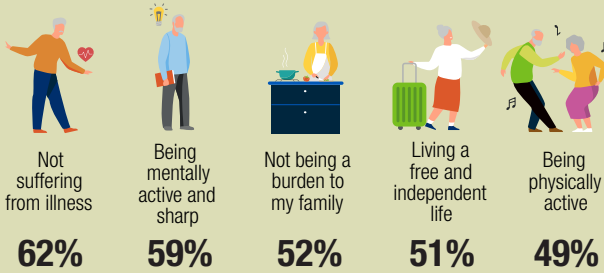


Overcoming the Fear of Aging

Herbalife Nutrition 2020 Asia Pacific Healthy Aging Survey

Definition Of Healthy Aging

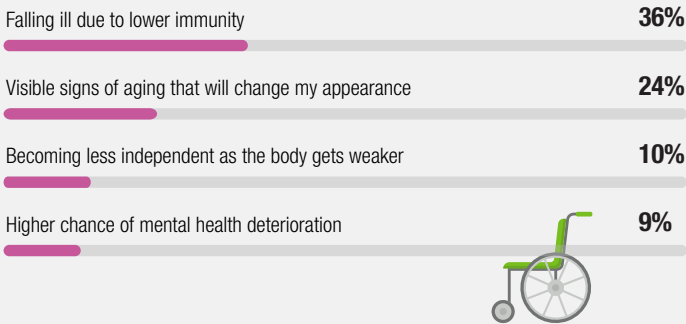


Confidence In Healthy Aging

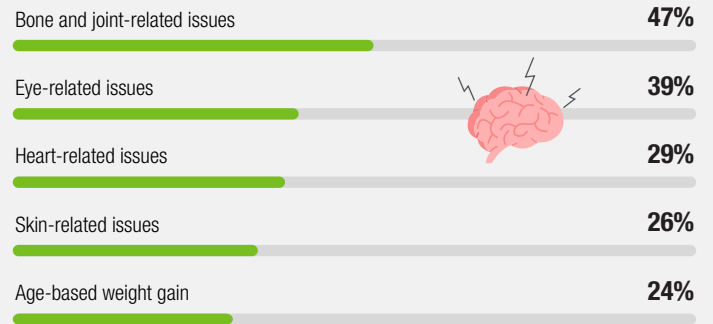
In Malaysia, only 4 in 10 consumers are confident of their ability to age healthily



Top Fears About Aging



Top Aging-Related Health Concerns

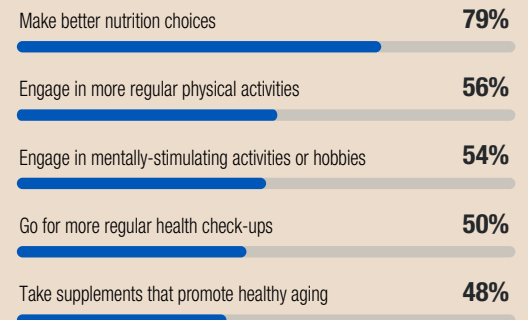


Discussing Healthy Aging

Over six out of 10 of consumers believe that discussions on healthy aging should start between the ages of 30 and 49



Taking Steps Towards Healthy Aging



Statistics cited in this infographic were derived from the Herbalife Nutrition 2020 Asia Pacific Healthy Aging Survey. The survey was conducted in May 2020 with 5,500 respondents from Australia, Hong Kong, Indonesia, Japan, Korea, Malaysia, Philippines, Singapore, Taiwan, Thailand and Vietnam, with an equal split between Generation Z (18 – 23 years), Millennials (24 – 39 years), Generation X (40 – 55 years) and Boomers+ (55 years and above).