

Wellous NEWSLETTER ®

JAN-MAR 2024

Wellness Wonders

Fasting: Healthy Way to Lose Weight?

Healthy Funhub

3-Month Weight Management Journey

Food & Nutrition

The Skinny Secret: Portion Control

Vinegar: The Secret to Weight Loss?

Product Spotlight

Getting Back in Shape

AFTER FESTIVE BINGE

English Version
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Reward Your Wellness Journey



Earn points & vouchers



Wellfam-only health tips & life hacks



Track order, see product reviews, & make order



Interact with a community of health-inspired people



First access to exclusive events & promotions

Start Treating Yourself to These Benefits!



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A portrait of Andy Tan, a man with short dark hair and glasses, wearing a black suit jacket over a white shirt. He is standing with his hands in his pockets, looking directly at the camera. The background is a solid green color.

Andy Tan

Co-Founder and CEO of
Wellous Group Limited

A Message from the CEO

Resilience in Action

Against the backdrop of a challenging external environment, we remain cautiously optimistic, as the resilience and adaptability of our people, combined with strategic initiatives, endow us with the fortitude to steer through challenges. Operationally, we are in the progress of streamlining processes and embracing innovative solutions to enhance efficiency and agility and reduce costs. As we stand on the threshold of a new year, we are targeting double-digit percentage top-line growth. One of our primary goals for 2024 is to further expand our footprint and strengthen our market presence in key international regions. The core contributions that define our success, including our regional expansion plan, will continue to be a driving force in achieving sales growth. By identifying untapped markets, we aim to create sustainable partnerships and make a pivotal step in our global journey.

As there was a notable consumer behavior shift in the context of global economic transformation, marked by a growing focus on digital interaction and the evolution of online shopping experiences, we are poised for greater accomplishments by recognizing and understanding the unique needs of each community we serve. A remarkable milestone in this journey has been the successful introduction of our membership program. This initiative was designed to not only meet but exceed the expectations of our diverse membership base. Through this program, we've been able to tailor our services to provide a more meaningful and inclusive experience. Our membership programme has increased customer retention and recorded an improvement of the retention rate by 29% as of December 31, 2023. We wish to further foster a sense of belonging, offer personalized benefits, and create a community where every member feels valued and engaged.

As a testament to our solid sales performance, our efforts have not gone unnoticed in the industry. These remarkable accomplishments have been recognized through various accolades, with our most recent achievement being The Highest Sales Value of Tiger Milk Mushroom Beverage In A Year by The Malaysia Book of Records. This recognition not only reflects our market leadership, but also underscores the trust and preference our consumers place in our brand. Securing this title is a testament to the hard work, innovation, and customer-centric approach that define our organization.

As we celebrate this milestone, I am delighted to extend my heartfelt gratitude to our dedicated team, supportive partners, and loyal customers who have contributed to this remarkable success. This achievement motivates us to continue setting new standards of excellence in the industry and reinforces our commitment to delivering quality products that make a positive impact on the lives of our consumers.



HIGHEST SALES VALUE OF TIGER MILK MUSHROOM BEVERAGE IN A YEAR



In 2024, we will continue to focus on sustained growth, innovation, and responsible corporate citizenship. We are committed to cultivating a society that values diversity and aligns with our core values, of which the Environmental, Social, and Governance (ESG) considerations are integral to our corporate ethos. We are intensifying our efforts to minimize our environmental impact and implement sustainable business practices, exemplified by our recent initiative to transition our product packaging materials to FSC (Forest Stewardship Council) certified sources and utilize soy ink in paper packaging.

This move reflects our dedication to environmental responsibility, promoting the use of responsibly sourced materials that contribute to the conservation of forests. By incorporating FSC-certified materials and soy ink, we work towards reducing our ecological footprint while maintaining high-quality standards in our packaging.

Our devotion to ESG principles is not just a responsibility but an opportunity to create a positive and lasting impact to our community. By empowering our communities through education, food and non-food item supplies, and job creation, we believe in fostering a more equitable and inclusive society and contributing meaningfully to the communities we operate in. Our team is actively forging sustainability partnerships as part of our community's building efforts, with a primary focus on supporting underserved groups such as those in old folks' homes, underprivileged communities, and refugees. Through these partnerships, we hope to address the unique needs of each group and channel our resources for those who need them most.

To reinforce our commitment to transparency, integrity, and accountability within our organization, we have launched a comprehensive whistleblower policy and platform, a crucial addition to our corporate governance framework recently. At Wellous, we recognize the paramount importance of creating a safe environment where our people are empowered to speak up without fear of reprisal. By implementing this whistleblower policy, we aim to further strengthen the trust and confidence our stakeholders place in us, as their vigilance is invaluable in maintaining the integrity of our organization.

As we embark on this exciting journey into 2024, I would like to express my gratitude for all our employees, partners, and stakeholders. Together, we will overcome challenges, embrace opportunities, and continue to build an organization that not only excels in business but also makes a positive impact on the world.

I wish everyone a prosperous and purposeful year ahead!



Getting Back in Shape

after Festive Binge

Ah, the festive season - a time of joy, merriment, and, let's face it, indulgence galore! We've all been there, reveling in the holiday feasts, decadent desserts, and maybe just a tad too much kuih kapit and 'Loh Sang'. But now that the confetti has settled and the party hats are stored away, it's time to face the music (and maybe a little extra jiggle around the waistline). Fear not, fellow festive feasters! With a dash of determination and a sprinkle of savvy strategies, we'll have you back in tip-top shape in no time.



By **Prof. Chai Lay Ching**
Wellous Food & Microbiology Advisor

Festive Overindulgence

Understanding the Aftermath

Let's start by unpacking the aftermath of our holiday hullabaloo. It's not just about the extra pounds on the scale. Indulging in rich foods, fatty meals, sugary treats, and maybe one too many servings of soda and mandarin oranges can wreak havoc on our bodies in more ways than one. Let's delve into the impact of our festive escapades on our bodies beyond just the number on the scale.

It's no secret that indulging in festive delights can lead to some unwelcome guests on the scale. But weight gain isn't just about fitting into your favorite jeans; it can have far-reaching consequences on your health. Packing on those extra pounds can increase your risk of chronic conditions like heart disease, diabetes, and even certain cancers. And let's not forget the toll it can take on our joints, energy levels, and self-esteem.



The aftermath of a festive binge can wreak havoc on your blood sugar and cholesterol levels, sending them on a rollercoaster ride that can leave you feeling sluggish and drained. For those with diabetes, this can be especially concerning, as unstable blood sugar levels can lead to a host of complications if left unchecked. And let's not forget about our immune system warriors and the wise elders among us, who need extra care to keep their health in tip-top shape.

So, while those Chinese New Year cookies may have seemed harmless at the time, it's essential to be mindful of the bigger picture and take proactive steps to get back on track.



Getting Real about Weight Loss

Now that we've faced the music (and maybe danced off a few calories), it's time to set some goals. But before you dive headfirst into the deep end of the weight loss pool, let's talk strategy. Instead of fixating solely on shedding pounds, why not shift your focus to body composition? After all, it's not just about how much you weigh, but what that weight is made of. Muscle, my friends, is your secret weapon in the battle of the bulge.

Fat and muscle may weigh the same, but they have vastly different effects on our appearance, health, and metabolism. Let's delve deeper into why prioritizing muscle over fat is key to achieving long-term weight management and overall health:

Volume and Appearance

One of the most significant differences between fat and muscle is their density. While a pound of fat and a pound of muscle weigh the same, muscle is much denser than fat. This means that a pound of muscle occupies less space than a pound of fat.

In other words, muscle is more compact, giving you a leaner and more toned appearance compared to fat. So, even if you weigh the same, having more muscle and less fat will make you look slimmer and more defined.



Metabolic Benefits

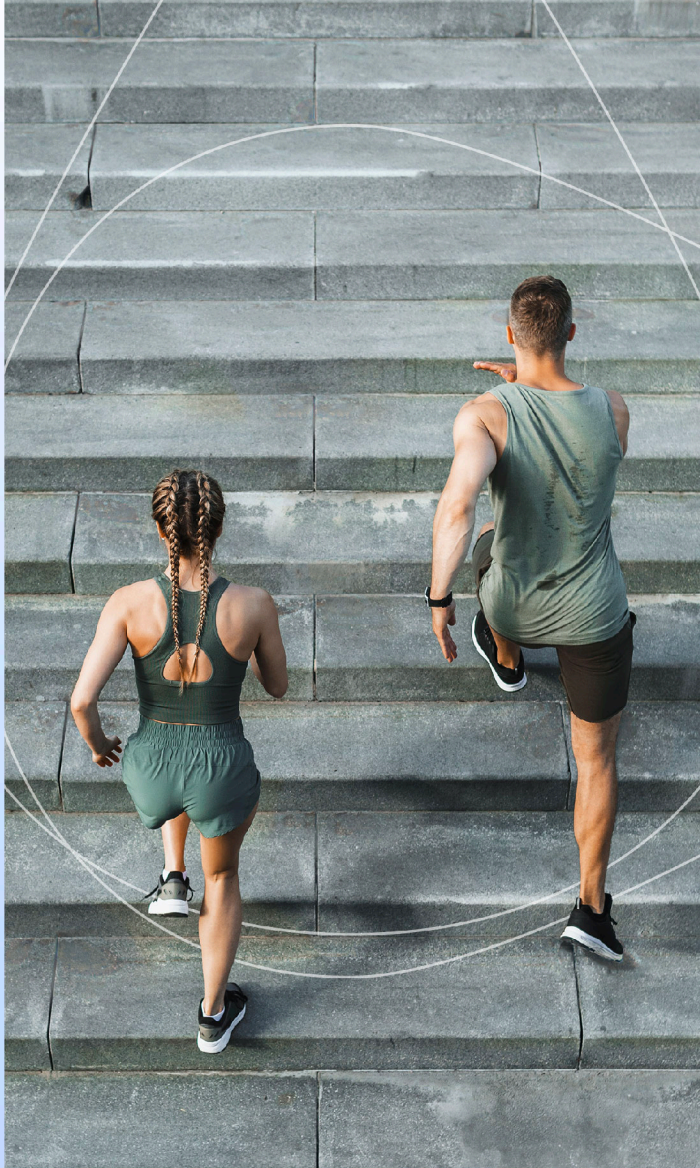
Muscle is metabolically active tissue, meaning it burns calories even at rest. On the other hand, fat tissue is relatively inactive metabolically. This means that the more muscles you have, the more calories your body will burn throughout the day, even when you're not exercising.

Building and maintaining lean muscle mass can boost your metabolism, making it easier to manage your weight and prevent weight regain over time.

Functional Strength and Mobility

Beyond aesthetics and metabolism, having adequate muscle mass is essential for functional strength and mobility. Strong muscles support good posture, joint health, and overall movement patterns.

Whether it's lifting groceries, climbing stairs, or participating in physical activities, having strong muscles improves your ability to perform daily tasks with ease and reduces the risk of injury.



Long-Term Weight Management

Having more muscle mass can help you maintain your shape and weight more effectively in the long run.

Muscle requires more energy to maintain than fat, so by increasing your muscle mass, you create a more efficient calorie-burning machine.





Fit Forward

Tips for Getting Back on Track

Now that we've laid the groundwork, let's roll up our sleeves and get down to business. Here are some tried-and-true tips to help you bounce back from the festive fling and reclaim your pre-holiday glow:

01 Reset Your Diet

Bid adieu to the buffet of holiday excess and say hello to balanced meals packed with lean protein, fiber-rich veggies, and healthy fats. Keep portions in check, pay attention to macronutrient distribution, and swap out sugary snacks for smarter alternatives.



02 Practice Mindful Eating

It's easy to get swept away in a tidal wave of holiday treats, but mindful eating is your lifeline to staying healthy (and preventing post-binge guilt). Slow down, savor each bite, and listen to your body's hunger cues. Before you reach for that second slice of pie, ask yourself: Are you truly hungry or just feeding your emotions?

03 Exercise, Exercise, Exercise

Dust off those sneakers, pump up the jams, and get moving! Exercise isn't just about torching calories (though it certainly helps), it's also a surefire way to boost your mood, rev up your metabolism, and sculpt those muscles into lean, mean, holiday-fighting machines.



04 Catch Some Z's

Last but certainly not least, don't skimp on sleep! Your body needs adequate rest to repair, recharge, and keep those pesky cravings at bay.

Aim for 7-9 hours of sleep each night and wake up feeling refreshed, rejuvenated, and ready to tackle whatever the day throws your way.



05 Setting S.M.A.R.T. Goals

Aim for goals that are Specific, Measurable, Achievable, Relevant, and Time-bound. That means setting realistic targets for building muscle, torching fat, and feeling fabulous in your own skin.

SPECIFIC

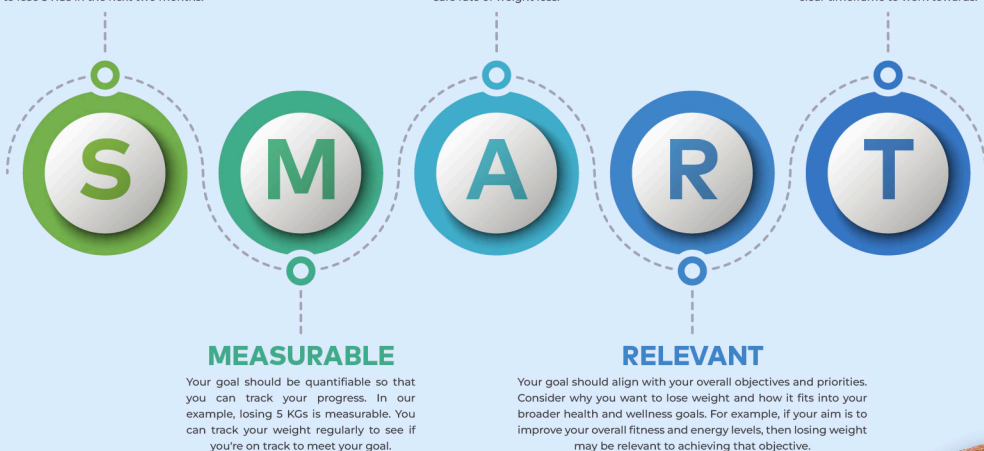
When setting a weight loss goal, be specific about what you want to achieve. Instead of saying, "I want to lose weight," specify how much weight you want to lose and over what period. For example, "I want to lose 5 KGs in the next two months."

ACHIEVABLE

Make sure your goal is realistic and attainable. Losing 5 KGs in two months is generally achievable and healthy, as it averages out to about 0.5-1 KG per week, which is considered a safe rate of weight loss.

TIME-BOUND

Set a deadline for achieving your goal to create a sense of urgency and motivation. In our example, aiming to lose 5 KGs in two months provides a clear timeframe to work towards.

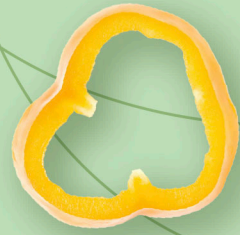


Putting it all together, S.M.A.R.T. weight loss goals could be: "I will lose 5 KGs in the next two months by following a balanced diet, exercising regularly, and practicing mindful eating habits."

Remember, while setting goals is important, it's also essential to be flexible and adjust your approach as needed based on your progress and how your body responds. And always prioritize overall health and well-being over reaching a specific number on the scale.

So there you have it, folks! With a little bit of determination, a sprinkle of savvy, and a whole lot of holiday spirit, you'll be back in shape and slaying the next festive season in no time. Cheers to a healthier, happier you!





Fasting Healthy Way to Lose Weight?



What is Fasting?

Fasting has emerged as a popular method for weight loss, with various approaches and practices gaining attention. It is defined as abstinence from all or some foods or drinks for a set period of time. Among different approaches, intermittent fasting (IF) is currently one of the world's most popular weight loss trends. It is an eating plan that switches between fasting and eating on a regular schedule. It gains a lot of attention because it claims to be no calorie counting, no food restrictions, simple and flexible. The most common types of IF methods include the 16:8 method (16 hours fasting, 8 hours eating window) and the 5:2 method (eating normally for 5 days, fasting for 2 non-consecutive days).

Besides the voluntary weight loss approach, a few religions worldwide practice the fasting ritual. Ramadan is observed by Muslims worldwide as fasting from dawn until dusk daily for 29 to 30 days. Due to Malaysia's location near the Equator, annual Ramadan in Malaysia is between 12 to 14 hours daily.



Is Ramadan the same as Intermittent Fasting?

Ramadan is considered a type of intermittent fasting as well, it shares the most similarities with the 16:8 IF method. Apart from the purpose, duration and flexibility, the only main difference is that water consumption is not allowed during the Ramadan while IF usually allows it in the protocol.





How Does Fasting Contribute to Weight Loss?

The most straightforward and main reason fasting contributes to weight loss is by creating a caloric deficit. By limiting the window of time for eating, fasting naturally reduces the number of meals and opportunity to consume food. For many people, this leads to a significantly lower overall caloric intake, resulting in weight loss.

Another mechanism is the transition of body from a fed to fasted state. In the normal fed state, glycogen is the body's main source of energy. During a fast, these glycogen stores are utilized first to produce energy. The liver glycogen is depleted in the first 18 to 24 hours. Later in the fasting state, once glycogen stores are depleted, fat becomes the next source of energy for the body.



This indicates that short-term fasting promotes fat burning and metabolism. For Ramadan as the fast only extends from dawn until dusk, there is ample opportunity to replenish energy stores at pre-dawn and dusk meals. This provides a gradual transition from using glucose to fat as the main source of energy, and prevents the breakdown of muscle for protein.



Gaining Weight Instead of Losing It After Ramadan?

Contrary to popular belief, fasting alone does not guarantee weight loss, and some individuals may even gain weight after Ramadan. Observers of Ramadan lose on average about a kilogram of weight over 4 weeks, and the lost weight is quickly regained.

The most common reason is overeating during iftar. After a day of fasting, it's common for people to compensate by eating in large, calorie-rich meals during iftar (the breaking of the fast), which can lead to excess calorie intake. Generally, people tend to over purchase especially at bazaars. These foods are usually higher in sugar and fat, lack of fiber. Iftar gathering for a big feast is also one of the main causes.



Fatigue and changes in daily routines during fasting may result in decreased physical activity levels, which can be another reason. Besides, although fasting promotes fat burning, unfortunately, this is a short-term solution. Prolonged fasting periods can lead to metabolic adaptations, potentially slowing down the metabolism, the rate at which the body can burn calories.



What Are Some Tips for Healthy Weight Management During Ramadan?

The beneficial effects of fasting will only be achieved with the practice of discipline in food intake that be maintained throughout whole of the month.



(dawn meal)

Never skip *sahur*

Sahur should encompass a balanced meal that provides satiety and long lasting energy throughout the day. Take it as late as possible, ensuring it is consumed before the Fajr prayer begins, ideally within ten minutes before Fajr time, to avoid unnecessary prolonged fasting.



Do not delay *iftar*

Eat 2-3 dates as mini *iftar* to break the fast as they provide natural sugars for energy as well as source of fibre. Main meal is encouraged after Maghrib prayers.

3



Include fruits and vegetables at both *sahur* and *iftar*

Aim for 5 servings of fruit and vegetables per day.

4



Limit fried or fatty foods and sugar-laden foods

5



Drink sufficient fluids

Drink adequately between *iftar* and *sahur* meals, minimize intake of caffeinated drinks (coffee, tea, soda) as they are diuretic that may lead to dehydration.





Practice the quarter-quarter-half healthy plate concept for main meals

Include complex carbohydrates, high fibre foods, adequate protein and healthy fats in diet for *sahur* and *iftar*.



In conclusion, no matter whether it is IF or Ramadan, both the quantity and quality of food choice during the eating window matter. Additionally, fasting may not be suitable for everyone, especially individuals with certain health conditions. Ramadan, can be a valuable practice for spiritual reflection and self-discipline, but it's essential to approach it mindfully, especially concerning weight management. Remember, sustainable weight management involves lifestyle changes and a holistic approach beyond fasting alone.





THE SKINNY SECRET



PORTION CONTROL

MALAYSIAN HEALTHY PLATE

What Should Your Plate Look Like?

Portion control is the key to weight loss. The Malaysian Healthy Plate can be used as a reference. It emphasizes the appropriate portion size of the different food groups to consume during meal time through the concept of “*Suku Suku Separuh*”. It is an easy-to-understand visual guide for creating balance and healthy meals for general population.

Plain Water

Aim for **8 glasses** of plain water to keep hydration.



Fill $\frac{1}{4}$

of plate with **protein**. Choose lean protein more frequent than red meat.

Fill $\frac{1}{4}$

of plate with **carbohydrate**. Choose at least half of the grains products from whole grains.



Fill $\frac{1}{2}$

of plate with **fruits and vegetables**. Eat at least 3 servings of vegetables and 2 servings of fruits daily with different colors.

#QuarterQuarterHalf

1 Serving of
Protein
1 Palm Size

Fruits and Vegetables
2 handfuls

1 Serving of
Carbohydrate
1 Fist Size

VINEGAR

THE SECRET TO WEIGHT LOSS?



In the quest for effective weight loss strategies, many people turn to diets, exercise regimens, and supplements. Among these, a simple kitchen staple, vinegar, has gained attention for its potential weight loss benefits. While the most common vinegar for weight loss is often touted as apple cider vinegar, there exists a less well-known but precious variant – **KUROZU**.

WHAT IS KUROZU?

KUROZU means 'black vinegar', a name derived from the dark tint of the liquid. Kurozu has been produced in the Fukuyama region of Kagoshima prefecture for 200 years. Fukuyama region is suitable for brewing vinegar because of its warm climate and ready supply of spring water. The spring water from Fukuyama is renowned for its properties & benefits to the body and is an integral part of the process of making black vinegar.

What Makes **KUROZU** Special?

Commercial Vinegar



Typically made from a variety of sources like apples, grapes, or grains

May undergo a faster industrial fermentation process

Nutrient content can vary

KUROZU, Black Vinegar

Primarily made from fermented brown rice

Often undergoes a slow traditional fermentation process, allowing for the development of complex flavors

Often contains additional nutrients and bioactive compounds due to the fermentation process
(amino acids, polyphenols, and antioxidants)



Discover the 4 Lean Wonders of KUROZU

KUROZU, with its acetic acid content, may positively impact metabolic function by aiding in the efficient breakdown of fats and carbohydrates. Here's how KUROZU works:

Enhances metabolism and boosts nutrient absorption.

STEP
01

Facilitates better utilization of nutrients by cells and aids in detoxification.

STEP
03

STEP
02

Speedily transports nutrients to cells throughout the body.

STEP
04

Strengthens metabolism of sugars, starches, and fats in the body.

A clinical studies involving 48 Japanese overweight adult subjects shown that after 12 weeks of supplementation with KUROZU, there's a significant reduction in visceral fat and total fat.

Visceral fat

-11.4%

Total fat

-4.5%

With **Kuro黒酢** Black Vinegar

and Scientifically Proven World-Class Ingredients



ZENS  TM
to healthy weight management



KURO DAITTO

Lite meal

Contains Kurozu Black Vinegar, patented ingredients Slimaluma® Cactus Extract, and 7 natural ingredients: Baobab fruit powder, Fiber creamer, Isolate soy protein, Whey protein isolated, MCT oil powder, Konjac powder and 18 vitamins and minerals

Benefits

Suppresses appetite,
reduces calorie-intake

KURO MIZU

Diuretic formula

Contains Kurozu Black Vinegar, branded ingredients CactiNea™ Cactus Fruit Extract and 4 natural ingredients: Juniper berries extract, Meadowsweet extract, Ginger root extract and Japanese red plum

Removes excess sodium and water,
improves swelling of face and limbs

Benefits



KURO OIRU

Fat block formula

Contains Kurozu Black Vinegar, branded ingredients Morosil™ Red Orange Extract and patented IGOB131® African Mango Extract, and 5 natural ingredients: Garcinia Extract, L-Carnitine, Chitosan, Purple Tea Extract and Shekwasha juice powder

Promotes fat burn and metabolism,
inhibits fat synthesis & absorption

Benefits

KURO SHUGA

Carb block formula

Contains Kurozu Black Vinegar, branded ingredients CQR-300® Cissus Quadrangularis Extract and 6 natural ingredients: White kidney bean, Green tea extract, Okinawa less yam, L-Arabinose, Chromium chloride and Gymnema Sylvestre Extract

Benefits

Inhibits digestion and
absorption of sugar



ZENSO helps you lose weight scientifically through:

Reducing Ingestion • Reducing Absorption • Reducing Accumulation • Enhancing Metabolism

MATCHA MAGIC

MAXIMIZING WEIGHT MANAGEMENT
WITH NATURE'S SUPERFOOD



Steeped in Japanese tradition and revered for its vibrant color and distinct flavor, matcha has transcended borders to become a beloved beverage worldwide. In addition to its delightful flavor, matcha offers a wealth of benefits for overall health, including its potential to aid in weight management. Let's explore how integrating matcha into your diet can contribute to effective weight management:



BOOSTS METABOLISM

Some studies suggest that the catechins in matcha may increase thermogenesis, which is the body's rate of burning calories. This can lead to a higher metabolic rate, potentially aiding in weight loss over time.



PROMOTES FAT-BURNING

Research indicates that consuming matcha may enhance fat oxidation during both rest and exercise. This means that the body may use more fat as a fuel source, potentially leading to greater fat loss over time.

PROVIDES SATIETY

Matcha is high in dietary fiber, which can help promote feelings of fullness and satiety. This can lead to reduced calorie intake and support weight management efforts by preventing overeating.



CALORIE CONTROL

Matcha itself is low in calories, especially when consumed without added sweeteners or high-calorie additives. It can be a flavorful alternative to sugary beverages and snacks, allowing for calorie control while still satisfying cravings.



DAITTO NIKO NEKO MATCHA



Introducing our newest variety of Kuro Daitto, now enriched with the finest matcha sourced from Niko Neko, a renowned company celebrated for its premium quality matcha products. Crafted as a nutrient-rich meal replacement, Kuro Daitto offers a delicious and convenient option for those on a weight management journey.

With just 122 kcal calories per serving and a rich source of protein and dietary fiber, Kuro Daitto (Matcha) is the ideal choice to keep you feeling satisfied and energized throughout the day. Experience the perfect blend of Niko Neko's exceptional matcha and Kuro Daitto's nutritional excellence in every sip, elevating your wellness journey to new heights.

NEW YEAR, NEW ME!

3-MONTH WEIGHT MANAGEMENT JOURNEY

Aiming for a “New Year, New Me” in 2024? Embark on a transformative three-month journey towards a healthier and happier you. Let’s break down the next three months, each dedicated to a specific focus: diet, activity, and workout challenges. Are you ready? Let’s begin!

Month #1

Diet Focus

Kickstart your first month by focusing on your eating habits. Make conscious choices towards healthier choices, incorporating more fruits, vegetables and whole grains. Try new recipes and discover a world of delicious and nutritious meals. This is to set the foundation for a nourished and revitalized self!

DAY 1

Set Your Goal

Write your aim, target, current weight and body measurements in "New Year New Me" Journal.

DAY 2

Kitchen Makeover

Eliminate unhealthy and processed foods in your fridge for a fresh start!

DAY 3

Market Day

Exploring fresh markets is not only for meal preparation, but also as a calorie-burning exercise!

DAY 4

Home-Cooked Meals

Prepare and bring your own meal to work for better nutrition control.

DAY 5

Stay Hydrated

Aim to drink at least 8 glasses of water throughout the day.

DAY 6

Choose Whole Fruit

Pick whole fruit instead of fruit juice to get more fiber and whole nutrients.

DAY 7

Portion Control

Reduce your normal meal sizes to manage calorie intake.

DAY 8

Whole Grain

Switch your regular rice, pasta or bread to the whole grain options.

DAY 9

Limit Added Sugars

Reduce the intake of added sugars found in sweets, soft drinks, and processed foods.

DAY 10

Change to Healthy Snacks

Replace unhealthy snacks with better options like fruits & vegetables.

DAY 11

Herbal Tea

Replace one of your daily coffees or soft drinks with refreshing herbal tea.

DAY 12

Beyond Low Fat

Avoid low-fat products with added sugars such as low-fat sweetened cereals or low-fat flavored yogurt.

DAY 13

Reduce Salt Intake

Opt for meals with reduced salt, whether cooking at home or ordering out.

DAY 14

Low GI Rice

Choosing low Glycemic Index (GI) rice like Basmati or brown rice may help to control blood sugar levels.

DAY 15

Mindful Eating

Take your own time to savor your food and listen to your body's hunger cues.

DAY 16

Try New Recipe

Experiment with a healthy recipe that you've never tried before.

DAY 17

Don't Skip Breakfast

Eating a nutrient-packed breakfast can reduce weight gain risk and boost energy!

DAY 18

Rainbow Food Day

Maximize the intake of various vitamins and minerals through rainbow color foods.

DAY 19

Try New Vegetable

Pick vegetables that you've never had before and try a new recipe with it.

DAY 20

Spice Up Your Meals

Use herbs and spices instead of salt or high-calorie sauces to flavor your foods.

DAY 21

Fish Day

Include fatty fish like salmon or sardines in your meals to aid in fat loss.

DAY 22

Oil Free Diet

Choose healthy cooking methods like grilling, baking, or air-frying instead of deep-frying.

DAY 23

Protein Power

Include lean protein like chicken breast and Greek yogurt in every meal to help with satiety and muscle maintenance.

DAY 24

No Sugar Challenge

Avoid adding sugar to foods and drinks for the day.

DAY 25

Colorful Salads

Create a salad with at least 3 different colored vegetables.

DAY 26

No Snacking

Challenge yourself to not have any snacks between meals.

DAY 27

Healthy Cinema Night

Cherish film time with loved ones featuring nutritious snacks like air-popped popcorn and fresh fruit juice.

DAY 28

Healthy Potluck

Organize a healthy nutritious potluck meal with friends or family.

DAY 29

Pre-Celebration

The challenge has almost ended. Let's have some celebration by rewarding yourself with a "Cheat Day".

DAY 30

Food Diary Analysis

Review your food diary and adjust if needed.

Month #2

Keep Your Body Active

NOW that your diet is in check, let's amp up your vitality by making physical activity a priority. Infusing your daily routine with movement, like easy workout or stretching. The goal is to keep your body active and enhance your overall wellbeing. Remember, a small step can lead to big changes!

DAY 1

Plan Ahead

Plan your route and activities for the week with structured stages that help your weight management journey.

DAY 2

Mindful Meditation

Practice 10 minutes of mindful meditation to boost mental well-being.

DAY 3

Active Commute

Walk, take public transport and take stairs when going somewhere today.

DAY 4

Evening Walk

Enjoy a 30-minute walk after working to unwind and boost metabolism.

DAY 5

Exploring Neighborhood

Enjoy a brisk walk through your neighborhood streets, taking in the fresh air and scenery as you move.

DAY 6

Get Up from Desk

Get up and walk for a few minutes every hour to keep active and reduce sedentary time.

DAY 7

Cleaning Workout

Clean your whole house area energetically and vigorously.

DAY 8

Rest and Stretch

Take it easy with some simple stretching at home.

DAY 9

Sunrise Serenity

Wake up early for a jog or brisk walk and practice deep breathing to start a calm day.

DAY 10

Stair Challenge

Skip the elevator and climb the stairs for extra exercise.

DAY 11

Yoga Session

Participating in a gentle yoga session focusing on mobility and flexibility.

DAY 12

Long Distance Walk

Go for an extended walk, aiming for a longer distance than usual.

DAY 13

Bike Park Exploration

Rent a bike and enjoy the ride in your favorite park.

DAY 14

Light Activity Day

Keep it easy with a casual stroll.

DAY 15

Stay Healthy & Socialize

Join any exercise activities in your community such as Zumba dance or tai-chi to keep your body and mind healthy.

DAY 16

Gardening

Gardening can help boost your mood and reduce stress. The best part is it can help burn calories.



DAY 17

Outdoor Yoga

Practice yoga in a local park or your house backyard to connect with nature.

DAY 18

Try New Sport

Pick one new physical activity like swimming, badminton or futsal & enjoy the game.



DAY 19

Laugh More

Laughing burns calories! Enjoy your favorite sitcom or spend time with someone who makes you laugh.



DAY 20

Nature Photography Hike

Set out on a scenic hike to capture nature's beauty through your lens, combining exploration with active fun.



DAY 21

Rest with Mindfulness

Focus on relaxation and stretching.

DAY 22

Pool Day

Start a refreshing day with pool exercises such as swimming or water aerobics.



DAY 23

Restorative Yoga

Reduce stress and curb unhealthy food cravings through restorative yoga.



DAY 24

Evening Jog

Wrap up your workday with a jog at the nearest park for stress relief and calorie-burning.



DAY 25

Window Shop

Stroll through your favorite shopping area, combining leisure with light exercise.



DAY 26

Eco-Warrior Day

Participate in a community clean-up activity. Stay physically active while beautifying your local area.



DAY 27

Active Social Outings

Gather friends for outdoor activities like paintball or adventure parks, mixing fun with steps towards a healthier life.

DAY 28

Reflective Walk

Go for a walk at your favorite park and engage in a self-reflection moment.



DAY 29

Self-Care Day

Take time for self-care activities that promote well-being such as meditation and aromatherapy sessions.

DAY 30

Celebrate Achievements

Reflect on your progress, celebrate your achievements, and plan your future health and fitness goals.



Month #3 Workout Challenge

In the third month, it's time to kick it up a notch with a dedicated workout challenge. Push your physical limits and discover new levels of strength and endurance. Mixing cardio, strength training, and flexibility exercises is the key to breaking through the bottleneck period in your weight loss journey and elevating your overall fitness.

DAY 1

Cardio Introduction

Start a 20-minute brisk walking or slow jog to activate the cardiovascular system for effective calorie-burning.

DAY 2

Core Strengthening

Sustain a plank for one minute to improve body balance, posture and metabolism.

DAY 3

Gentle Yoga

A recovery session that allows your muscles to heal and strengthen.

DAY 4

Lower Body Strength

Start your morning fresh and healthy with 3 sets of strength exercise like squats or lunges.

DAY 5

Upper Body Strength

30 minutes of workout like biceps curls or push-ups can burn roughly about 90-180 calories.

DAY 6

Active Recovery

Enjoy a 30-minute walk or any fun activities that burn about 100-200 calories and aid muscle rest.

DAY 7

Rest Day

Focus on hydration, nutrition and muscle relaxation.

DAY 8

Interval Cardio

Upgrade your cardio routine with 25 minutes of walking or jogging with interval sprints.

DAY 9

Full Body Circuit

Create a simple full body circuit that combines upper, lower body, and core strength.

DAY 10

Pilates Class

Try a beginner Pilates session to engage in a gentle yet effective workout that's great for core strength.

DAY 11

Cardio Kickboxing

Join a kickboxing class with high intensity moves to improve coordination and burn calories.

DAY 12

Jumping Day

Challenge yourself with a 30-minute skipping rope workout that burns up to 300 calories.

DAY 13

Try New Fitness App

Download a fitness app and try a workout you've never done before.

DAY 14

Rest Day

Do some light stretching or meditation that helps with muscle recovery.

DAY 15

HIIT Session

Upgrade your workout level by doing a 20-minute high-intensity interval training.

DAY 16

Weight Training

Focus on compound movements like deadlifts and bench presses to build and strengthen muscles.



DAY 17

Flexibility and Recovery

Stretch and relieve muscle tension with foam roller to speed up muscle recovery for the next intensive workout.

DAY 18

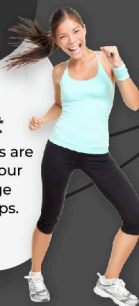
Online Dance Challenge

Try learning trendy dance steps from social media and record yourself while enjoying the challenge.

DAY 19

Cardio Blast

Zumba or Pound classes are fun ways to increase your heart rate and engage multiple muscle groups.



DAY 20

Home Workout

Complete a workout session at home using online resources.



DAY 21

Rest Day

Reflect on your workout progress and prepare for the final push.

DAY 22

Long Cardio Session

Challenge yourself to do longer cardio exercise, about 45 minutes of jogging or bike ride.



DAY 23

Virtual Workout Buddy

Partnered up with a friend in an online workout session for mutual motivation and connection.

DAY 24

New Core Workout

Try new core workout like Russian Twist instead of repeating the same routine.



DAY 25

Ultimate Challenge Workout

Combine your favorite exercises of the month and increase the workout duration.



DAY 26

Recovery Swimming

Go for a low-impact swim that is beneficial for muscle recovery.

DAY 27

Strength and Stability

Use stability balls or bands for resistance training.



DAY 28

Bodyweight Circuit

Combine advanced push-ups, squats and core exercises in one workout session.



DAY 29

Rest Day

Reflect on your progress and list down your next set of goals.

DAY 30

Celebrate Yourself!

Commend your 90-day weight management journey by hosting a healthy lunch celebration with loved ones.



Congratulations on completing the 3-month "New Year, New Me!" journey! The foundation for a healthier lifestyle you've set and the positive changes you've made are worth acknowledging. Celebrate your progress and keep the momentum going by continuing what you've learned. Embrace health and happiness in 2024 and beyond. Cheers to the best version of you!

NEWS & EVENTS

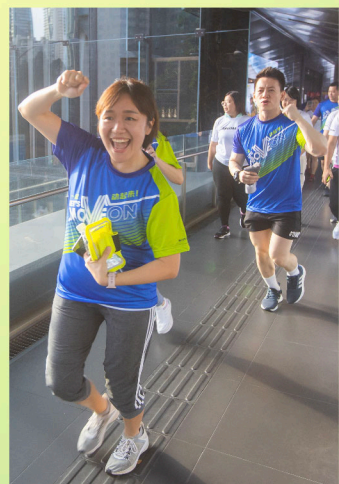
10²⁰²³
DEC

Jingle Jog MOVEON x Salomon Christmas Road Run at Lalaport

Celebrating health, fitness, and community spirit, MOVEON, the pioneer in joint-restoring beverages, joined forces with Salomon Malaysia to host the “MOVEON x Salomon Christmas Road Run” at Lalaport Bukit Bintang City Center.

Sponsored by MOVEON and Allswell, the 5-kilometer event attracted enthusiastic runners who donned festive Christmas headbands and embraced the joyful holiday spirit. The fun continued after the run with exciting Christmas gift exchanges and a lucky draw session, in which 20 surprise gift bags were given away to the lucky winners.

We extend a heartfelt thanks to all the runners who joined us, your enthusiasm and festive energy created unforgettable memories. Stay tuned for more future road run adventures!



11
DEC 2023

Chill & Relax ZENSO Buddies Gathering in Singapore



The ZENSO Buddies Event gathered all loyal customers at Nico Café in Singapore on December 11th, serving as a platform for enthusiastic users to share and celebrate their weight management journeys.

The gathering offered a warm, inviting space for users to connect, exchange experiences, and deepen their understanding of ZENSO's philosophies. With the Christmas season near, attendees enjoyed a collaborative wreath-making activity for a festive touch.

We enriched the experience further by inviting our nutritionist to share product information and healthy eating tips. Through the sharing sessions, users gained valuable insights on how to make ZENSO part of their lives in achieving their desired goals.

The event's highlight was the true stories shared by the users about their inspiring transformations with ZENSO. The gathering concluded with a heartwarming group photo, capturing the shared success that defined the event.





We are excited to share that one of our standout products from the Tigrox series – Tiger Milk King, has achieved a significant milestone, earning the title of “The Highest Sales Value of Tiger Milk Mushroom Beverage in a Year” by the esteemed Malaysia Book of Records. This noteworthy achievement was also joyfully celebrated with our valued Brand Partner, Jack Lim.

The award-winning Tiger Milk King is formulated with Malaysia's tiger milk mushroom, widely known for its respiratory system benefits. With an exceptionally high rate of repeat customers, we are delighted to have received such immense love from you.

At Wellous, we prioritize offering premium products that contribute to our customers' well-being. In the future, we commit to continued hard work, relentless innovation, and dedication to enhancing product quality.



26²⁰²⁴
JAN 4

Milestone Achievement Tiger Milk King Earns Malaysia Book of Records Recognition



28²⁰²⁴
JAN

<All In>

Special Screening Giveaway by Tigrox & Jack Lim

To express our heartfelt gratitude and unwavering support for our valued customers, Tigrox hosted an exclusive early screening of the movie "All In," featuring our esteemed Brand Partner, Jack Lim. This special gathering provided a fantastic opportunity to connect with our cherished community.

This memorable event unfolded at GSC Mid Valley, where exciting surprises awaited our guests. The presence of the film's cast graced the occasion, as they interacted with the audience, creating a truly unforgettable experience.

Beyond showcasing our products, this event aimed to inspire more people to discover our offerings and, at the same time, rally support for outstanding local film productions.

Thank you for being part of this special occasion. We thrive on opportunities to connect with our fantastic community!



29
JAN 2024



Dragon's Prosperity Wellous Rings in the Lunar New Year with CNY Exclusives



AS the lively Chinese New Year spirit swept across the nation, Wellous joined the festivities with a series of exciting surprises for all. In conjunction with the 2024 Olympic Games, we introduced “唯乐 GOLD GOLD 力” (Embrace the Power of GOLD), a slogan that captures the essence of championship, glory, and strength. The term "Gold" symbolizes happiness, wealth, popularity, and good health – blessings that Wellous extended to everyone for a year infused with gold power.

On January 29th, we released the uplifting Chinese New Year song in the name of the slogan, brimming with an energetic melody and a music video featuring 50 vibrant Wellfams celebrating together. In the spirit of giving, we visited local charities, sharing love by offering essential supplies and creating a celebratory atmosphere. This deepened the meaning of our song and brought joy to those in need.

To further embrace the gold power, we also launched a limited Golden Fortune Box to bring prosperity and good fortune. It is filled with beautifully crafted red envelopes, coasters, fortune bags, decorative hangings, couplets, and stickers – each meticulously chosen to adorn your home and convey Wellous' heartfelt wishes for a prosperous year.





Wellous made waves with a star-studded fan meet-and-greet event celebrating the success of MOVEON, an innovative joint-restoring beverage. With Malaysian badminton Olympics silver medalist, Goh Liu Ying alongside with International Artist, Hugo Ng adding glamour to the occasion, the event showcased not just the product but also the brand's commitment to excellence and holistic well-being.

MOVEON is crafted with top notch nutrients and backed by rigorous research, stands as testament to Wellous' dedication to delivering premium health solutions. This event reinforces the brand's transparency and trustworthiness, building confidence among dealers and customers alike. MOVEON is not just a normal beverage, it is a symbol of Wellous' mission to empower individuals in their journey towards healthier, more active lives.

02 FEB 2024

Star-Studded Moment Exclusive MOVEON Meet & Greet with Hugo Ng and Goh Liu Ying



7-9
FEB 2024

"Balik Kampung" with Tigrox Spreading Joy at R&R Stops During CNY Eves

In conjunction with Lunar New Year, we are thrilled to share some exciting updates from Tigrox as we journey through the first quarter of 2024 together!

Our "Balik Kampung with Tigrox" campaign was a resounding success, spreading cheer and promoting wellness across Malaysia. Held from February 7th to 9th, the campaign saw Tigrox representatives engaging with diverse audiences at various R&R locations, including Temerloh Eastbound, Restoran Jejantas Ayer Keroh Southbound, and Rawang. Over 300 individuals had the opportunity to learn about our products' benefits and receive free samples and gifts, such as felt bags and Mini Tiger Milk King samples.

Looking ahead, we have an abundance of exciting developments lined up for our beloved Wellous community. Stay connected with us on our official Facebook page, Wellous Malaysia, for the latest updates and announcements. From upcoming campaigns to contests and product launches, there is plenty to look forward to in the months ahead.

Thank you for being a part of our journey towards a healthier Malaysia!



07
FEB 2024

Congratulations to All ZENSO Lose 2 Win 2.0 Winners!



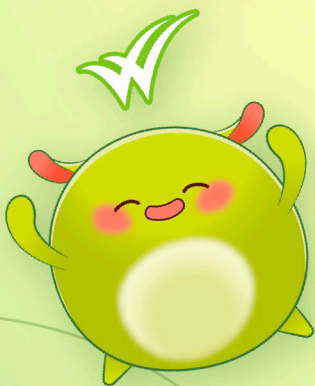
With over 300 participants joining in, the competition was fierce, but more than 40 individuals emerged victorious, successfully shedding at least 5KG of body weight and 2% body fat. What is more, this time, the consolation prize extended to participants from Singapore and Hong Kong, making the campaign even more inclusive.

In a unique twist, Wellous introduced gender-based categories for the top 3 winners, adding an extra layer of excitement to the challenge. Additionally, we are also excited to announce the top 30 winners of the ZENSO Lose 2 Win 2.0 challenge, who have also been awarded cash prizes of RM300 and sports vouchers worth RM300. Congratulations to all these outstanding achievers!

We extend our heartfelt gratitude to everyone who participated and supported the ZENSO Lose 2 Win 2.0 challenge. Your dedication and perseverance have truly paid off.

Keep an eye on our official Facebook page, Wellous Malaysia, for upcoming campaigns and contests. Thank you for being a part of the Wellous community!

Gender	Placement	Weight Loss (KG)	Body Fat Loss (%)
Female	CHAMPION	- 13.25 KG	- 7.9% Body Fat
	FIRST RUNNER UP	- 14.2 KG	- 4.8% Body Fat
	SECOND RUNNER UP	- 11.1 KG	- 6.8% Body Fat
Male	CHAMPION	- 10.9 KG	- 5% Body Fat
	FIRST RUNNER UP	- 11.25 KG	- 4.7% Body Fat
	SECOND RUNNER UP	- 12.5 KG	- 3.4% Body Fat





In celebration of International Women's Day, Femoire, the women's care series by Wellous, proudly organized a special event at I DO PILATES Studio, dedicated to nurturing the goddess within every woman, with a primary focus on Pilates as the core activity.

This unique retreat featured a rejuvenating pilates session led by a renowned instructor, insightful DIY workshop, wellness sharing and the opportunity to connect with fellow enthusiasts and esteemed influencers. With a focus on connecting like-minded individuals, Femoire aimed to inspire women on the importance of self-love and maintaining healthy mental well-being. The event also fostered sisterhood and self-appreciation among all participants.

Stay tuned for more exciting events from Femoire, where we continue to celebrate and uplift the phenomenal essence of womanhood.



13²⁰²⁴
MAR

Celebrating Women's Day with a Pilates-Inspired Self Love Retreat





2024
JAN-MAR