

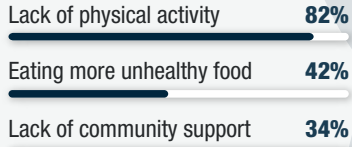
Pandemic Effects on Healthy Active Living

Herbalife Nutrition Asia Pacific Health Inertia Survey 2021

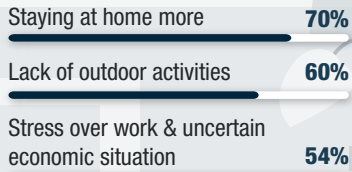
Current State of Health

Over 6 in 10 Malaysian respondents said that their physical and mental health were less than ideal

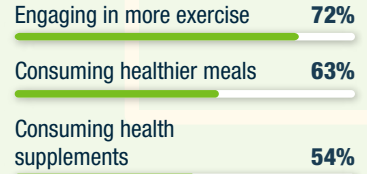
Top Factors for Physical Health Deterioration



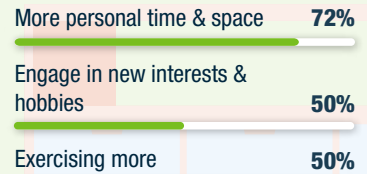
Top Factors for Mental Health Deterioration



Top Factors for Better Physical Health



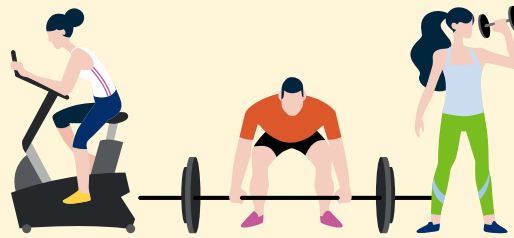
Top Factors for Better Mental Health



Kickstarting Healthy Active Living



Over 1 in 2 Malaysian consumers started eating healthier



2 in 5 Malaysian consumers started exercising more

Technology Tools for Healthy Active Living

1 in 2 Malaysian consumers used technology tools to support their healthy living regimen



Fitness trackers – 52%



Classes on fitness channels on Youtube – 43%



Fitness and workout apps – 22%



Nutrition apps – 22%



Virtual fitness classes – 18%

Around 1 in 3 Malaysian consumers said that social media had a positive influence on mental health

Top reasons include



Inspirational content – 58%



Humorous content – 51%



Motivation from social media influencers – 51%

Data cited in this infographic are from Herbalife Nutrition's Asia Pacific Health Inertia Survey 2021, which polled around 5,500 consumers aged 18 and above in Australia, Hong Kong, Indonesia, Japan, Korea, Malaysia, Philippines, Singapore, Taiwan, Thailand and Vietnam.