重，但需注意体态
- ◎ 摄取足够蛋白质：  
★ 体重 (kg) X 【 0.8 或 1.8 】 (g) = 蛋白质需求量

## 02

### 你属于哪一运动族？

- 0.8: 每周1-2次轻微运动  
★ 无运动族                      ★ 轻微运动族
- 1.5: 每周3-5次中等运动  
★ 中等运动族
- 1.8: 每周6-7次激烈运动  
★ 激烈运动族

## 03

- 3 高 高蛋白，高膳食纤维，高营养素
- 3 低 低糖（精致），低盐（精致），低脂（反式）
- 3 避 避加工，避过熟，避肮脏



## 为何选择跟随 OMNIFIT 计划?



OMNIFIT减脂增肌计划，是基于欧美利的**健康5大要素**研发而成的计划。

配合专业营养师团队的一对一咨询，以及欧美利优质产品的辅助；为你专门制定适合你的饮食以及运动配方，坚持不以"极端、不科学、伤害性"的方法，协助你不但能够减脂增肌，效果持久不反弹。



专业营养师提供1对1咨询  
(每星期1次30分钟)



进行体格健康评估  
(体重、体脂肪、肌肉量、蛋白量)



个人特制饮食计划  
(卡路里摄入量 / 饮食摄取的计算法 / 喝水时间表)



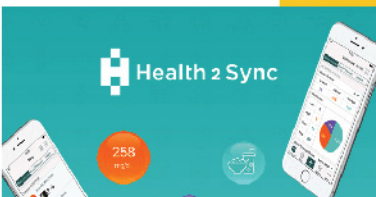
个人运动指导计划  
(针对性部位的运动)



提供运动教程视频  
(有氧 / 无氧 / 肌力训练)



提供全面的营养  
(美力棒 / 全能宝 / 益菌宝)



日常饮食记录  
(使用Health2Sync软件)

## 欧美利 减脂增肌计划

**脂肪**是人体的保护机制，不易被身体代谢。很多人用少吃多运动来减重；少吃同时也减少了肌肉量，使身体的代谢率变慢，因此造成复胖更快，导致恶性循环。

运动时身体会优先燃烧糖类，产生乳酸堆积，不容易养成持久的运动习惯，因此很难燃烧到脂肪，脂肪累积多了，导致各种慢性疾病。

### 人体的能量来源顺序



糖类



蛋白质



脂肪

### 益菌宝



### 美力棒



### 全能宝



# 美力棒

## 转脂为能 活力满分

### 3大膳食纤维



#### 燕麦

富含磷

- ✓ 增强脑运作
- ✓ 促进身体运用蛋白质

富含锌

- ✓ 保护收到自由基伤害的细胞
- ✓ 促进伤口痊愈



#### 糙米

富含硒

- ✓ 维持甲状腺功能
- ✓ 调节荷尔蒙和新陈代谢

低GI值

- ✓ 增加食欲饱腹感
- ✓ 平稳血糖



#### 菊苣纤维

富含水溶性益生元纤维

低GI值

- ✓ 促进肠胃蠕动
- ✓ 降低患便秘风险

#### 其它成分:

麦芽糖、可可、大豆蛋白、葡萄干、樱桃干、葡萄糖、大豆沙拉油、大豆卵磷脂

#### 特色:

- 采用专利配方比例与菊苣纤维，促进新陈代谢，燃烧体内能量
- 每条美力棒热量仅184大卡（无反式脂肪），轻食量
- 采用非基因改造天然谷类，添加高纤食材，低GI值
- 低升糖指数，适合糖尿病患者
- 燃烧脂肪，增加体力



# 全能宝

每日一包 营养全面

## 9大主要成分

豌豆分离蛋白、可可粉 / 茶粉、脱脂牛奶、菊苣纤维、海藻钙、Orafti® Synergy 1寡糖、综合维生素和矿物质

特色	功效
100% 纯天然，非基因改造植物性豌豆蛋白	助于预防骨质疏松症，稳定神经
蛋白吸收率高达90%	提供足够优质蛋白质滋养肌肉
氨基酸比例齐全	在减重期间提供有效的饱腹感
富含超过15g优质蛋白质	缩短运动之间的恢复时间
富含超过500mg的钙质和100mg的镁	助于避免肌肉衰退症
添加 Orafti® Synergy 1 专利益生元纤维	维持良好生理功能

**美力棒**让身体优先燃烧脂肪再转换为能量，使身体活力充沛。在解决饥饿的同时达到消耗脂肪的效果。

运动后补充**全能宝**，提供全面的营养，增加肌肉率的同时也补上运动后流失的钙质。



# 益菌宝

益菌肠道住，免疫靠得住！

## 打底

CBT PROLAC-T  
乳酸菌素

特别添加乳酸菌素，提供益菌生长空间，改变菌丛生态，让摄入的益生菌都能完整发挥应有的功效。

## 定殖

CBT ABC肠胃  
保护菌

双层包埋专利，存活率高，可促进肠道蠕动，顺畅有感。

## 维持

水溶性玉米纤维/  
果寡糖

作为益生菌的食物，是维持益生菌生长不可或缺的物质。

## 优势说明

### 每包100亿好菌实名制

LA1:嗜乳酸杆菌(俗称A菌)、BG7:比菲德氏龙根菌(俗称B菌)、LC5:酪酸乳杆菌(俗称C菌)，ABC这三种是维持消化道机能的益生菌，三只都有菌株编号。经反覆测试，益菌宝每包含100亿益生菌数，使好菌都能定殖肠道且不会互相竞争，改变细菌丛生态。

### 多国专利Matrix双层包埋技术

提高益生菌的存活率，直达肠道采用世界级的专利双层包埋,并在美国、欧洲、日本、中国、韩国都有取得专利包埋技术，益生菌的存活率不受酸碱及温度的影响，可促进肠道蠕动，顺畅有感。

第一层，peptide/protein复合物，建立酸碱值释放机制，保护乳酸菌能顺利通过胃到达肠道，并于适当的酸碱值中释放。

第二层，以胶质或纤维素包裹，保护乳酸菌抵抗湿度、高温及其他机械力，增加在制造过程中之稳定性及延长产品的活性期限。

### 特别添加果寡糖及专利半乳寡糖

作为益生菌的食物，提供优质益生质帮助益生菌生长，并保持好的稳定性及存活数量，更添加膳食纤维，帮助肠胃蠕动，调整体质，由内而外。

### 添加“阳光”VitaD酵母

酵母菌添加维生素D，透过特定光源催化产生内源性麦角固醇，再转化高活性维生素D2。来源天然，高效生物利用率。

### APS全球最大牛初乳生产品牌免疫力更加成

只收集黄金16小时内的泌乳，无抗生素、无有害菌、无荷尔蒙，特殊低温低压制程，高营养价值，富含免疫球蛋白IgG。

### 主要成分

水溶性玉米纤维 (Fibersol-2)、麦芽糊精、低聚果糖、乳杆菌 (干酪乳杆菌、嗜酸乳杆菌、长双歧杆菌、海藻糖、玉米淀粉)、嗜酸乳杆菌素 (Prolac-T)、维生素D 酵母、牛初乳粉





## 加入 OMNIFIT 的程序

## 谁需要 OMNIFIT

**1** 联络您的OMNIFIT顾问，下单订购并安排寄货

**2** 加入营养咨询群组

**3** 填写同意书及健康问卷

**4** 下载软件并准备体脂仪

**5** 3-5天适应每日饮食记录

**6** 开始一对一营养咨询

**7** 可参与欧美利减脂增肌挑战

两个月内的瘦身挑战	奖励
4KG 体重 / 2% 体脂肪	100 EB
6KG 体重 / 3% 体脂肪	200 EB
8KG 体重 / 4% 体脂肪	300 EB
10KG 体重 / 5% 体脂肪	500 EB

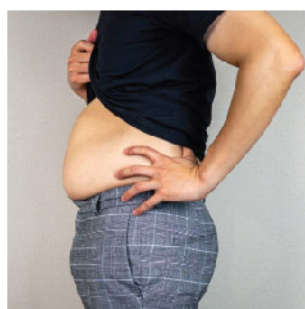
- ★ 需提供侧视和正视图作为见证（之前和之后）
- ★ 需提供体重和体脂肪电子秤的记录证明（之前和之后）
- ★ 需提供不超过3分钟的见证短视频（横拍方式）



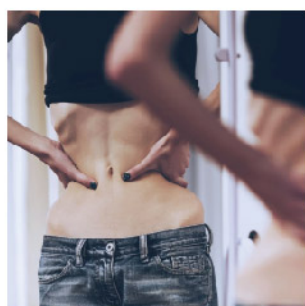
超重肥胖者



减脂增肌群



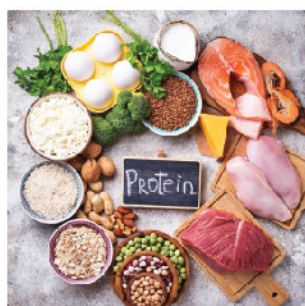
肌少症肥胖群



体重过轻人群



素食者



蛋白质缺乏者

# 减脂增肌 食谱

## 01 瘦身篇 ~ Amy与OMNI全能宝的一天

早餐 8:00	早点 10:30	午餐 13:00	下午茶 15:30	晚餐 18:00	宵夜 21:00
					
<b>全能宝1包</b>	<b>美力棒1条</b>	<b>全能宝1包</b>	<b>鸡蛋白1粒 中苹果1粒 开心果5粒</b>	<b>清淡营养晚餐</b>	<b>番石榴1大片</b>
<ul style="list-style-type: none"> <li>103大卡</li> <li>蛋白质15.8克</li> <li>碳水8.7克</li> <li>脂肪0.6克</li> </ul>	<ul style="list-style-type: none"> <li>184大卡</li> <li>蛋白质4.3克</li> <li>碳水27.4克</li> <li>脂肪6.3克</li> </ul>	<ul style="list-style-type: none"> <li>103大卡</li> <li>蛋白质15.8克</li> <li>碳水8.7克</li> <li>脂肪0.6克</li> </ul>	<ul style="list-style-type: none"> <li>75大卡</li> <li>蛋白质4.7克</li> <li>碳水10.2克</li> <li>脂肪1.8克</li> </ul>	<ul style="list-style-type: none"> <li>避免煎炸、油腻的烹调法</li> <li>多吃高蛋白质食物，例如：鱼、豆腐、鸡蛋白、鸡胸肉等</li> <li>进食半碗饭</li> <li>两份蔬菜；可先喝1碗菜汤 600-800大卡</li> <li>蛋白质100-120克</li> <li>碳水20-30克</li> <li>脂肪 17-20克</li> </ul>	<ul style="list-style-type: none"> <li>51大卡</li> <li>蛋白质1.2克</li> <li>碳水11克</li> <li>脂肪0.2克</li> </ul>
<p><b>Amy</b> 性别：女 年龄：28岁 职业：上班族 身高：165公分 体重：65公斤 基础代谢率： 1656大卡 理想体重：57公斤</p>		<p><b>每日热量 建议：</b> 1200-1400大卡 蛋白质(50%)-150克 碳水化合物(30%)-90克 脂肪(20%)-27克 水-2000~2500毫升</p>		 	

## 02 老人减脂篇 ~ Betty与OMNI全能宝的一天

户外运动前 7:00	早点 8:00	午餐 12:00	点心 15:00	晚餐 18:30	宵夜 21:30
					
<b>美力棒1条</b>	<b>全能宝1包 鸡蛋1粒 苹果1粒</b>	<b>营养均衡午餐</b>	<b>小番薯1个</b>	<b>营养均衡晚餐</b>	<b>全能宝1包</b>
<ul style="list-style-type: none"> <li>184大卡</li> <li>蛋白质4.3克</li> <li>碳水27.4克</li> <li>脂肪6.3克</li> </ul>	<ul style="list-style-type: none"> <li>281大卡</li> <li>蛋白质23克</li> <li>碳水36克</li> <li>脂肪6克</li> </ul>	<ul style="list-style-type: none"> <li>蛋白质食物1-2份，例如蛋、鸡胸肉、豆腐、鲑鱼、金枪鱼、瘦肉等</li> <li>淀粉1份</li> <li>蔬菜1-2份 350-400大卡</li> <li>蛋白质60-75克</li> <li>碳水6-15克</li> <li>脂肪8-10克</li> </ul>	<ul style="list-style-type: none"> <li>86大卡</li> <li>蛋白质2克</li> <li>碳水20克</li> <li>脂肪0.1克</li> </ul>	<ul style="list-style-type: none"> <li>蛋白质食物1-2份，例如：蛋、鸡胸肉、豆腐、鲑鱼、金枪鱼、瘦肉等</li> <li>淀粉半份</li> <li>蔬菜1-2份 300-350大卡</li> <li>蛋白质60-75克</li> <li>碳水6-15克</li> <li>脂肪8-10克</li> </ul>	<ul style="list-style-type: none"> <li>103大卡</li> <li>蛋白质15.8克</li> <li>碳水8.7克</li> <li>脂肪0.6克</li> </ul>
<p><b>Betty</b> 性别：女 年龄：58岁 职业：退休 身高：160公分 体重：65公斤 基础代谢率： 1439大卡 理想体重：54公斤</p>		<p><b>每日热量 建议：</b> 1400-1500大卡 蛋白质(50%) -175克 碳水化合物(30%) -105克 脂肪(20%)-31克 水-2000毫升</p>			

运动前 7:00



早点 8:00



午餐 12:00



点心 15:00



运动 17:00



晚餐 20:00



## 美力棒1条

- 184大卡
- 蛋白质4.3克
- 碳水27.4克
- 脂肪6.3克

全能宝1包  
水煮蛋1粒

- 175大卡
- 蛋白质22克
- 碳水9克
- 脂肪6克

## 营养均衡午餐

- 蛋白质食物1-2份, 例如蛋、鸡胸肉、豆腐、鲑鱼、金枪鱼、瘦肉等
- 淀粉半份
- 蔬菜1-2份 300-350大卡
- 蛋白质60-75克
- 碳水6-15克
- 脂肪5-6克

## 小番石榴半个

- 66大卡
- 蛋白质1.4克
- 碳水18克
- 脂肪0.5克

运动前:  
美力棒1条

- 184大卡
- 蛋白质4.3克
- 碳水27.4克
- 脂肪6.3克

## 营养均衡晚餐

- 蛋白质食物1-2份, 例如蛋、鸡胸肉、豆腐、鲑鱼、金枪鱼、瘦肉等
- 淀粉半份
- 蔬菜1-2份 300-350大卡
- 蛋白质60-75克
- 碳水6-15克
- 脂肪5-6克

## Candy

性别: 女  
年龄: 40岁  
职业: 白领  
身高: 165公分  
体重: 55公斤  
体脂: 38%  
基础代谢率:  
1328大卡

每日热量 建议:  
1300-1400大卡

蛋白质(50%)  
-170克  
碳水化合物(30%)  
-101克  
脂肪(20%)-30克  
水-2000-2500毫升

运动后:  
全能宝1包

- 103大卡
- 蛋白质15.8克
- 碳水8.7克
- 脂肪0.6克

运动前 6:30



早点 8:00



午餐 12:00



下午茶 15:00



运动前 18:30



晚餐 20:00



## 美力棒1条

- 184大卡
- 蛋白质4.3克
- 碳水27.4克
- 脂肪6.3克

全能宝1包加入  
1杯低脂牛奶  
全麦面包2片  
水煮蛋1粒

- 445大卡
- 蛋白质40克
- 碳水50克
- 脂肪11克

## 高蛋白午餐

- 避免煎炸, 油腻的食物
- 高蛋白食物2份, 例如蛋、鸡胸肉、豆腐、鲑鱼、金枪鱼、瘦肉等
- 淀粉半份
- 蔬菜1-2份 800-950大卡
- 蛋白质40-60克
- 碳水70-90克
- 脂肪15-20克

低脂希腊优酪乳  
1小杯  
番石榴半粒

- 128大卡
- 蛋白质7克
- 碳水18克
- 脂肪3克

运动前:  
美力棒1条

- 184大卡
- 蛋白质4.3克
- 碳水27.4克
- 脂肪6.3克

运动后:  
全能宝1包加入  
1杯牛奶

- 190大卡
- 蛋白质22克
- 碳水19克
- 脂肪3克

## 高蛋白晚餐

- 避免煎炸, 油腻的食物
- 高蛋白食物2份, 例如蛋、鸡胸肉、豆腐、鲑鱼、金枪鱼、瘦肉等
- 淀粉半份
- 蔬菜1-2份 800-950大卡
- 蛋白质40-60克
- 碳水70-90克
- 脂肪15-20克

## John

性别: 男  
年龄: 28岁  
职业: 销售  
身高: 175公分  
体重: 68公斤  
基础代谢率:  
1639大卡

每日热量 建议:  
3000大卡

蛋白质-150克  
碳水-300克  
油脂-67克  
(总热量20-30%)  
水-3000毫升



运动前 7:00



早餐 8:00



午餐 12:00



点心 15:00



晚餐 18:30



宵夜 21:30



## 美力棒1条

- 184大卡
- 蛋白质4.3克
- 碳水27.4克
- 脂肪6.3克

全能宝1包加入  
1杯低脂牛奶  
全麦面包2片  
水煮蛋1粒

- 445大卡
- 蛋白质40克
- 碳水50克
- 脂肪11克

## 营养均衡午餐

- 避免煎炸，油腻的食物
- 高蛋白食物2份，例如蛋、鸡胸肉、豆腐、鲑鱼、金枪鱼、瘦肉等

坚果例如  
杏仁6粒  
苹果1粒

- 200大卡
- 蛋白质4.5克
- 碳水32克
- 脂肪8克

## 营养均衡晚餐

- 避免煎炸，油腻的食物
- 高蛋白食物2份，例如蛋、鸡胸肉、豆腐、鲑鱼、金枪鱼、瘦肉等

## 全能宝1包

- 103大卡
- 蛋白质15.8克
- 碳水8.7克
- 脂肪0.6克

## Ken

性别: 男  
年龄: 28岁  
职业: 自雇  
身高: 175公分  
体重: 50公斤  
基础代谢率:  
1459大卡  
理想体重: 66.5公斤

每日热量 建议:  
2261大卡  
(适度运动, BMR x  
1.55)

蛋白质(30%) - 170克  
碳水化合物(50%)  
- 283克  
油脂(20%) - 50克  
水 - 2000-2500毫升

- 淀粉1份
- 蔬菜1-2份  
400-600大卡
- 蛋白质40-60克
- 碳水30-60克
- 脂肪10-15克



- 淀粉1份
- 蔬菜1-2份  
400-600大卡
- 蛋白质40-60克
- 碳水30-60克
- 脂肪10-15克



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# INTRODUCTION

Have you ever wondered why some people cannot gain weight no matter what they eat, while others will gain a kilogram the next day after eating just bread? How does obesity occur? Can you tell me what method you can use if you want to lose weight and keep healthy?

The OMNI Group health advisory team can assist you with the above questions! With the launch of OMNIFIT Program, OMNI Group is enabling people to achieve their ideal body easily and healthily. When we follow the guidance of a professional nutritionist, we can lose excess fat and convert fat into energy; at the same time, we can gain more muscle mass, reduce fat and gain more muscle mass.

# The Problem Faced by 99% of People Who Are Losing Weight

Although there are so many ways to lose fat nowadays, there are still quite a few people who are unable to lose weight, or fail to lose weight, due to a variety of factors. To summarise, there are three main reasons for unsuccessful fat loss and muscle gain:



## Do not know

- Which type of obesity do you have?
- Trying to lose weight forever? Losing weight and gaining it back?
- Do you already work hard, but still don't lose weight?

## Not sure

- How can you determine the right exercise for your body type?
- In order to burn fat quickly, what kind of exercise should you do?

## Not sure

- What should you eat to maintain your physique?
- For weight loss, what foods should I eat?

According to the World Health Organization (**WHO**), 39% of adults worldwide are overweight or obese. Meanwhile, the NHMS National Health and Morbidity Survey 2019 shows that 50.1% of Malaysian adults are overweight or obese.

## MALAYSIAN, WEIGHTWISE

The 2019 NHMS findings showed a rising trend in weight gain and that **50.1%** of adults were:

**30.4%**  
Overweight

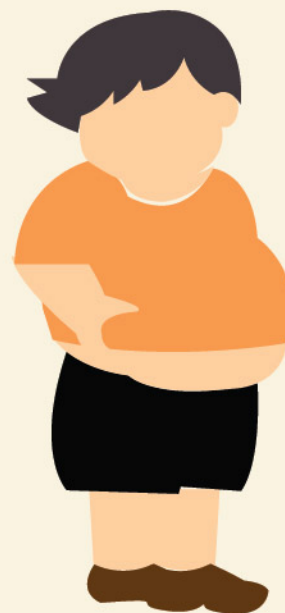
**19.7%**  
Obese



Particularly high among:

**54.7%**  
Female

**60.9%**  
Those aged 55-59

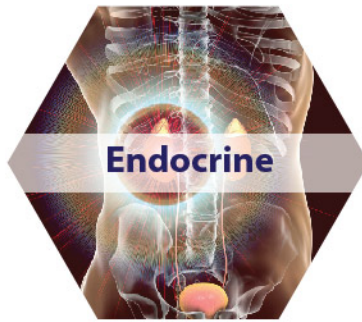


The 2019 NHMS findings also revealed that **29.8%** of children aged 5-17 were overweight / obese



# The Impact of Obesity on Health

Endocrine disorders;  
high risk of diabetes,  
hyperlipidemia



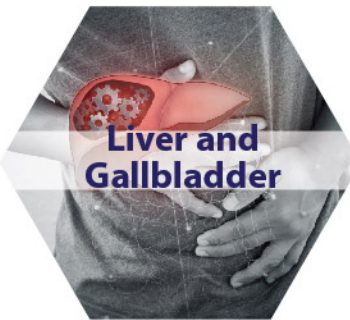
A person who is overweight has 4% less brain tissue than a normal person, and their life expectancy is 8 years shorter

Affect breathing, easily  
snores, suffocates or  
even apnea when  
sleeping



Increased heart burden,  
high blood pressure, high  
risk of heart disease

The skin becomes rough  
and sagging



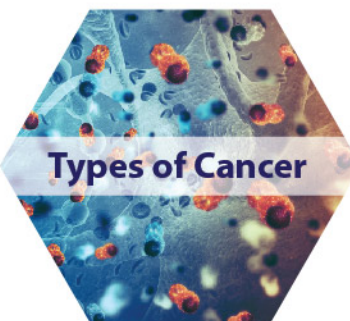
Fat accumulation can lead  
to fatty liver

Damage to the kidneys,  
leading to nephritis,  
uremia and other diseases



Decreased peristalsis,  
prone to constipation,  
leading to rectal and  
colon cancer




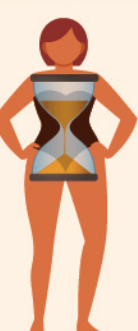

Excessive exercising can  
burden your bones and  
joints



There is a high risk of  
uterine cancer, kidney  
cancer, breast cancer, liver  
cancer, stomach cancer,  
etc.



## 5 types of obesity

Types	Causes	Risk	Solutions
<p><b>Fat type</b> (apple-shaped)</p> 	<ul style="list-style-type: none"> <li>★ Fat is concentrated in the mid-torso</li> <li>★ Long-term unbalanced diet</li> </ul>	<ul style="list-style-type: none"> <li>★ Three highs (high blood sugar, blood lipids, blood pressure)</li> <li>★ Metabolic syndrome</li> </ul>	<ul style="list-style-type: none"> <li>★ Reduce refined sugar intake</li> <li>★ 30 minutes of exercise daily + abdominal training</li> </ul>
<p><b>Edema</b> (pear-shaped)</p> 	<ul style="list-style-type: none"> <li>★ Fat and water are concentrated in the lower torso</li> <li>★ Eating high-salt foods for a long time + drinking less water</li> </ul>	<ul style="list-style-type: none"> <li>★ Hypertension</li> <li>★ Kidney burden, increased risk of kidney stones</li> </ul>	<ul style="list-style-type: none"> <li>★ Reduce refined sugar intake</li> <li>★ 30 minutes of exercise daily + abdominal training</li> </ul>
<p><b>Breast-Type</b> (radish-shaped)</p> 	<ul style="list-style-type: none"> <li>★ Fat and water are concentrated in the lower torso</li> <li>★ Genetics, diet and environmental factors</li> </ul>	<ul style="list-style-type: none"> <li>★ Increased risk of breast cancer</li> <li>★ Hormone imbalance</li> </ul>	<ul style="list-style-type: none"> <li>★ Reduce animal fat intake</li> <li>★ Increase chest muscle training exercises</li> </ul>
<p><b>Hidden</b> (clock-shaped)</p> 	<ul style="list-style-type: none"> <li>★ Fat and water are concentrated in all parts of the body</li> <li>★ Genetics, diet and environmental factors</li> </ul>	<ul style="list-style-type: none"> <li>★ Fat is hidden in various parts of the body</li> <li>★ High visceral fat index</li> </ul>	<ul style="list-style-type: none"> <li>★ Eat more fiber-rich and low-fat foods</li> <li>★ Do more body muscle training exercises</li> </ul>
<p><b>Hormonal</b> (banana-shaped)</p> 	<ul style="list-style-type: none"> <li>★ Emotional or stress</li> <li>★ Three meals, life and rest are upside down</li> </ul>	<ul style="list-style-type: none"> <li>★ Three highs (high blood sugar, blood lipids, blood pressure)</li> <li>★ Decreased immunity, hormonal imbalance</li> </ul>	<ul style="list-style-type: none"> <li>★ Eat more fiber-rich and low-fat foods</li> <li>★ Do more body muscle training exercises</li> </ul>

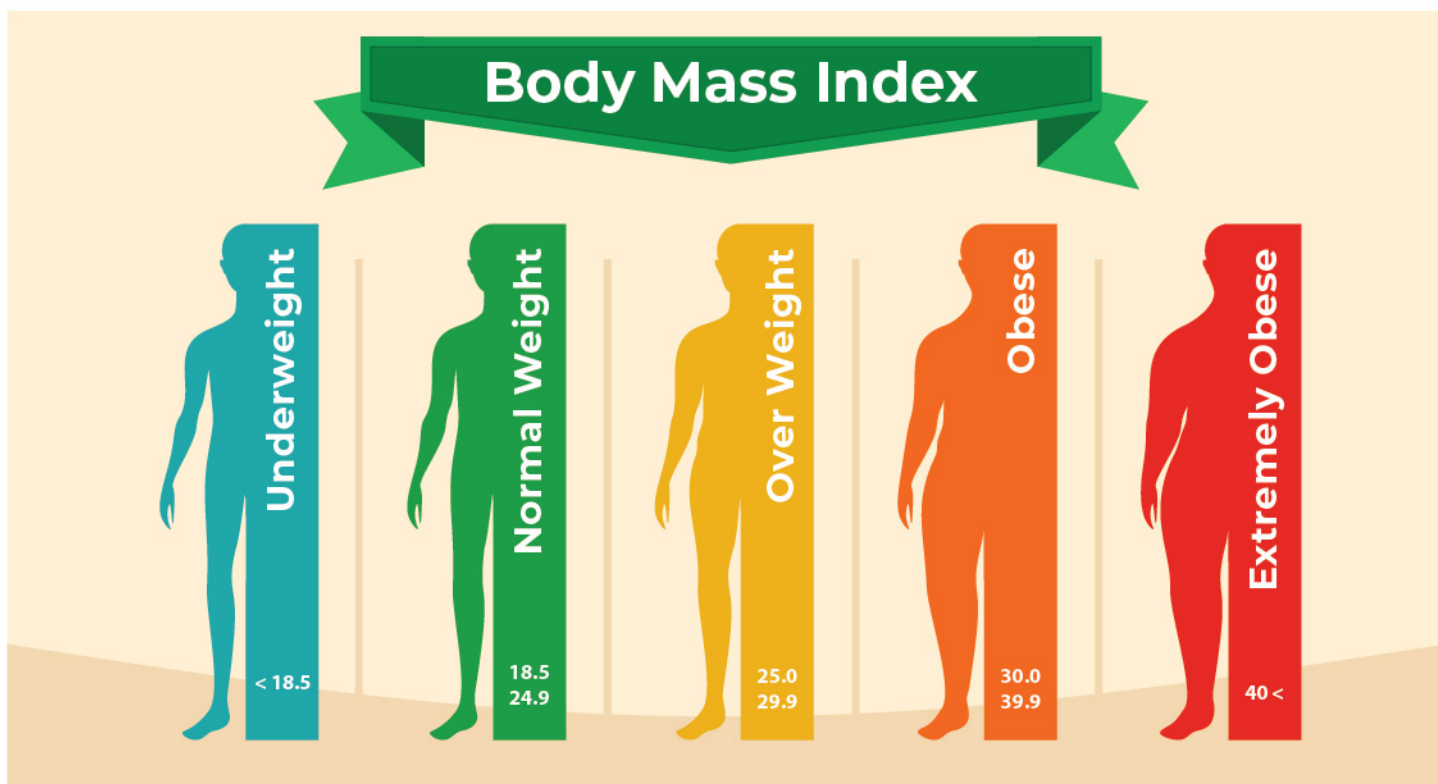
Want to know if you're obese, too? You can calculate your BMI by dividing your weight in kilograms by the square of your height in metres. BMI is a rough measure of how obese a person is. Obesity is defined as an index greater than 30, while overweight is defined as an index greater than 25.

In the following table, you can get a rough idea of your BMI by comparing your height (CM) to your weight (KG) in the top column.

Weight (kg)	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7	107.5	110.0	112.5	115.0	117.5	120.0	122.5
152.4	19	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
154.9	18	19	20	21	22	23	24	25	26	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	43	44	45	46
157.4	17	18	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	37	38	39	40	41	42	43	44	45
160.0	17	18	19	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	35	36	37	38	39	40	41	42	43	43
162.5	16	17	18	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	33	34	35	36	37	38	39	39	40	41	42	
165.1	16	17	17	18	19	20	21	22	22	23	24	25	26	27	27	28	29	30	31	32	32	33	34	35	36	37	37	38	39	40	41
167.6	15	16	17	18	19	19	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	32	33	34	35	36	36	37	38	39	40
170.1	15	16	16	17	18	19	20	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	32	33	34	34	35	36	37	38	38
172.1	14	15	16	17	17	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	33	33	34	35	36	36	37
175.2	14	15	16	16	17	18	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	32	33	34	35	35	36
177.8	14	14	15	16	16	17	18	19	19	20	21	22	22	23	24	24	25	26	27	27	28	29	29	30	31	32	32	33	34	34	35
180.3	13	14	15	15	16	17	17	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	29	29	30	31	31	32	33	33	34
182.8	13	14	14	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	31	31	32	33	33
185.4	13	13	14	15	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	32	32
187.9	12	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	31
190.5	12	12	13	14	14	15	16	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	27	28	29	29	30	31
193.0	12	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	22	22	23	23	24	25	25	26	26	27	27	28	29	29	30

Height (cm)

- Under Weight BMI < 18.5
- Normal Weight BMI 18.5 - 24.9
- Over Weight BMI 25 - 29.9
- Obese BMI 30 - 39.9
- Extremely Obese BMI > 40



A body mass index (BMI) is a measurement of fatness and thinness of the human body, and whether it is in good health.

The calculation formula is--> **BMI = Weight (KG) ÷ Height (M)<sup>2</sup>**

# The "Fast" Ways to Lose Weight Today

There are countless weight loss methods on the market, too many to list; some focus on fast fat removal, while others seek quick and effective results, but ignore the balance of our quality of life, and may see the effect of weight loss in the short term, but it is impossible to maintain a healthy and long-term effective fat loss and muscle gain. We can find a list of the advantages and disadvantages of some of the most common methods of weight loss below.

Method	Advantages	Disadvantages
 <p><b>Liposuction</b></p> <p>Interventional internal surgery</p>	<p>Fast results (only for severely obese patients)</p>	<p>There is no improvement in metabolism Loss of muscle There is a very high risk of regaining weight</p>
 <p><b>Diet Pills</b></p> <p>Drugs to block intestinal fat absorption</p>	<p>Lose weight fast</p>	<p>Side effects that may be serious Degeneration of the metabolic system Deterioration of digestion Diarrhoea and vomiting Sleep quality is affected The heart beats abnormally Feeling depressed</p>
 <p><b>Extreme Dieting</b></p> <p>No carbs at all, extreme diet</p>	<p>Effects can be fast or slow (depending on individual physique)</p>	<p>A very time-consuming process Degeneration of the metabolic system Physically weak and unmotivated Feeling depressed Loss of muscle Gaining weight is likely</p>
 <p><b>Excessive Exercise</b></p> <p>Daily high-intensity exercise training</p>	<p>The effect is fast</p>	<p>The body becomes tired easily Exercise-induced muscle pain Muscle cramps are easy to get Muscle mass decreases Sleep deprivation Immune system declines Loss of appetite</p>

## OMNI's 5 Elements of Health

### Balanced Diet

Maintaining good health begins with food, which provides nutrition for the body.

Through the consumption of different types of food, the body receives energy and nutrients such as protein, carbohydrates, fats, vitamins and minerals.

### Moderate Exercise

Exercising moderately can increase blood circulation and metabolism, stimulate the brain's nerve centre, and improve immunity.

In addition to improving your appetite for food, exercise can also help you sleep better and make it easier to fall asleep.

### Adequate Sleep

In addition to dry eyes, coffee drinking, and afternoon naps during meetings, lack of or irregular sleep can increase the risk of several major diseases, including cancer, heart disease, diabetes, and obesity.

A good night's sleep improves our heart health, reduces stress, relieves depression, and strengthens our immune system.

### Balanced Endocrine

The endocrine system regulates human physiological function by secreting hormones in different parts of the body.

Hormones control how much food is burned and broken down by the cells and how much energy is released for the production of secretions or other metabolic products.

Sleep releases a large amount of growth hormone that improves metabolism, restores fatigue, reduces melanin, and suppresses appetite.

### Reduce Free Radicals

The body produces free radicals as a result of external factors such as pollution, industrial processes, waste gases, marine pollution, as well as internal factors such as lack of or excessive exercise, staying up late, and stress.

In addition to causing cellular oxidation, excessive free radicals also contribute to fatigue, liver detoxification problems, heart disease, and premature aging.

Free radicals can be effectively controlled by eating more antioxidant foods, getting regular physical examinations, exercising regularly, and improving daily routines.

# The **Correct Diet** for Fat Loss and Muscle Gain

When it comes to dieting during fat loss, many people subconsciously "eat less". In order to effectively lose fat, you need to eat full first. If you want to burn off excess body fat through exercise, you must eat more nutrients that help reduce fat and increase muscle. The real culprit of obesity is an **unbalanced nutrient intake!**

- ✓ **Protein** promotes appetite and satiety more than carbohydrates
- ✓ **Unsaturated fats** help lower bad cholesterol and promote liver health
- ✓ **The right amount of high-fibre carbohydrates** can effectively enhance the body's metabolism

The right way to lose fat and gain muscle is to combine **70%** healthy eating with **30%** moderate exercise and lifestyle

A healthy diet is one of the most important factors in keeping the body healthy

Healthy Eating Habits	Moderate Exercise and Daily Routine
Regular meals three times a day	Anaerobic exercise for building muscle (weightlifting/resistance training)
Don't be picky when eating	Aerobic Exercise for Fat Loss (running/swimming/biking)
Chew slowly	Fat Loss and Muscle Exercise – Intermittent Fat Loss and Muscle Gain Exercise (HIIT High Intensity Interval Training / Tabata / CrossFit Hybrid Fitness)
No overeating	Make sure you get enough quality sleep and avoid staying up late
Balanced nutrition	No smoking or drinking
Drink plenty of water	Positive and optimistic attitude towards life

## The **Best Way to Lose Weight** Is to Reduce Body Fats and Gain Muscle

- Calorie intake > calorie expenditure = obesity
- Calorie intake < calorie expenditure = fat loss
- Raise your basal metabolic rate = build muscle
- Ideal weight loss: calorie control + balanced diet + moderate exercise

### What Are Your **Health Goals**

**BMR**  
(basal metabolic rate)



$$[10 \times \text{weight (kg)}] + [6.25 \times \text{height (cm)}] - [5 \times \text{age}] + 5$$



$$[10 \times \text{weight (kg)}] + [6.25 \times \text{height (cm)}] - [5 \times \text{age}] - 161$$

- Fat loss/muscle gain: deduct 300-400 kcal from BMR
- Fat Loss AND Muscle-Gain: Maintaining BMR or Deducting 200 Kcal

## 3 Principles for a Fat-Loss and Muscle-Building Diet

01

### Why should you lose fat and increase muscle?

- The more muscle mass = the higher the BMR = the easier it is to lose fat.
- You shouldn't focus too much on your weight, but on your body shape
- Protein intake should be sufficient as follows:
  - ▶ body weight (kg) X [0.8 or 1.8] (g) = protein requirement

02

### Which sports group do you belong to?

- 0.8: Light exercise 1-2 times per week
  - ▶ No exercise group
  - ▶ Light exercise group
- 1.5: moderate exercise 3-5 times per week
  - ▶ Medium exercise group
- 1.8: intensive exercise 6-7 times per week
  - ▶ Intensive exercise group

03

**3 Highs** High protein, high dietary fibre, high nutrients

**3 Lows** Low refined sugar, low refined salt, low fat (trans)

**3 Avoids** Avoid processing, avoid overcooking, avoid dirty foods



## Why Choose to Follow the **OMNIFIT Program?**



The **OMNIFIT program** was developed by OMNI GROUP based on the five elements of health. With the one-to-one consultation by our professional nutritionist team, as well as the assistance of high-quality products from OMNI GROUP; specially developed suitable diet and exercise formulas for you, we swear by the method that are NOT "extreme, unscientific and harmful" to our body, which helps you not only lose fat and gain muscles, but also has long-lasting and no side effects.



**One-to-one consultation with a nutritionist once a week (30 minutes)**



**Measurement of physical health (body weight, body fat, muscle mass, protein mass)**



**A diet plan tailored to you (calorie intake, dietary calculation, drinking schedule)**



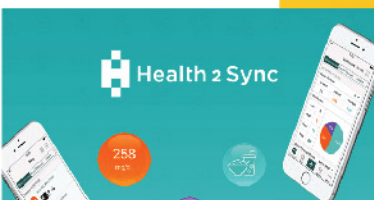
**Personal workout coaching plan (targeted workout)**



**Provide tutorial videos on workout (aerobic, anaerobic, and strength training)**



**Complete nutrition (Merry Bar, Nutri Shake, Probiotic)**



**Record your daily diet (using the Health2Sync app)**

# OMNIFIT Program

The **body's fat** is its protective mechanism, and it is not easily metabolized by the body. People tend to lose weight by eating less and exercising more. However, eating less also reduces muscle mass, which slows down the body's metabolic rate, resulting in faster weight gain.

During exercise, the body will preferentially burn carbohydrates, which results in the accumulation of lactic acid. It is not easy to develop a lasting exercise habit, so burning fat is difficult, and accumulating fat will result in various chronic health issues.

## Human energy sources are in the following order



Carbohydrates



Protein



Fat

## OMNI Probiotic

### Merry Bar



### OMNI Nutri Shake





# Merry Bar

Fat-to-energy, High vitality

**3 major dietary fibres**



## Oatmeal

*is rich in phosphorus*

- ✓ to enhance brain function
- ✓ promote the use of protein

*rich in zinc*

- ✓ to protect cells from free radical damage
- ✓ promote wound healing



## Brown Rice

*is rich in selenium*

- ✓ to maintain thyroid function
- ✓ regulate hormones and metabolism

*low GI value*

- ✓ increases appetite and satiety
- ✓ stable blood sugar



## Chicory Fibre

*rich in water-soluble prebiotic fibre*

*low GI value*

- ✓ promotes gastrointestinal motility
- ✓ reduces the risk of constipation

### Other main ingredients:

Maltose, Cocoa, Phytprotein (Isolated soy protein and wheat protein), Raisins, Dried Cherries, Glucose, Soybean oil, Soy Lecithin

### Features:

- A patented formula ratio and chicory fibre promote metabolism and burn body fat
- 184 calories per bar (no trans fat), light meal
- Contains non-GMO natural cereals, high-fibre ingredients, low GI value
- Low glycemic index, suitable for diabetics
- Burn fat and increase stamina



# OMNI Nutri Shake

One packet per day, complete nutrition

## 9 main ingredients

Pea Protein Isolate, Tea Powder/ Cocoa Powder, Skim Milk, Stevia, Oligosaccharides, Seaweed Calcium, Multivitamin and Minerals

Features	Functions
100% Natural Non-GMO plant-based pea protein	Stabilizes nerves, prevents osteoporosis
Protein absorption rate up to 90%	Contains enough high-quality protein to nurture muscle
Optimum ratio of Amino Acids	Provides effective satiety during weight loss
Rich in high-quality protein (more than 15g)	Shortens recovery time between exercises
Rich in over 500mg of calcium and 100mg of magnesium	Prevents sarcopenia
Adds Orafit® Synergy 1 Probiotic Fibre	Maintains a good physiological function

**Merry Bar** enhances the body's ability to burn fat and then convert that fat into energy, filling the body with vitality.

After exercising, supplement **Nutri Shake** to provide comprehensive nutrition, increase the muscle rate and make up for the calcium lost after exercise.



# OMNI Probiotic

Immunity starts from the gut!

## Base

CBT PROLAC-T  
lactobacillus

Lactobacillus is specifically added to optimize the ecology of the flora so as to allow the probiotics to fully exert their effects.

## Colonize

CBT ABC  
gastrointestinal  
protective bacteria

The patented double-layer embedding technology increases probiotic survival rates, promotes intestinal peristalsis, and smooths bowel movements.

## Maintain

Water-soluble corn  
fiber/fructose  
oligosaccharide

To maintain a healthy growth of probiotics, prebiotics are added as foods for them.

## Advantages

### 10 billion genuine good bacteria in each pack

LA1: Lactobacillus bacteria (commonly known as A bacteria), BG7: L. bifidus (commonly known as B bacteria), LC5: Lactobacillus butyricum (commonly known as C bacteria), these three ABC bacteria are the probiotics that helps to maintain the functions of our digestive system. All three have unique strain numbers.

In tests, Omni Probiotic has been proven to contain 10 billion probiotics, which is a significant amount of good bacteria that can colonise the intestinal tract without competing with each other and changing the ecology of the bacterial flora.

### Multi-national patented Matrix double-layer embedding technology

Using patented double-layer embedding technology to secure and enhance the survival rate of our probiotics. Probiotics will not be affected by acidity, alkalinity, or temperature in the gut. This promotes intestinal peristalsis and helps our bowel movements.

By establishing a pH release mechanism, the first layer, which is the peptide/protein complex, protects the lactic acid bacteria crossing the stomach to reach the intestinal tract.

By wrapping the lactic acid bacteria in gum or cellulose, the second layer protects them from humidity, high temperatures, and mechanical forces, increasing the product's stability during manufacturing and extending the effective period of active ingredients.

### Specially added Fructo-Oligosaccharides and Patented Galacto-Oligosaccharides

In addition to providing high-quality probiotics, dietary fibre was added to help gastrointestinal motility and helps promote general health from the inside out.

### Adding "Sunshine" VitaD Yeast

Through a specific light treatment, Vitamin D enhanced yeast produces endogenous ergosterol, which is converted into Vitamin D2, which is highly bioavailable. It comes from natural sources and is easily absorbed.

### Better Immunity with added APS Colostrum, the world's largest bovine colostrum production brand

During lactation, only the milk is collected within 16 hours, without antibiotics, harmful bacteria, or hormones added, under special low temperature and low-pressure conditions, with high nutritional value and rich in immunoglobulins.

### Main Ingredients:

Dextrin (Fibersol-2), Maltodextrin, Fructooligosaccharides, Lactobacillus (Lactobacillus Casei, Lactobacillus Acidophilus, Bifidobacterium Longum, Trehalose, Corn Starch), Lactobacillus Acidophilus Thydallized Lyophilizate (Prolac-T), Vitamin D Yeast, Colostrum Powder.



## Joining the OMNIFIT Program

**1** Contact your OMNIFIT consultant to place an order and arrange for delivery

**2** Join the Nutrition Advisory Group

**3** Fill out the consent form and health questionnaire

**4** Download the App and prepare a body fat measure device

**5** 3-5 days to adapt to the daily diet log

**6** Start one-on-one nutrition counselling

**7** Participate in the OMNIFIT Challenge

2-month Weight-Loss Challenge	Reward
4kg body weight / 2% body fat	100 EB
6KG body weight / 3% body fat	200 EB
8KG body weight / 4% body fat	300 EB
10KG body weight / 5% body fat	500 EB

- ★ A photo of the front and side views is required as proof (before and after).
- ★ Keeping a record of your weight and body fat (before and after) on an electronic scale
- ★ A short video of your testimony is required (less than 3 minutes, horizontally filmed).

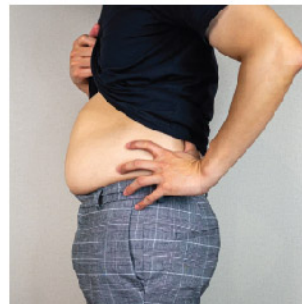
## Who Needs to Join OMNIFIT?



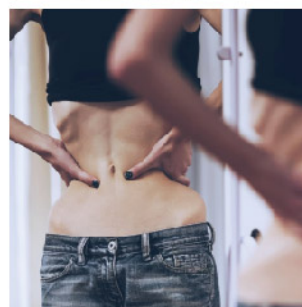
Overweight / Obese



Fat loss and muscle gain



Sarcopenia group



People who are Underweight











Vegetarian




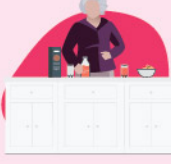




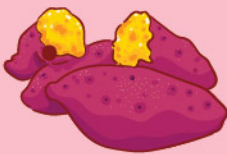
People who are protein deficient

# Recipe For Fat Loss And Muscle Gain

## 01 Slimming~ Amy's Day with Nutri Shake & Merry Bar








Breakfast 8:00	Tea 10:30	Lunch 13:00	Tea 15:30	Dinner 18:00	Supper 21:00
					
1 pack Nutri Shake <ul style="list-style-type: none"> <li>103 kcal</li> <li>Protein 15.8g</li> <li>Carbs 8.7g</li> <li>Fat 0.6g</li> </ul>	1 pc Merry Bar <ul style="list-style-type: none"> <li>184 kcal</li> <li>Protein 4.3g</li> <li>Carbs 27.4g</li> <li>Fat 6.3g</li> </ul>	1 pack Nutri Shake <ul style="list-style-type: none"> <li>103 kcal</li> <li>Protein 15.8g</li> <li>Carbs 8.7g</li> <li>Fat 0.6g</li> </ul>	1 egg white 1 medium apple 5 pistachios <ul style="list-style-type: none"> <li>75 kcal</li> <li>Protein 4.7g</li> <li>Carbs 10.2g</li> <li>Fat 1.8g</li> </ul>	Light and Nutritious Dinner <ul style="list-style-type: none"> <li>Avoid fried, greasy foods</li> <li>Eat more high-protein foods, such as egg whites, tofu, fish, chicken breasts, etc.</li> <li>Eat half a bowl of rice</li> <li>2 servings of vegetables; may start with 1 bowl of vegetable soup</li> </ul> 600-800 kcal <ul style="list-style-type: none"> <li>Protein 100-120g</li> <li>Carbs 20-30g</li> <li>Fat 17-20g</li> </ul>	1 large piece of guava <ul style="list-style-type: none"> <li>51 kcal</li> <li>Protein 1.22g</li> <li>Carbs 11g</li> <li>Fat 0.2g</li> </ul>
<b>Amy</b> Gender: Female Age: 28 Occupation: office worker Height: 165 cm Weight: 65kg TDEE: 1656 kcal Ideal weight: 57kg		<b>Daily calorie recommendation: 1200-1400 calories</b> Protein (50%): 150g Carbohydrates (30%): 90 grams Fat (20%): 27 grams Water: 2000ml		 	

## 02 Fat-loss for Senior Citizens~ Aunt Betty's Day with Nutri Shake & Merry Bar

Before exercise 7:00	Breakfast 8:00	Lunch 12:00	Tea 15:00	Dinner 18:30	Supper 21:30
					
1 pc Merry Bar <ul style="list-style-type: none"> <li>184 kcal</li> <li>Protein 4.3g</li> <li>Carbs 27.4g</li> <li>Fat 6.3g</li> </ul>	1 pack NutriShake 1 egg 1 apple <ul style="list-style-type: none"> <li>281 kcal</li> <li>Protein 23g</li> <li>Carbs 36g</li> <li>Fat 6g</li> </ul>	Nutritionally balanced lunch <ul style="list-style-type: none"> <li>1-2 servings of protein, such as eggs, chicken breast, tofu, salmon, tuna, lean meat, etc.</li> <li>1 serving of starch</li> <li>1-2 servings of vegetables</li> </ul> 350-400 kcal <ul style="list-style-type: none"> <li>Protein 60-75g</li> <li>Carbs 6-15g</li> <li>Fat 8-10g</li> </ul>	1 small sweet potato <ul style="list-style-type: none"> <li>86 kcal</li> <li>Protein 2g</li> <li>Carbs 20g</li> <li>Fat 0.1g</li> </ul>	Nutritionally balanced dinner <ul style="list-style-type: none"> <li>1-2 servings of protein, such as eggs, chicken breast, tofu, salmon, tuna, lean meat, etc.</li> <li>Starch half</li> <li>1-2 servings of vegetables</li> </ul> 300-350 kcal <ul style="list-style-type: none"> <li>Protein 60-75g</li> <li>Carbs 6-15g</li> <li>Fat 8-10g</li> </ul>	1 pack Nutri Shake <ul style="list-style-type: none"> <li>103 kcal</li> <li>Protein 15.8g</li> <li>Carbs 8.7g</li> <li>Fat 0.6g</li> </ul>
<b>Betty</b> Gender: Female Age: 58 Occupation: Retiree Height: 160 cm Weight: 65kg (110lbs) TDEE: 1439 kcal Ideal weight: 54kg		<b>Daily calorie recommendation: 1400-1500 calories</b> Protein (50%): 175 grams Carbohydrates (30%): 105 grams Fat (20%): 31 grams Water: 2000ml			








# 03


## Sarcopenic Obesity~ Candy's Day with Nutri Shake & Merry Bar

Before exercise 7:00	Breakfast 8:00	Lunch 12:00	Tea 15:00	Exercise 17:00	Dinner 20:00
					
<b>1 pc Merry Bar</b> <ul style="list-style-type: none"> <li>184 kcal</li> <li>Protein 4.3g</li> <li>Carbs 27.4g</li> <li>Fat 6.3g</li> </ul>	<b>1 pack Nutri Shake</b> <b>1 hard boiled egg</b> <ul style="list-style-type: none"> <li>175 kcal</li> <li>Protein 22g</li> <li>Carbs 9g</li> <li>Fat 6g</li> </ul>	<b>Nutritionally balanced lunch</b> <ul style="list-style-type: none"> <li>1-2 servings of protein, such as eggs, chicken breast, tofu, salmon, tuna, lean meat, etc.</li> <li>Starch half</li> <li>1-2 servings of vegetables 300-350 kcal</li> <li>Protein 60-75g</li> <li>Carbs 6-15g</li> <li>Fat 5-6g</li> </ul>	<b>Half a guava</b> <ul style="list-style-type: none"> <li>66 kcal</li> <li>Protein 1.4g</li> <li>Carbs 18 g</li> <li>Fat 0.5g</li> </ul> 	<b>Before exercise:</b> <b>1pc Merry Bar</b> <ul style="list-style-type: none"> <li>184 kcal</li> <li>Protein 4.3g</li> <li>Carbs 27.4g</li> <li>Fat 6.3g</li> </ul> <b>After exercise:</b> <b>1 pack Nutri Shake</b> <ul style="list-style-type: none"> <li>103 kcal</li> <li>Protein 15.8g</li> <li>Carbs 8.7g</li> <li>Fat 0.6g</li> </ul>	<b>Nutritionally balanced dinner</b> <ul style="list-style-type: none"> <li>1-2 servings of protein, such as eggs, chicken breast, tofu, salmon, tuna, lean meat, etc.</li> <li>Starch half</li> <li>1-2 servings of vegetables 300-350 kcal</li> <li>Protein 60-75g</li> <li>Carbs 6-15g</li> <li>Fat 5-6g</li> </ul>
<b>Candy</b> Gender: Female Age: 40 years old Occupation: Office Worker Height: 165 cm Weight: 55kg Body Fat: 38% TDEE: 1328 kcal		<b>Daily calorie recommendation: 1300-1400 calories</b> Protein (50%): 170 grams Carbohydrates (30%): 101 grams Fat (20%): 30 grams Water: 2000-2500ml			

# 04

## Muscle-Gain~ John's Day with Nutri Shake & Merry Bar

Before workout 6:30	Breakfast 8:00	Lunch 12:00	Tea 15:00	Exercise 18:00	Dinner 20:00
					
<b>1 pc Merry Bar</b> <ul style="list-style-type: none"> <li>184 kcal</li> <li>Protein 4.3g</li> <li>Carbs 27.4g</li> <li>Fat 6.3g</li> </ul>	<b>1 pack Nutri Shake</b> <b>1 cup of low-fat milk</b> <b>2 slices whole wheat bread</b> <b>1 hard-boiled egg</b> <ul style="list-style-type: none"> <li>445 kcal</li> <li>Protein 40g</li> <li>Carbs 50g</li> <li>Fat 11g</li> </ul>	<b>High protein lunch</b> <ul style="list-style-type: none"> <li>Avoid fried, greasy foods</li> <li>2 servings of high protein foods such as eggs, chicken breast, tofu, salmon, tuna, lean meat, etc.</li> <li>Starch half</li> <li>1-2 servings of vegetables 800-950 kcal</li> <li>Protein 40-60g</li> <li>Carbs 70-90g</li> <li>Fat 15-20g</li> </ul>	<b>1 cup low-fat Greek yogurt</b> <b>half a guava</b> <ul style="list-style-type: none"> <li>128 kcal</li> <li>Protein 7g</li> <li>Carbs 12g</li> <li>Fat 3g</li> </ul> 	<b>Before exercise:</b> <b>1pc Merry Bar</b> <ul style="list-style-type: none"> <li>184 kcal</li> <li>Protein 4.3g</li> <li>Carbs 27.4g</li> <li>Fat 6.3g</li> </ul> <b>After exercise:</b> <b>1 pack Nutri Shake</b> <b>with 1 cup of milk</b> <ul style="list-style-type: none"> <li>190 kcal</li> <li>Protein 22g</li> <li>Carbs 19g</li> <li>Fat 3g</li> </ul>	<b>High protein dinner</b> <ul style="list-style-type: none"> <li>Avoid fried, greasy foods</li> <li>2 servings of high protein foods such as eggs, chicken breast, tofu, salmon, tuna, lean meat, etc.</li> <li>Starch half</li> <li>1-2 servings of vegetables 800-950 kcal</li> <li>Protein 40-60g</li> <li>Carbs 70-90g</li> <li>Fat 15-20g</li> </ul>
<b>John</b> Sex: Male Age: 28 Occupation: Sales Height: 175 cm Weight: 68kg BMR: 1639 kcal		<b>Daily calorie recommendation: 3000 calories</b> Protein: 150 grams Carbs: 300 grams Fat: 67g (20-30% of total calories) Water: 3000ml			

Before exercise 7:00	Breakfast 8:00	Lunch 12:00	Tea 15:00	Dinner 18:30	Supper 21:30
<p>1 pc Merry Bar</p> <ul style="list-style-type: none"> <li>184 kcal</li> <li>Protein 4.3g</li> <li>Carbs 27.4g</li> <li>Fat 6.3g</li> </ul>	<p>1 pack Nutri Shake with 1 cup of low-fat milk + 2 slices whole wheat bread + 1 hard-boiled egg</p> <ul style="list-style-type: none"> <li>445 kcal</li> <li>Protein 40g</li> <li>Carbs 50g</li> <li>Fat 11g</li> </ul>	<p>Nutritionally balanced lunch</p> <ul style="list-style-type: none"> <li>Avoid fried, greasy foods</li> <li>1-2 servings of protein, such as eggs, chicken breast, tofu, salmon, tuna, lean meat, etc.</li> <li>1 serving of starch</li> <li>1-2 servings of vegetables 400-600 kcal</li> <li>Protein 40-60g</li> <li>Carbs 30-60g</li> <li>Fat 10-15g</li> </ul>	<p>Nuts such as 6 almonds + 1 apple</p> <ul style="list-style-type: none"> <li>200 kcal</li> <li>Protein 4.5g</li> <li>Carbs 32g</li> <li>Fat 8g</li> </ul> 	<p>Nutritionally balanced dinner</p> <ul style="list-style-type: none"> <li>Avoid fried, greasy foods</li> <li>1-2 servings of protein, such as eggs, chicken breast, tofu, salmon, tuna, lean meat, etc.</li> <li>1 serving of starch</li> <li>1-2 servings of vegetables 400-600 kcal</li> <li>Protein 40-60g</li> <li>Carbs 30-60g</li> <li>Fat 10-15g</li> </ul>	<p>1 pack Nutri Shake</p> <ul style="list-style-type: none"> <li>103 kcal</li> <li>Protein 15.8g</li> <li>Carbs 8.7g</li> <li>Fat 0.6g</li> </ul>
<p><b>Ken</b> Sex: Male Age: 28 Occupation: Self Employed Height: 175 cm Weight: 50kg BMR: 1459 kcal Ideal weight: 66.5kg</p> <p><b>Daily calorie recommendation: 2261 kcal (moderate exercise, BMRx1.55)</b></p> <p>Protein (30%): 170g Carbohydrates (50%): 283 grams Grease (20%): 50g Water: 2000 - 2500ml</p>					



# “瘦胖子成功练出线条感”



其实，我一直以来都并不是一个很胖的女生，但是有一点婴儿肥。我相信很多人都听过瘦胖子。我就是属于瘦胖子，体型不大，但是脂肪却很高。

我们都知道体脂肪过高会引起各种健康问题。所以，我的线条怎么练也练不出来。

## Annie Woon, Ipoh

	体重 Weight (KG)	体脂肪 Body fat (%)
04/10/2021	45.9	29.0
18/01/2022	43.2	25.2
3个月后 3 months later	- 2.7	- 3.8

通过 OMNIFIT 减脂增肌计划，我成功下降了 3.8% 的体脂肪，体重也下降了 3kg 左右！非常开心有这成果！

在这个减脂增肌计划里，其实都很轻松，并没有很大的压力。营养师每个星期都会固定给我们一对一的咨询，教导我如何去搭配我们的饮食。就算是我平时外食，我也可以拿捏我自己一天所需的营养素摄取量。

所以，我相信这个方法是对的！欢迎大家一定要来参与 OMNIFIT 减脂增肌计划！



## Skinny fat people successfully in building body lines

*My body has never been very fat, just a little baby fat. Surely you've heard of people who look skinny but are actually fat. That's the kind of person I am. My body fat level was quite high, even though I am not large. Health problems can arise from excess body fat, as we all know. No matter how much I worked out, I couldn't see my body contour.*

*The OMNIFIT program helped me lose 3.8% of body fat and lose about 3kg of weight! I am very pleased with the results! With this program, it's very easy and there's no pressure. Nutritionist gives us one-on-one consultations every week, teaching me how to take care of our diet.*

*Despite eating out most of the time, I can figure out how many nutrients I need each day. This month, despite finishing my OMNIFIT program after two months, I have continued to lose weight and body fat.*



# “让我养成了饮食好习惯”

Janice Ho, Muar

	体重 Weight (KG)	体脂肪 Body fat (%)
04/10/2021	50	28.1
18/01/2022	46.85	25
3个月后 3 months later	- 3.15	- 3.1

我刚刚结束了为期三个月的 OMNIFIT 减脂增肌计划。

当初我参与此计划就是为了单纯的健康。营养师是非常的细心和耐心给我进行一对一的咨询。

通过这个计划，我也非常的意外发现自己的体重下降了3.15公斤，体脂肪也下降了3.1%！非常开心和满足看到这样的结果。透过这个计划，我才了解到，一个均衡的饮食是非常的重要！

70%是靠我的饮食，30%是靠我平时的运动和良好的生活形态。营养师会依据我个人的身体状况以及运动的需求来设计每一个动作给我。此外，还学习到如何规划个人的饮食。

当初我的饮食习惯是非常的混乱，而且是非常的不够均衡。所以我非常感谢营养师在这一方面让我学习到如何去计算蛋白质、碳水，以及蔬菜蔬果类的摄取量。让我在减脂增肌过程中不挨饿。

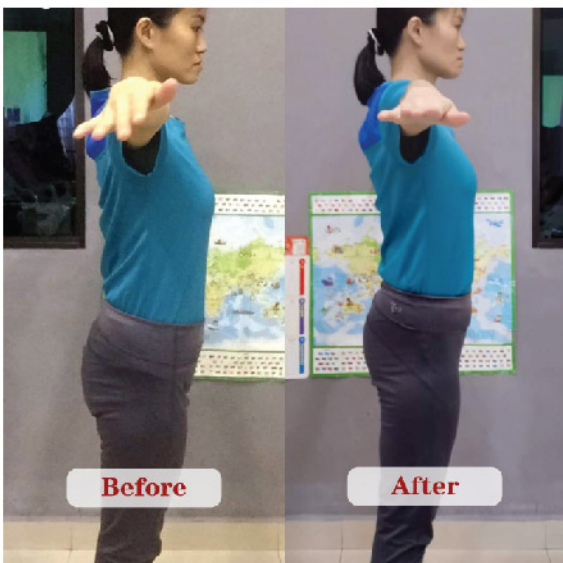
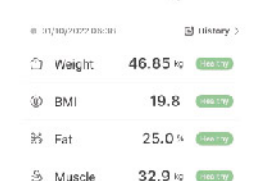
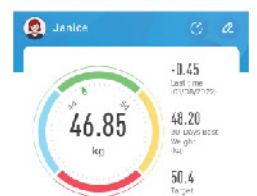
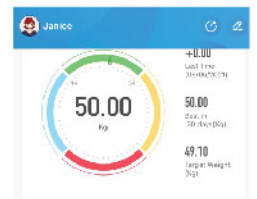
## Made me develop good eating habits

I just completed my 3-month OMNIFIT program. The sole reason I started this program was to improve my health. My nutritionist is very attentive and patient in giving me one-on-one advice.

During this program, my body weight and body fat both dropped by 3.15 kg and 3.1%, respectively! This is a great result, and I'm very happy and satisfied with it! This program taught me the importance of eating a balanced diet!

A good weight-loss plan is made up of a 70% diet, and 30% exercise with a healthy lifestyle. The nutritionist will design suitable exercises for me according to my personal physical condition and lifestyle. Also, I have learned how to plan my meals and cook correctly.

Initially, my eating habits were very chaotic and unbalanced. As a result, I am very grateful to the nutritionist for teaching me how to calculate my protein, carbohydrate, and vegetable intake. It lets me gain muscle and lose fat without starving!



# “OMNIFIT 计划让我变得更结实”

EVA Loh, JB		
	体重 Weight (KG)	体脂肪 Body fat (%)
04/10/2021	54.2	25.4
18/01/2022	50.2	22.5
3个月后 3 months later	-4	-2.9



这个计划主要是透过减脂增肌的饮食及运动来达到减重的效果。营养师会依据我的情况和我要的目标,为我规划饮食及运动。每个星期会有一次固定的线上一对一营养咨询。通过咨询,营养师会观察我过往一个星期的饮食及运动量,并给予我一些的意见和建议,以做出调整来达到我要的目标。

参与 OMNIFIT 减脂增肌计划后,最大的收获就是我搞懂了一天三餐和茶点应该要怎么吃、如何的分配、吃的分量、必须要吃得对,吃得饱且营养均衡。

当我瘦下来后,剪掉我的体脂肪后,再搭配上运动,我就变结实了,肌肉线条也出来了,身上的那些赘肉也跟着消失了!让我惊讶的是,我的核心肌肉强化以后,我的驼背问题也改善了!

目前我已进入了计划的第四个月,在没有任何的复胖及反弹的现象,我的体脂体重还是持续的在下降。总体来说,我的体重共减了4公斤,体脂肪下降了3%!我很满意这个成果,也很开心当初决定参与这减脂增肌计划。

我在这里呼吁大家,想要减脂增肌的朋友们,千万不要错过一个这么棒的计划。做对事,用对方法,你要的结果很自然的就会实现了!祝所有要减肥的朋友减肥成功!

## OMNIFIT program has made me **FIRMER**



The main goal of this weight loss plan is to reduce fat and build muscle through diet and exercise. Depending on my situation and my goals, the nutritionist will adjust my diet and exercise. There will be a weekly online one-on-one nutrition consultation. Through the consultation, the nutritionist will observe my diet and exercise in the past week, and give me some opinions and suggestions to make adjustments to achieve my desired goals.

Through the OMNIFIT program, I gained a better understanding of how to eat my three meals each day, how to distribute the portions, how much to eat, and how to eat properly that will make me feel full and balanced nutritionally.

My body became firmer and stronger after losing weight and reducing body fats, and the muscle contours are more visible than before! My hunchback problem has also improved since I strengthened my core muscles! That's what surprised me!

I am currently in the fourth month of the program, and without any signs of regaining weight or rebounding, my body fat and body weight are continuing to decrease. Overall, I lost 4kg and 3% of body fat! OMNIFIT has given me excellent results, and I am glad I made the decision to participate.

It's a great opportunity for anyone who wants to gain muscle and lose fat, so don't miss it! You will get the results you want if you do the right thing and use the right methods! Wishing all my friends who want to lose weight success!

# “人性化的减脂增肌计划”



Fong Ming Hui, Batu Pahat

	体重 Weight (KG)	体脂肪 Body fat (%)
04/10/2021	63.6	33.1
18/01/2022	59.7	30.7
3个月后 3 months later	-3.9	-2.4

经过两个月的 OMNIFIT 减脂增肌计划后，我的体重下降了将近 4 kg，体脂下降了2.4%！



我喜欢 OMNIFIT 减脂增肌计划是因为它很人性化，我不是不能吃，而是要怎么吃的对。透过营养师给予我一对一的咨询，让我知道我每一天的饮食营养素、正确的比例分配，可以让我摄取到营养素的当儿又可以做到减脂增肌的效果。

透过欧美利的辅助良品，就是我在运动之前会吃美力棒，帮助我燃烧脂肪，让我运动的时候不会肌肉酸痛，让我可以更加的坚持。运动完后，摄取全能宝让我可以补充到优质的蛋白，让我的肌肉可以有更加好的合成。

我非常鼓励想要瘦身、想要减脂的朋友们，可以来参与 OMNIFIT 减脂增肌计划。因为我相信这个计划一定也可以帮助到您！

## A humanized OMNIFIT program



*I lost almost 4kg and 2.4% of body fat after two months of OMNIFIT program!*

*It is very user-friendly, which is why I like this program. Instead of telling me not to eat something, it teaches me how to eat correctly. As a result of the nutritionist's one-on-one consultation, I was able to manage my daily dietary nutrients and the proportions of distribution in order to reduce fat and increase muscle mass while maintaining a balanced diet.*

*The supplementary products from OMNI are very helpful to me, for example, I have a Merry Bar before exercising to burn fat, so I won't have muscle soreness when exercising. After workouts, I take a Nutri Shake to ensure high-quality protein intake so my muscles can synthesize more efficiently.*

*If you want to lose weight and body fat, I strongly recommend that you join the OMNIFIT Program. It helped me, and I believe it will help you as well!*

# “ 这计划让我吃得健康，瘦的美丽！”

Karen Beh		
	体重 Weight (KG)	体脂肪 Body fat (%)
04/10/2021	58.45	36.9
18/01/2022	54.25	35.1
3个月后 3 months later	-4.2	-1.8



参加OMNIFIT减脂增肌计划的目的是只有一个，就是希望能够减脂增肌！在毫无压力，很轻松的情况之下，我成功的让自己在短短的两个月之内瘦下了4公斤！减了2%顽固的体脂！

透过营养师为我的饮食做出调整和指导下，我吃得健康，瘦得美丽！在OMNIFIT减脂增肌计划完成之后，我也持续健康的饮食和生活作息。现在我的体脂持续的下降，我的体态持续的完美，让我更喜欢我自己。

除了营养老师的教导，美力棒和全能宝在这个OMNIFIT减脂增肌计划里占用了很重要的部分！美力棒是我每一次运动之前我都会使用的。吃了之后让我动起来会更有活力。它的功能也可以持续帮助我燃烧我的脂肪，让我的体脂肪持续下降。

运动过后，吸取优质的蛋白质是必须的。全能宝，不但在我运动过后补充我需要的蛋白质，我还可以把它当成早餐。因为我是一位三位孩子的宝妈，也是一位打工族。有时候，早上我都会很匆忙而导致我没有时间去享用我的早餐。全能宝在这个时候就给予我很大的帮助了。吃起来快捷方便，还是我最喜欢的巧克力口味。它很有饱腹感，而且也给予我足够的营养应付我接下来每一天早上所需要的工作量。所以全能宝是我最佳的选择！

## ***This program allows me to Eat Healthy, Lose Weight and Look Beautiful!***

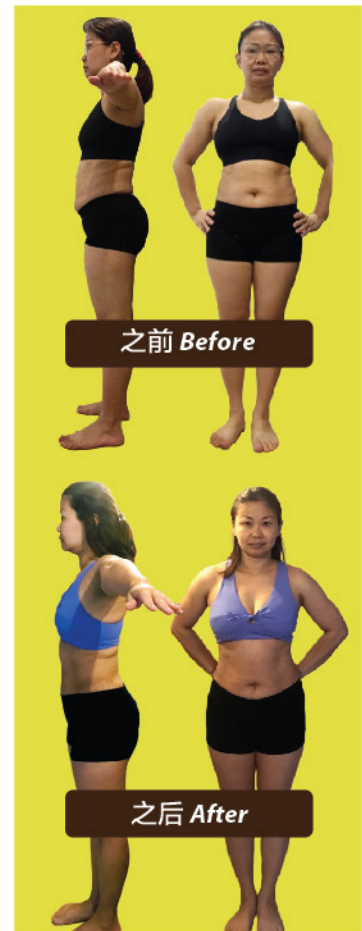
*Taking part in this program is only for the purpose of losing fat and gaining muscle! I lost 4kg in just two months and 2% of body fat under no pressure!*

*As a result of the nutritionist's guidance, I eat healthier, become slimmer and more beautiful! After completing the OMNIFIT program, I continue to eat healthily and well. With my body fat dropping and my body shaping up, I am even more in love with myself!*

*Besides the nutritionist's teachings, Merry Bar and Nutri Shake have been an essential part of my program! Before every workout, I would take a Merry Bar. My body becomes more active and my fat is continuously burned!*

*It is necessary for me to supplement my body with high-quality protein after exercising, so I chose OMNI Nutri Shake, which not only provides me with high-quality protein, but can also be taken as a breakfast. I am a mother of three and I have a day job. I'm always in a hurry every morning, so I don't have time for breakfast. During these times, Nutri Shake is my lifesaver. It's quick and easy to drink, and I like the chocolate flavor best. It gives me enough nutrients to handle my workload and is a daily essential for me.*

*Nutri Shake is my best choice!*



# “短短的两个月，成功瘦了11公斤！”



Nicole Chua, KL		
	体重 Weight (KG)	体脂肪 Body fat (%)
28/02/2022	92.2	46.6
02/05/2022	80.9	41.6
3个月后 3 months later	-11.3	-5

在短短两个月的期间，我就成功瘦了将近 11kg!

除了饮食上的调整之外，还有在运动方面，营养师也会帮我规划适合我的运动。在减重的过程，我其实有发现到我本身的一些小毛病，比如身体容易疲劳、脊椎酸痛、膝盖酸痛的问题，有得到大大的改善!



之前 Before

之后 After

OMNIFIT减脂增肌计划最主要是通过很自然的方式来调理我们的身体健康。着重点是 70% 先以饮食为主，30% 以运动为主!

虽然这两个月计划结束后，营养师就已经不会再干预我们的生活了，但我们的生活习惯已经透过 OMNIFIT 减脂增肌计划和营养师所教导的思想已经根深蒂固了。

想要在这边跟大家说的是不要怕减肥，减肥其实并不可怕，可怕的是你停滞不前。觉得自己很没有信心，对生活都没有了希望等等的一些负面想法。其实你只要踏出第一步，就不会有太大的难度!

## In just two months, successfully Lost 11kg!

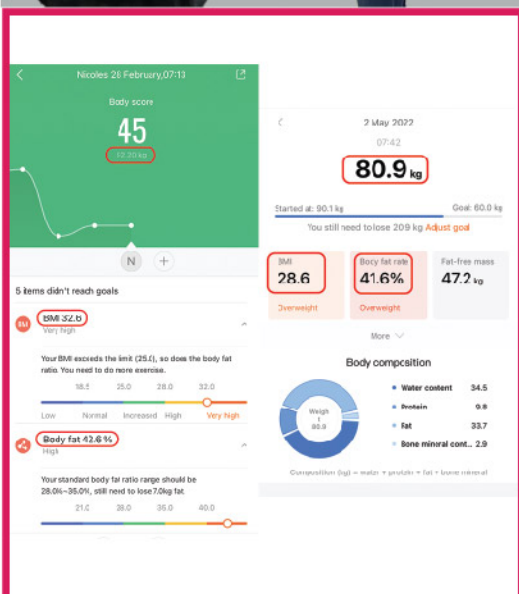
*I lost nearly 11kg in just two months! In addition to dietary adjustments, OMNI Nutritionist helps me take care of my diet and plan exercises that are suitable for me. During the process of losing weight, I actually discovered some of my own minor problems, such as spinal and knee pain, which have been greatly reduced! Fatigue problems have actually been greatly improved!*

*Through the OMNIFIT Program, we can tone our bodies naturally. The key is that it is 70% diet, and 30% exercise!*

*Although the nutritionist will no longer intervene in my program after the two-month period, these good daily habits and the ideas taught by the nutritionist have been deeply ingrained through the OMNIFIT Program!*

*It's okay to lose weight, so don't be afraid of it. It's not scary at all. What's scary is that you don't try to change! There might be times when you feel insecure, hopeless, etc. Negative thoughts!*

**You can make a change as long as you take the first step!**



# “ 我的体重和体脂 都不停地在往下掉 ”

Kee Chau Hong, Ipoh		
	体重 Weight (KG)	体脂肪 Body fat (%)
04/10/2021	63.5	34.2
18/01/2022	59.5	31.3
3个月后 3 months later	- 4	- 2.9



一直以来我的体重都是在 65kg 左右徘徊，体脂在 34% 左右。体脂超标就是属于肥胖的体质。但其实我一直都没太在意我自己的体重和体脂，也很少运动，偶尔进行断食或者是轻食的疗程。减肥其实一直都没有在我的字典里出现，直到通过欧美营养师的分析 and 分享。

我觉得把这个超标的体脂减下来，是一件非常重要的事情。通过OMNIFIT减脂增肌计划，我学习了非常多均衡营养增肌减脂的这些知识；如何吃对吃饱。透过每个星期一对一的营养咨询，调整我的饮食营养摄取，给予合适的锻炼运动。

我觉得非常有规划的让我养成了运动和均衡饮食习惯，发现其实吃对真的是很重要！毕竟呢，我们减脂增肌计划里面，饮食是占了 70%。经过两个月的训练，让我在这二十多年来，重见五字头的体重，从64公斤掉到了59.5kg！体脂从34%减到了31%！内脏脂肪从 6.5 变成 5.5！

很多朋友都说我瘦了、好看了；我的衣服裤子都变松了。在没有压力和勉强自己之下，有这种小小的成绩，我已经非常非常的满意了。完成了 OMNIFIT 减脂增肌计划之后，在没有营养师的咨询下，我依然懂得：选得对、吃得饱；做对运动，早睡和足够的喝水量。

**想要减脂的各位一定要来参与，绝对绝对值得！**

## My body weight and body fat kept dropping

*I have always weighed 65kg and had a body fat percentage of 34%. An obese physique is characterized by excessive body fat. My body weight and body fat haven't been too concerning to me, and I rarely exercise. Occasionally, I fast or eat light meals. Weight loss has never appeared in my dictionary until it was analysed and shared by OMNI nutritionists.*

*I think it is very important to reduce this excess body fat! This program taught me about balanced nutrition, muscle gain, and fat loss; how to eat right. I also receive one-on-one nutritional consultations every Monday to adjust my diet and provide appropriate exercises.*

*It has become a habit for me to exercise and eat a balanced diet, and I have learned how important it is to eat well! After all, it accounts for 70% from our diet in this program!*

*After just two months of training, I have regained the weight of 50+ kg I haven't seen in over 20 years! My body weight dropped from 64kg to 59.5kg! The body fat percentage dropped from 34% to 31%! Visceral fat went from 6.5 to 5.5!*

*Many friends say that I look thinner and better-looking; my clothes and pants are now too big for me!*

*It is very satisfying to have achieved this small goal without pressure and without forcing myself! I have developed the habit of choosing the right food, eating well and full; doing the right exercise; going to bed early and drinking enough water after completing the OMNIFIT program.*

*Those who want to lose weight must participate! Thanks to all of you, it was absolutely worth it!*



# “OMNIFIT 不但使我变瘦，” 胆固醇也下降了!

Angie Ng		
	体重 Weight (KG)	体脂肪 Body fat (%)
04/10/2021	58.05	30.4
18/01/2022	52.05	26.5
3个月后 3 months later	- 6	- 3.9



我本身是胖不胖、瘦不瘦、是肉肉型的。不管怎么减肥不但减不下来，反而有增无减的。

在整个 OMNIFIT 减脂增肌计划过程中我觉得很轻松，无论是在饮食还是运动上，我都没有很大的压力。配合OMNI公司的产品~美力棒和全能宝，它们就成为我运动前后的营养素。

此外，在配合营养师每个星期进行一对一的线上咨询指导，我学习到许多健康减脂瘦身的知识，包括我每日的饮食营养摄取量、针对性的运动。在饮食方面，当发现不正确或不适合的食物，营养师都会很温馨的提出矫正，教导我如何计算每日每餐的营养素，比如蛋白质、淀粉。据我所知，之前那些减脂的课程要计算卡路里等，真的是很难掌握。但通过OMNIFIT 减脂增肌计划真的给我非常简单的方法来衡量计算我每天大概所需的营养素。

以前的我觉得饮食分量不可以吃太多、又要吃得清淡一点、餐盘的分量一半，我一直都有控制我的水量。可是我的体重体脂降不下来。但透过这个学习计算的方式，就算我外食我还能瘦下来!

让我意外的是，我胃酸倒流胃痛竟然也完全痊愈了! 在20多岁时，虽然我体型不是很肥胖，饮食也不是吃的很多，我已经有高胆固醇的问题了。通过验血报告，令我很开心的是我的高胆固醇竟然下降了! 我的好胆固醇 (HDL) 也是在不错的水平了。

除了我的健康上有改善之外，最重要我的体重成功下降了6公斤，体脂降到26.5%，内脏脂肪降到三!

很鼓励大家来参与 OMNIFIT 减脂增肌计划! 不论你是胖还是不胖的、年轻还是像我这样的年纪，也可以来参加。

只要你是关心你自己健康的人，成功减脂，健康是归你的!



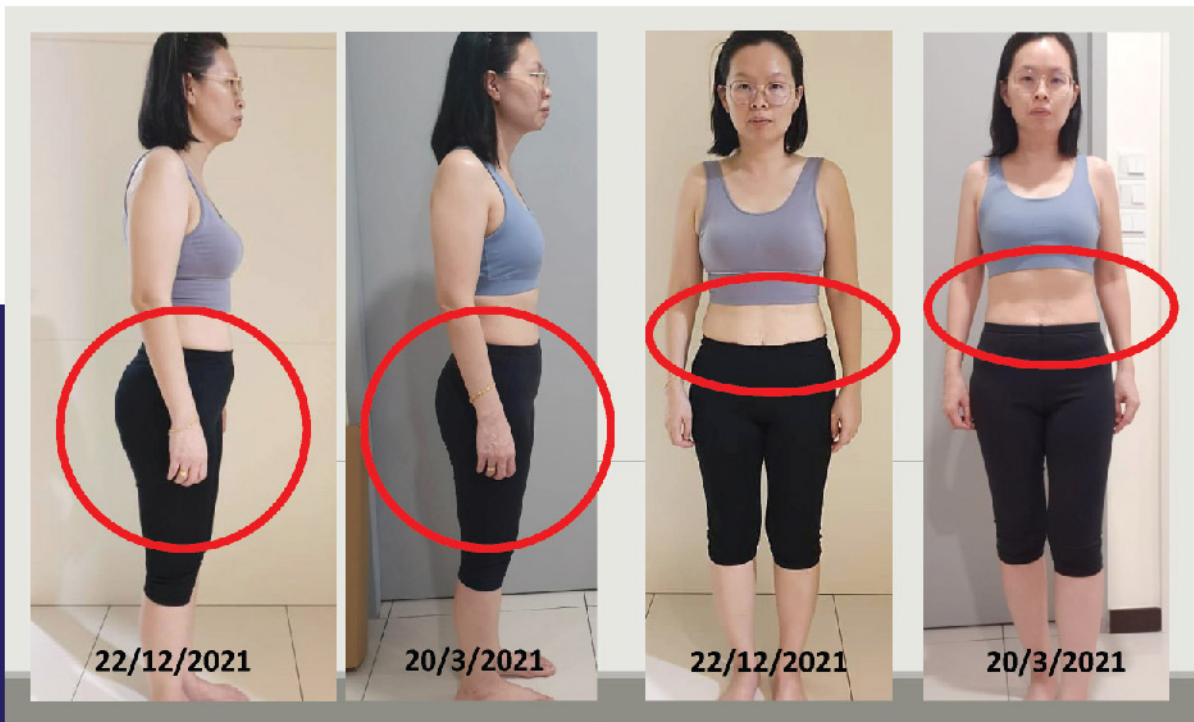
我的裤子变松了 My trousers have become loose

Gamma GT (Gamma 转氨酶 21 移)	U/L	9 - 36	γ-GTNA Substrate
<b>RENAL PROFILE</b>			
Sodium (钠)	140	mmol/L	135-145
Potassium (钾)	4.0	mmol/L	3.5-5.1
Chloride (氯)	106	mmol/L	98-107
Urea (尿素)	3.7	mmol/L	2.5-6.7
Creatinine (肌酸酐)	62.8	umol/L	50.4-98.1
Calcium, Total (钙)	2.50	mmol/L	2.10 - 2.55
Phosphate (血清磷浓度)	1.20	mmol/L	0.74 - 1.52
Uric Acid (尿酸)	0.30	mmol/L	0.15-0.35
<b>LIPID PROFILE</b>			
Total Cholesterol (总胆固醇)	5.00	mmol/L	Desirable < 5.20 Borderline high 5.20 - 6.19 High ≥ 6.20
Triglycerides (三酸甘油酯)	0.70	mmol/L	<1.70
HDL (良好高密度脂蛋白)	2.02	mmol/L	Major risk < 1.00 Negative risk > 1.55

高胆固醇竟然下降了!

Surprisingly high cholesterol has gone down!

# OMNIFIT has not only made me slimmer, but my cholesterol has gone down too!



*I am neither too fat nor too thin, I just looked a bit plump. No matter how I try to lose weight, it does not work and keeps piling up extra weight.*

*Neither the diet nor the exercise involved a lot of stress for me, so the whole process was very relaxing for me. As part of this program, I am using products from OMNI - Merry Bar and Nutri Shake - to supplement my nutrition before and after exercise.*

*Additionally, nutritionists from the OMNIFIT program will provide one-to-one online consultations and guidance every week. With the help of this program, I can learn about healthy fat loss and weight loss, including my nutritional intake, targeted exercises.*

*Moreover, if there are some incorrect or inappropriate foods in my diet, for example, the nutritionist will suggest adjustments to me how to calculate the nutrients in each meal, such as protein and starch. Previously, I have taken weight-loss classes where I had to count calories, which was really difficult for me. The OMNIFIT program gave me a very simple method to lose weight.*

*I used to think that I should eat lighter and less food. My dinner plate used to contain only half a serving of food, and even though I always controlled my water intake, I just couldn't slim down.*

*But now that I've learned the method for calculating calories, even eating out isn't a problem!*


*After participating in the OMNIFIT program, my acid reflux and stomach pain did not happen anymore!*

*I was delighted to see that my high cholesterol level has decreased! I also have a good level of good cholesterol (HDL)! It was a pleasant surprise! Despite not being obese or eating a lot, I already had high cholesterol when I was in my 20s.*

*As a result of slimming and conditioning, my body weight has dropped by 6 kg, my body fat has decreased to 26.5%, and my visceral fat has decreased to just 3!*

*I encourage everyone to join the OMNIFIT program! I urge you to join, regardless of whether you are fat or not, young or old. You are responsible for your own health as long as you care about it and want to lose fat!*





无需极端节食、动手术；  
健康有效的减脂增肌，  
让你我一样的素人都能够拥有  
窈窕轻盈的身段

*You don't need extreme dieting  
or surgery;  
OMNIFIT is a healthy and effective  
program that helps you lose-fat and  
gain-muscles easily and effectively,  
best for everyone like you and me.*

”



# OMNIFIT VITALITY LIFESTYLE

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