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# Herbalife Asia Pacific Health Poll Reveals "Lack of Time" as Top Obstacle in Consumers' Quest Towards Healthy, Active Life

## Fourth Herbalife Asia-Pacific Wellness Tour Seeks to Deepen Practical Understanding of the Importance of Adopting Positive Nutrition Habits and Active Lifestyles to Enhance Overall Health

HONG KONG, CHINA -- (Marketwired) -- 10/08/15 -- [Herbalife](#), a global nutrition company, today released the findings from a new survey conducted across the Asia Pacific region revealing that, while the majority of people in Asia Pacific believe that better nutrition choices and active lifestyles can improve their overall well-being, the lack of time for exercise remains the biggest obstacle in their quest for a healthy, active life.

Conducted in September 2015 in the lead-up to the Herbalife Asia-Pacific Wellness Tour, the survey polled 1,200 respondents across six countries - Australia, Indonesia, Malaysia, Philippines, South Korea and Thailand - on their perceptions of their health and current lifestyle.

According to the survey, *three in five respondents (64 percent) in the region revealed that they are highly concerned about the risk of potential diseases caused by an unhealthy lifestyle.* However, nine in 10 people in Asia Pacific believe that by making better nutrition choices (88 percent) and exercising more regularly (91 percent), their overall wellbeing can be improved in the long run. This suggests that the majority of people in Asia Pacific have a good understanding of the positive impact of simple dietary and lifestyle modifications.

*However, the survey also revealed that a strong understanding of the positive impact of living a healthy, active life does not automatically translate into practical adoption.* A significant number of respondents cited a "lack of time" as a key obstacle in their quest towards a healthier, more active lifestyle, with 62 percent highlighting the lack of time for exercise, and 40 percent blaming a lack of time to make proper nutritional choices.

While the lack of time topped the list of concerns among the people in Asia Pacific, 43 percent shared that they are willing to spend between 10 to 30 minutes a day to make simple lifestyle modifications to enhance their well-being, while an additional 29 percent shared that they are willing to spend between 30 to 60 minutes to achieve this. *In addition, 79 percent of respondents highlighted the need for better knowledge and understanding on the practical steps to take, in order to help them on the journey towards a healthier, more active life.*

"The findings from the Herbalife survey clearly show that the majority of people in Asia Pacific that we questioned believe in the value of good nutrition and exercise as contributing to their overall well-being. We aim to play a greater role in providing practical tips and information to people to help them understand that the journey to a healthier, more active lifestyle is not difficult to achieve. With as little as 10 minutes a day, consumers can take positive steps to improve their nutrition and be more active, which will improve their overall well-being," said William M. Rahn, senior vice president and managing director, Herbalife Asia Pacific.

Aimed at deepening practical understanding of all aspects of living a healthy, active life, Herbalife has announced the launch of its fourth Asia-Pacific Wellness Tour. This will build upon the success of the previous three tours that welcomed close to 60,000 participants across the region. It will feature five members of the Herbalife Nutrition Advisory Board (NAB) visiting 14 markets and 21 cities across Asia Pacific in the month of October, to share their expert views on how people can make use of the little time they have to make simple lifestyle changes that will enhance their wellbeing.

Herbalife's NAB experts will also share their views on a wide range of health-related topics, including weight management; brain health and aging; heart health; immunology; and skin care at the medical symposia being held in Australia, Cambodia, Hong Kong, India, Indonesia, Japan, Korea, Macau, Malaysia, Philippines, Singapore, Taiwan, Thailand and Vietnam.

"With a strong team of nutrition and scientific experts leading our fourth Asia-Pacific Wellness Tour, we hope to build on the momentum from previous tours to make an even bigger impact on the lives of consumers in the region. Dr David Heber will be leading the Tour with his extensive experience and knowledge in the field of nutrition, with the aim of bringing fresh ideas and perspectives to our members, customers and people in this region, to help them adopt positive nutrition habits and so empower them to make the shift towards healthy, active living in today's time-strapped world," added Rahn.

The Herbalife NAB experts participating in the Tour include:

- **Dr David Heber**, a leading expert in the field of nutrition. Named as one of "The World's Most Influential Scientific Minds" by Thomson Reuters in 2014 and repeatedly included in "The Best Doctors in America".
- **Dr Lou Ignarro**, a specialist in heart health. He received a Nobel Laureate in Physiology or Medicine in 1998 for his discovery of nitric oxide's range of benefits to the human body.
- **Dr Gary Small**, a specialist in brain health and aging. He has authored over 500 scientific works and received numerous awards and honors, including the "Senior Investigator Award" from the American Association for Geriatric Psychiatry.
- **Dr Marion Flechtner-Mors**, a specialist in nutrition and obesity research. She is currently head of the nutrition and obesity research group at Ulm University, Germany.
- **Dr Wang Jae Lee**, a physician and academic specializing in immunology. He has been a professor at Seoul National University College of Medicine since 2003.

Image

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***About Herbalife***

Herbalife is a global nutrition company that sells weight-management, nutrition and personal care products intended to support a healthy lifestyle. Herbalife products are sold in more than 90 countries to and through a network of independent members. The company supports the Herbalife Family Foundation and its Casa Herbalife program to help bring good nutrition to children. To learn more visit [Herbalife.com](http://Herbalife.com).

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