

# LEGACY LIFE

传 承 生 活

RETURNLEGACY® | 2020 APR

THE WORLD  
WIDE PANDEMIC  
**COVID-19**

BOOSTING YOUR  
IMMUNE SYSTEM



RETURNLEGACY

**RETURN LEGACY  
EXPERIENCE CENTRE**

APR  
2020

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LEGACY  
LIFE



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RETURN LEGACY  
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returnlegacymalaysia



Return Legacy Malaysia



Return Legacy Malaysia



Return Legacy

# DAWN OF A NEW ERA OF THE MODERN WOMEN

**In the era of advocating gender equality, women have gradually shifted away from traditional cultural shackles that restrict freedom and have rewritten the rules of balancing between career and family.**

As technology continues to evolve, newer and better solutions are abound whether it is a workplace or at home, thus rendering the idea of women having to give up on personal career development, obsolete.

No matter what era you were born in or your age, these are no longer factors that hinder your entrepreneurial development. In the era of e-commerce, anyone and everyone - including women - can create their own business, no longer limited to the 9-to-5 work environment.

There are many women who have entered marriage and childbearing and have seen their employment opportunities greatly affected. Some are forced to invest more time and energy into their families in order to fulfill their duties as a spouse and mother, and therefore not given equal opportunity to pursue their own career development.



CMO OF SINGAPORE  
**DAWN LEE**

The rise of the internet era has created a new wave of women forces in various fields, providing women - especially married - with more employment opportunities and various learning platforms so that they can constantly enrich themselves, keeping themselves up-to-date with market dynamics to remain creative. Female entrepreneurs can use their natural talents for communication in this internet age which emphasizes human interaction. Women undoubtedly have innate advantages to enhance their competitiveness at the workplace.

Since 2019, Return Legacy has actively invested in and developed the e-commerce market, keeping pace with the internet revolution. Singapore-based companies are also keeping up with the pace of the e-commerce era, seizing market opportunities and better coping with fierce market competition.

Return Legacy's new strategy is aimed to enable more people who want to start a business but do not have huge resources and funds, a chance to establish and operate their own business through a highly accessible e-commerce platform, buildin their own customers all within the comfort of their home.

The technological revolution is writing and re-writing the nature of work for men and women. Computers, mobile phones, and the internet enable people to work almost anytime, anywhere. This will undoubtedly help more women start their own businesses and achieve economic independence while balancing family and career, and being a successful woman with a glorious and celebrated career.

# START

**THEIR OWN  
BUSINESSES**

# ACHIEVE

**ECONOMIC  
INDEPENDENCE**

# BALANCING

**FAMILY AND  
CAREER**

# BEING A SUCCESSFUL WOMAN

**WITH A GLORIOUS AND  
CELEBRATED CAREER.**



# EXPERIENCE CENTRE

**The newly launched Return Legacy Experience Centre showcases a perfect combination of modern and intelligent technology to Legacians with a brand new look. The newly upgraded Experience Centre is now more spacious and applies a modern contemporary theme as its design language, creating a stylish sense of space and improving its overall ambience.**

Return Legacy Experience Centre has crafted a high-tech experience facility, setting up skin care and health product active display areas. Legacians may gain comprehensive and in-depth information

and understanding of Return Legacy products as well as master usage and application methods and related knowledge. We hope that through this interactive experience, we can continue to pass on the knowledge of beauty and health to all Legacians.

In the health product display area, we adopted the "Lift & Learn" function. Users only need to pick up the product they are interested in and the relevant product information will be displayed on the screen. The skin care product display area on the other hand uses the "Place & Learn" function. Simply place the product in the designated sensing area and the relevant product information options will be displayed on the screen. Users can choose to view the product information or videos with the touch function on the screen to learn more about the product. With these digital tools and videos, Legacians can further explore and understand the various product functions culture in the Experience Centre.

In addition, the Experience Centre also carries the complete range of skin and health care products, allowing Legacians to sample and experience the effects of the products. The Centre aims to deliver a completely new visual, touch, and taste experience whilst providing the best customer service experience to all who visit.



# BOUND TO SUCCESS



RLEA Principal  
Mr. Alvin



RL Deputy CEO  
Mr. Desmond Hooi

“

**What kind of crisis will the current situation develop into and how do we ride out this crisis to create future opportunities?**

”



The talk was led by Return Legacy's Deputy CEO Mr. Desmond Hooi and RLEA Principal Mr. Alvin, attracting Legacians attending the talk at the Return Legacy headquarter. The talk also conveyed to the attendees that COVID-19 is not only causing global panic, but also adversely impacting the global economy and markets. How do we turn this international crisis into an opportunity? The talk benefitted many of the attending Legacians.



## A Recap of Return Legacy's HQ Activities

# Immunity Boost



**A pandemic was all it took for us to realize that what is important in one's life is not money, fame or fortune, but health. Our body's ability to be resistant against diseases greatly depends on the strength of our immune system.**

This talk was presented by Return Legacy's nutritionist, Ms. Rennie Lau. COVID-19 has become a worldwide topic and this raging pandemic has plunged the world into troubled waters. So why do some people not get infected after coming into contact with a confirmed patient? The key here is the immune system!

During the talk, our nutritionist shared ways to improve one's immunity so that everyone can lay a good foundation for their health.



RL's Nutritionist

**Ms. Rennie Lau**

*"Why do some people not get infected after coming into contact with a confirmed patient? The key here is the immune system!"*



From **13 March 2020** to **30 April 2020**, Return Legacy will temporarily suspend all offline activities and all lectures will be conducted online.

# COVID-19

## THE WORLD WIDE PANDEMIC

A global pandemic, infectious disease COVID-19 has gripped the globe and severely affected 203 countries, area or territories with more than 900,000 confirmed cases reported followed by 47263 deaths as of 2 April 2020. The alarming levels of spread and severity have led to The World Health Organisation (WHO) to declare COVID-19 as a pandemic.

### FIRST DEATH CASUALTY

On 9th January 2020, the first man to die due to respiratory failure from the virus was a 61 years old regular shopper at the wet market failure from the virus was a 61 years old regular shopper at the wet market.

Since then, local hospitals have received a huge number of illness records from customers who visited the wet market. At the same time, numerous cases were continuously reported outside of China, and those infected have visited Wuhan.

**The symptoms for COVID-19 include high fever, cough, breathing difficulties, runny nose, and sore throat.** For some, cases are fatal. Day by day, the virus has widely spread across the world and currently, almost a third of the world's population is under movement restrictions.



## COVID-19 in CHINA

China has more than 82447 cases followed by 3312 deaths as of 2 April 2020. Hospitals in China overflowing with COVID-19 patients, with daily cases peaking for the first few months.

China has mobilised the country's resources to contain the disease. Major steps were taken to tackle the pandemic - a 645,000 square foot hospital that holds up to 1,000 beds was built in Wuhan in just 10 days to accommodate COVID-19 patients, thousands of doctors were deployed, cities were locked down, millions of citizens were instructed to stay at home for weeks to enforce social distancing and experts were sent to the epicentre.

With effective and strict enforcement coupled with the discipline and co-operation of Chinese citizens, China has successfully reduced the outbreak which can be seen from the number of new cases reported. Many cities in China have resumed their activities and are relieved from lock downs.



## COVID-19 in ITALY

As of 2 April 2020, Italy is now at the peak of the outbreak with 110574 cases recorded with the highest fatalities in the world. The COVID-19 was confirmed to have spread to Italy following a visit by two Chinese tourists tested positive for the virus. The virus had spread to all regions of Italy at the beginning of March. The Italian government suspended all flights to and from China and declared a state of emergency, and placed more than 60 million people in quarantine. All commercial activity is also prohibited except for supermarkets and pharmacies. The number of new patients continues to increase in a staggering amount on a daily basis.



## COVID-19 IN US

For the United States, it has the most active cases in the world, noting that the infectious disease has been confirmed in all 50 U.S. states, the District of Columbia, and all inhabited U.S. territories except American Samoa. The first case was recorded on January 20 - a man that returned from Wuhan five days earlier. The US has announced restrictions on foreign nationals who are from or recently been in China, Iran, or certain European countries, declared a public health emergency and advised against any gathering of more than 10 people in an effort to contain the spread. As of 2 April 2020, the country has reached around 215344 cases and 5112 deaths.

**Malaysia is no exception, recording the highest number of Covid-19 cases in Southeast Asia with a total of 3116 recorded cases and 50 deaths on 2 April 2020.**

## COVID-19: ECONOMIC IMPACT ON MALAYSIA

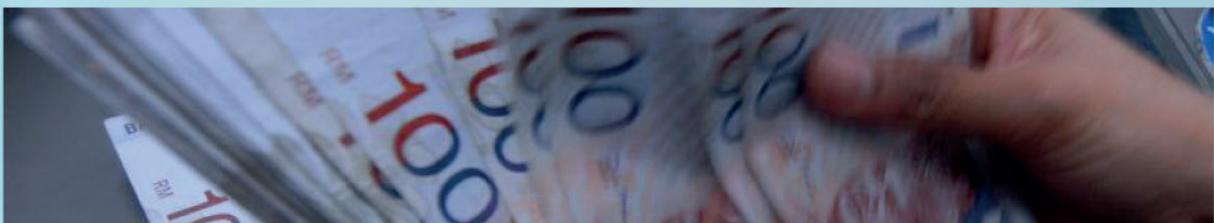
According to a report by Bank Negara Malaysia, it is highly likely that Malaysia's economic growth will be affected in its Q1 2020 as the country is expected to feel the knock-on effect throughout the whole economy, including impact on its major trading partners, which also likely to be affected by the COVID-19 pandemic.



Malaysia's biggest trading partners (Singapore and China) are also dealing with the damage to their economies and industrial productivity. China and Singapore together account for 14.2 % and 13.9 % respectively of Malaysia's trade. Malaysia is dependent on imports (raw material) from China, and the Wuhan virus disrupts the flow of essential products and materials into Malaysia leading to insufficient inventory for Malaysian causing hiccups and disrupting businesses which has been felt since January 2020.

Malaysia's stock market, FBM KLCI dropped below the 1,300 mark for the first time in a decade. Year to date (as of Mid of March), the index has lost more than 300 points, or 30% year-to-date to close at 1,219.72 points.

## COVID-19: RINGGIT REMAINS UNDER PRESSURE



Malaysian ringgit has continuously dropped since early February this year on lingering worries over COVID-19's impact on global markets. The downtrend is expected to remain following tighter enforcement of the Movement Control Order (MCO) putting pressure on the economy which will greatly affect trading businesses that rely on product/material imports.

Coupling with a tumble in crude oil prices, with benchmark Brent crude plunging 60% year-to-date to trade at US\$26 per barrel driving the ringgit to a four-year low of 4.42 to the dollar as of mid of March.

## COVID-19: EFFECTS ON SMALL AND MEDIUM BUSINESSES

All government and private sector premises are required to shut down its operation, with the **exception** of premises involved in the provision of **essential services**; *water, electricity, energy, telecommunications, post, transportation, irrigation, oil, gas, fuel and lubricants, broadcasting, finances, banking, health, pharmacies, fire and rescue, prisons, ports, airports, security, defence, public cleansing, retail and food supply.*



Houses of worship and business premises will be shut **except for businesses that sell daily essentials, such as, supermarkets, public markets, sundry and convenience shops**. Restaurants are allowed to operate except that they won't be able to serve customers (no dine-in) in their shop. for delivery and take-away services only.

With such restrictions in place, small and medium businesses are facing the wrath and begin to control and tighten cash flows, which might lead to a spiralling effect creating a graver situation. The International Labour Organization estimates that almost 25 million jobs could be lost worldwide as a result of COVID-19.

## COVID-19: MEASURES TAKEN BY MALAYSIAN GOVERNMENT TO CONTAIN THE VIRUS

The infections are not showing any signs of slowing down with at least three-digit number of cases reported on a daily basis, Prime Minister Muhyiddin Yassin has announced an **extension of its nationwide movement restrictions from March 31 to April 14**.

The two-week extension includes border closures and shutdowns for non-essential businesses, as the number of new Covid-19 infections "is expected to continue for a while before new cases begin to reduce". District police with Malaysian Armed Forces (ATM) personnel had been instructed to carry out inspections and roadblocks to curb the rising number.

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# GOVERNMENT'S INITIATIVES

(RELIEF MEASURES)



**1**

***Employees Provident Fund withdrawal***

Government is allowing its EPF members below the age of 55 to withdraw up to RM500 each month for a year as a form of relief for citizens during the period of certainty. Starting on April 1, EPF members may apply the relief to be deposited into their bank account.



**BANK NEGARA MALAYSIA**  
CENTRAL BANK OF MALAYSIA

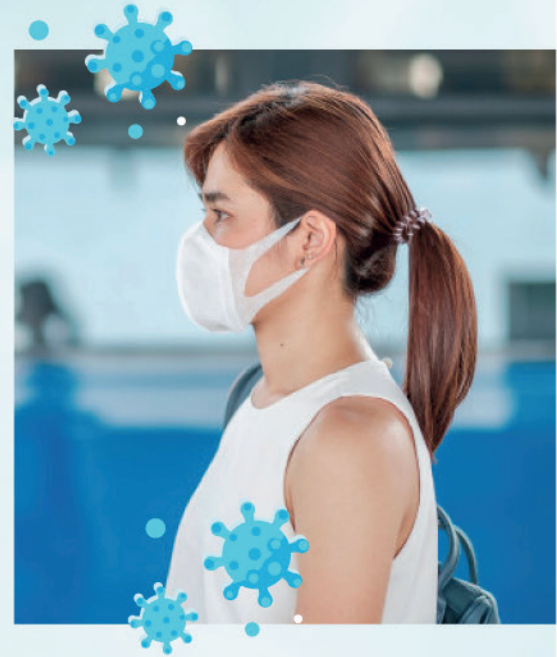
**2**

***Bank Negara grants 6 months grace period for loans to relieve the burden on businesses and households***

Malaysia's central bank has issued a Moratorium for six-month loan repayment on all loan repayments, but loan and interest repayments accrued during the six months will not be waived.

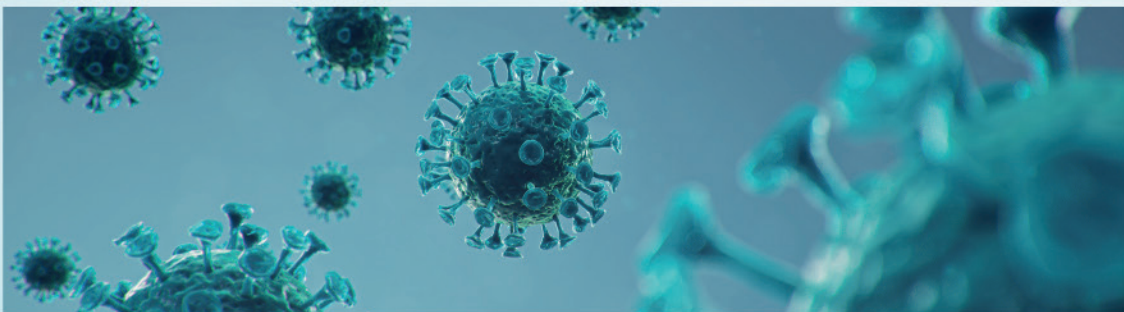
# STAGES & SYMPTOMS OF COVID-19

**COVID-19**, an infectious disease belongs to a family of viruses known as coronaviruses (Coronaviridae), that includes Severe Acute Respiratory Syndrome (SARS) and the Middle East Respiratory Syndrome (MERS), according to the World Health Organisation (WHO). COVID-19 can cause illnesses vary from the common cold to serious disease. Like other coronaviruses, this virus is transferred from animals to people. Previously, the SARS virus was transmitted from civet cats to humans; whereas MERS was a transmission from camels to humans.



## WHAT ARE THE SYMPTOMS?

According to **WHO**, those sickened from the **COVID-19** would face **difficulty breathing, shortness of breath, fever, and cough**. The incubation period (time from exposure to the development of symptoms) of the virus is estimated to be **between 2 to 14 days**.



Most infected patients show symptoms within **five to six days**. But some infected patients can be **asymptomatic**, meaning that they **do not show any signs of symptoms** although they were already infected by the virus. For some severe cases, it can be fatal leading to pneumonia and multiple organ failure.

# INCUBATION STAGE

In this early stage, where the COVID-19 virus is establishing itself, the **time between infection and the appearance of initial symptoms varies between individuals**, but it is five days on average based on records. At this early stage, **you will not be sick and some people may never develop symptoms** and this is what makes COVID-19 dangerous and difficult to contain.



## How does it get inside the cells of your body?

**Virus gets into the body from the air droplet from coughs, and touching your eyes, nose and mouth upon hand contact on contaminated objects.** It is a respiratory virus where it can enter and invade your respiratory system (the system from your nose to your lungs that allows you to breathe in oxygen and breathe out carbon dioxide). Next,

it infects the cells lining in your throats, airways, and lungs and will release large quantities of new viruses that will infect even more cells.

# MILD STAGE

At this stage, **8 out of 10** cases of those sickened from the disease **are mild** where they will most likely experience fever and cough. Other than that, signs like **body aches, sore throat, and a headache** are all possible, but not confirmed.

Mild COVID-19 cases still involve fevers and dry cough. The fever is a result of your immune system responding to the infection. Whereas the dry cough that most patients go through are due to the irritation on cells caused by the virus.

Usually, those with the symptoms are not treated with specialist's care and will be treated with bed rest, plenty of fluids and paracetamol. **There is no vaccine or cure for COVID-19** at the moment, **medical experts are only treating the symptoms**. For some, they manage to recover in about a week but some will develop a severe form of COVID-19. But recent studies also suggest that patients can show more cold-like symptoms such as a **runny nose**.

Body Aches



Runny Nose

## SEVERE STAGE

About **14% of people** at this stage require the **assistance of a ventilator to breathe** (based on data from China). The progressing of the disease is due to the immune system overreacting to the virus. Those chemical signals to the rest of the body causes inflammation and it must be delicately balanced as it can cause collateral damage throughout the body.

According to Dr. Nathalie MacDermott from King's College London, the **virus triggers an imbalance in the immune response** and there was too much inflammation to the lungs leading to what is called pneumonia.

If it goes through the mouth down the windpipe and through the tiny tubes in the lungs, you'd eventually end up in tiny little air sacs. In pneumonia, the tiny sacs start to be filled with water, it can eventually cause shortness of breath and difficulty breathing.

## CRITICAL STAGE

It is estimated that **6% of COVID-19 patients** will become **critically ill** as the patient's body starts to fail, increasing the possibility of death. The immune system becomes weaker and spirals out of control and causes damage all over the body.

When the blood pressure drops to extreme low levels, it is likely to lead to septic shock and organs stop functioning properly or fail completely. Widespread lung inflammations - Acute Respiratory Distress Syndrome (ARDS) causes insufficient oxygen our body needs to survive and also hinders the kidney from cleaning the blood. According to medical experts, this virus sets up a **huge degree of inflammation**, and that if your body fails to overcome it, it leads to **multiple organ failure**.



Treatment by this stage is highly invasive as it can include Extracorporeal Membrane Oxygenation (a heart-lung by-pass machine used in open-heart surgery to pump and oxygenate a patient's blood outside the body, allowing the heart and lungs to rest). And, eventually the damage can reach a level where it is fatal where **organs are no longer able to sustain the body**.

# HOW TO STRENGTHEN IMMUNE SYSTEM

## ● BOOSTING YOUR IMMUNE SYSTEM

Immune system, everyone heard of it, but how well do you understand it? Our immune system is essential for us to survive. Without it, our bodies would be prone to attack from bacteria, viruses, parasites and more.

## ● LIFESTYLE AND IMMUNE SYSTEM

Being your first line of defence to diseases, immune system can be improved through a healthy lifestyle. Having ample exercises, a good amount of rest, eating balanced and healthy meals, having a positive mindset to reduce stress and an overall hygienic lifestyle are the natural methods to boost your immune system.

Well, let's be realistic. In today's hectic society, how many of us can actually afford the time to do just all that?

## ● SYMPTOMS OF A WEAK IMMUNE SYSTEM

If you find yourself often catching a cold or down with the flu, skin infections, digestion issues and feeling tired, it might be some of the signs that your immune system is weak. Another culprit that contributes to a weak immune system is **high levels of stress**. According to America's National Centre of Biotechnology Information (NCBI), stress **decreases the responses of your white blood cells** that helps fight off infection. **The risk of catching a viral infection is increased if your immune responses are low.**

It is normal for adults to sneeze through two or three colds in a year but if you find yourself catching colds frequently, that is also among the signs that show your immune system is struggling to keep up.

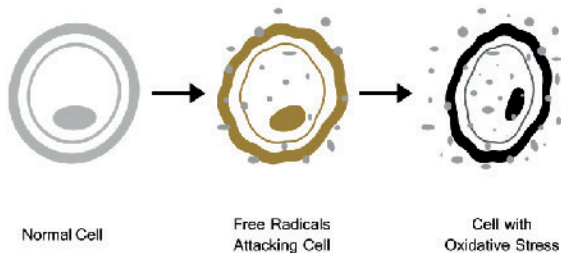
Do take note too, that low immune system can affect the condition of your stomach. If you often have constipation and diarrhoea, that could be a sign that your immune system is compromised.

## ● WHAT ARE FREE RADICALS?

THE BAD GUYS IN OUR BODY!

Now, these “bad guys” are the culprit that **cause oxidative stress** which damages our body cells leading to a **weaker immune system** and a range of diseases which includes but not limited to heart diseases, diabetes and cancer.

### OXIDATIVE STRESS



Free radicals actually serve important functions that are essential to our health. For example, your immune cells need free radicals to fight against infections and help in healing wounds. As a result, your body needs to maintain a certain balance of free radicals and antioxidants.

When **antioxidants are outnumbered by free radicals**, it leads to a state of **oxidative stress**.

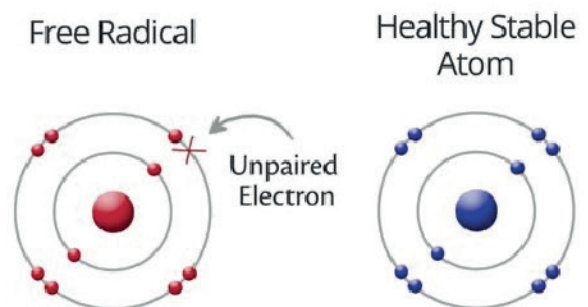
## WHAT ARE ANTIOXIDANTS?

THE GOOD GUYS!

Antioxidants are molecules that **fight free radicals** in your body. Free radicals are compounds that cause harm to our body if their levels become excessive. Free radicals are constantly formed in your body.

To put it simply, antioxidants are the good guys policing our body **preventing free radicals** from wreaking havoc and **causing damages**.

Without antioxidants, free radicals would cause serious harm very quickly, eventually leading to critical illnesses and deaths.



## ● HOW TO STRENGTHEN YOUR IMMUNE SYSTEM?

Experts have pointed out that there are various methods to boost your immune system that may give you an edge in fending off viruses and staying healthy.

Suggested ways to stay healthy are to exercise moderately, get enough sleep, stay on top of stress and also to watch your diet. These are the important keys that you can do to keep your body fit and a better immune system.

But according to British Medical Journal, studies have suggested that apart from exercising, a moderate daily dose of supplements with good choice of formulations will strengthen your immune system.

# STRENGTHEN YOUR IMMUNE SYSTEM WITH THE RIGHT SUPPLEMENT!

Having a good immune system protects us from illnesses around the clock. It is often said that “a good immune system is built, not really much gifted”. True.

Immune system can be strengthened through consumption of supplements which contains ingredients that help increase the amount of **antioxidants** your body needs to **combat free radicals**!



## REOXlife Potent

the best product to consume. With its infusion of the ground-breaking Micro-Mineralised Nutrient Technology (MMNT) from Japan, this product contains high amount of antioxidants **Yes, the GOOD GUYS!** to enhance your immune system! In other words, Potent prepares your body to fight off free radicals (the bad guys), thus maintaining overall health.

### The Defence System Of REOXlife Potent:

- Enhance cellular protection
- Increase levels of anti-oxidant
- Reverse oxidation
- Micro cluster
- Detoxification

REOXlife Potent is packed with a list of beneficial ingredients such as cantaloupe extract, wheat extract and boosted with antioxidants powered by the advanced technology, MMNT.

A long-term consumption of REOXlife Potent leads to a stronger immune system and improved health conditions.

**Extraordinary times require extraordinary measures.  
With the extraordinary functions of REOXLIFE POTENT,  
let's shield yourself with an extraordinary  
immune system!**

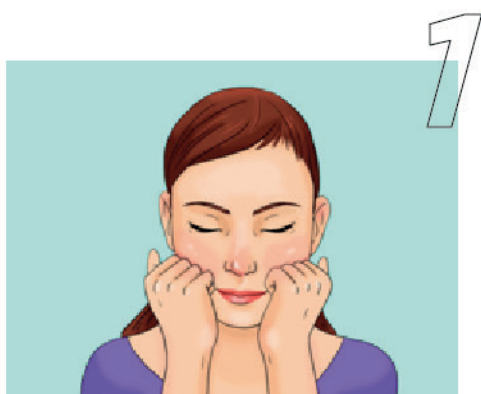
# LOOK 5 YEARS YOUNGER WITH *KORUGI* MASSAGE!

People constantly look for alternatives to stay young. Today we are going to introduce the latest Japanese facial massage trend, named Korugi. It is a facial massage method that can make you look 5 years younger if you do it constantly! Without further ado, let's dive in to learn more!

Also known as the **V-Line Facial Massage Korugi**, it is a Japanese massage technique that changes the form of the face. It raises the cheekbones and to make it look tight and hydrated. It is a form of high pressure massage that is done on facial muscle. Results can be seen from the first time, but optimum results will only start taking place after 5 sessions.

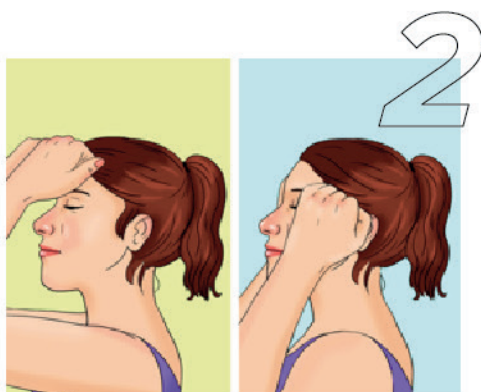
## *KORUGI* MASSAGE STEPS

Korugi massage has 7 steps. Before massage, make sure your hands are clean to avoid bacteria in contact with your precious skin, then apply some facial massage oil to your hands.



### 1 CHEEKS LIFTING

Place your fists against your cheekbones and press gently with the knuckles of your fingers to relax your facial muscle. Hold Stay in this position for 5 seconds. Note : Don't apply too much force on your face, just hold it down firmly.



### 2 FOREHEAD SLIDING

Raise your head and tilt it back. Make a fist and press your forehead along the hairline with both knuckles. Next, continue pressing while slide sliding your knuckles to temples, earlobes, and neck down to the collarbones.



3

## CHEEKS PRESSING

Keep your hands locked together, place the right thumb under the inner corner of the left eye, near the nose, make a slide motion towards the left ear by pressing the skin. Right after that, slide your thumb down the collarbone along the neck. Repeat this action 2-3 times and repeat on the other side.



4

## FOREHEAD PRESSING

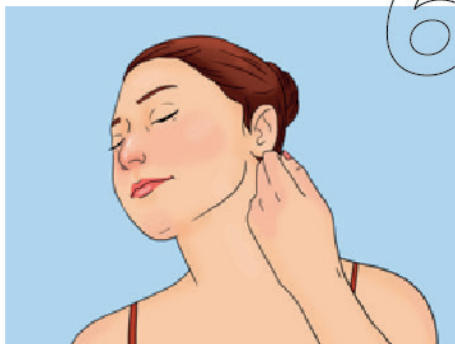
Clench your fist, place the knuckles of your fingers slightly above your eyebrows, and make a rubbing movement towards the hairline. Then, place both hands back to the initial position, make an uplifting movement once again and use this method to smooth the entire forehead.



5

## EYES RUBBING

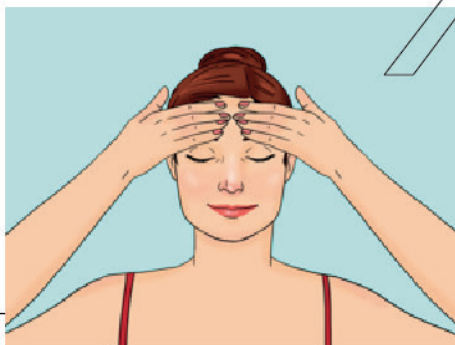
Clench your fist, close your eyes, and slide your hand along the eyebrows with the knuckles of your index finger and middle finger from the inner part of the eyebrows moving outwards. Make sure your eyebrows are in between your knuckles all the time.



6

## LOWER FACE LIFTING

First, form a fist and stretch out your index and middle finger (but still bent at the middle knuckle). Gently pull the skin upward from the chin towards the temple. Start by pressing from place below the corner of the mouth. This action should be repeated 7-8 times. Use an appropriate force when lifting to prevent you from hurting yourself.



7

## FINISHING THE MASSAGE

The Korugi massage was developed by Chiyo Hayashi, a renown Japanese masseuse. This massage helps to improve blood circulation in facial tissues and keep our skin firm.



# KORUGI

## WHO SHOULDN'T DO THIS!

As wonderful as this massage is, however, the Korugi massage is not suitable for those with disorder of lymphatic system, ENT diseases, chronic skin disease or those who have wounds on the face.

# KORUGI

## BENEFITS OF KORUGI MASSAGE

- Improved blood circulation
- Lymphatic detox
- Eliminate puffiness
- Lighten Dark circles
- Tighten skin
- Glowing complexion



## IDEAL AUXILIARY PRODUCTS

### Want to add on to the Korugi massage? Use 2° Redoxy essence!

Differs from other anti-aging products in the market. 2° Redoxy essence is able to provide you the effect of anti-aging and antioxidant, while relaxing the muscles contraction which helps to achieve a better massage result.

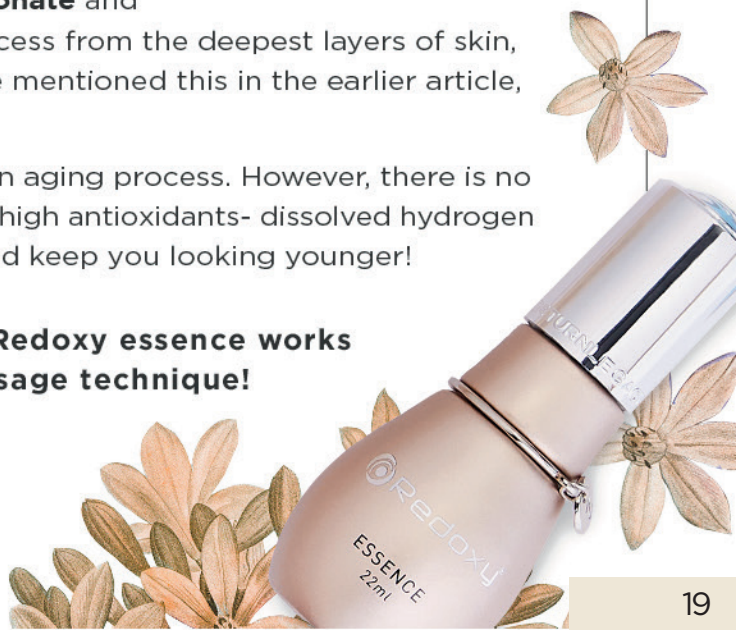
### But, what makes it a powerful anti-aging and antioxidant product?

The function lies in the Micro-Mineralised Nutrient Technology (MMNT) along with other high quality ingredients, such as

- **Acetyl Hexapeptide-8**
- **Sodium Hyaluronate** and
- **Whey Protein** to slow down the aging process from the deepest layers of skin, showing no obvious signs of aging! (Yeah, we mentioned this in the earlier article, but it's so good that we must remind you!)

Free radicals damage cells and accelerate skin aging process. However, there is no need to worry because MMNT which contains high antioxidants- dissolved hydrogen is able to fight against harmful free radical and keep you looking younger!

**The proprietary blend of 2° Redoxy essence works extremely well with this massage technique!**



# TRENDING SPORT: SPINNING



**Spinning, or indoor cycling, is a popular fitness class. Seated on an indoor bike, spinning involves a series of movements in and out of the saddle (bike seat) at various intensities. Participants can select intensity of their workout by applying appropriate resistance to the flywheel of the bike throughout class.**



If you have never heard of it, then it is the time for you to explore this trending indoor sport that has been gaining traction for the past two years. Also known as Flywheel indoor cycling. Spinning is a combination of aerobic exercise and resistance training.

Indoor cycling is an organized activity, a form of group fitness. This training course uses an exercise bike for intense training, focusing on endurance, strength and time intervals.

The indoor cycling bike has evolved from a normal exercise bike to a heavy-weighted flywheel with chain drive and friction resistance to provide a road bike-like simulation experience.



Now, spinning class has become a common term to most and gym studios are offering various course options where some can be as short as 20 minutes. Office workers with non-flexible hours and even mothers with hectic schedules can register for the class to get fit and healthy.





## WONDERED HOW IT ALL STARTED?

Although the sport seems to have only begun to gain its popularity in recent years, little did you know that it has actually been around for more than 20 years already.



Back in 1994, former professional cyclists Johnny G and John Baudhuin founded Mad Dogg Athletics (spinning indoor cycling program and the Spinner bike), that uses a stationary bicycle that everyone sees in the gym into a group sport. "Spinning" is a registered trademark of Mad Dogg Athletics..



Never came across their mind that their cycling-based program would one day become a fitness phenomenon. They successfully turned the boring indoor cycling bike routine that we used to see in the gym into a fun and healthy group fitness program!

They incorporated the actual experience of cycling on the road, taking into account the geometry of road bikes, pedal-free pedals, aerodynamic handlebars, and racing saddles into their bikes, creating the first Johnny G Spinner.

## BENEFITS OF SPINNING

According to the American Athletic Association (ACE), flywheel sports is a great cardiovascular exercise option that consumes maximum energy with minimal impact on hips, knees, and ankles.

### 1. LOW IMPACT FORCE

Among aerobic exercises, indoor biking is a low-impact exercise. Cycling has less impact on joints, knees, and ankles. Compared to running, bicycles have less impact on our joints. So it is a good option for those who suffer from knee pain and orthopedic injuries.

### 2. INCREASE MUSCULAR ENDURANCE

Muscle endurance refers to the ability of the muscles to continue to exert force continuously for a period of time. Bicycle resistance helps to increase leg muscle endurance, from quadriceps, hamstrings, gluteus maximus to calf muscles.

By improving our leg's muscular endurance, the surrounding bones, tendons and ligaments will be strengthened, giving us a better overall strength.

### 3. REDUCE STRESS LEVEL

Scientists have found that regular participation in aerobic exercise has been shown to decrease overall levels of tension, elevate and stabilize mood, improve sleep, and improve self-esteem. Even five minutes of aerobic exercise can stimulate anti-anxiety effects.

Apart from physical exercising, Indoor flywheel (Spinning) further enhances stress relieving with its rhythmic music regime and team sports experience!

### 4. IMPROVE CARDIOVASCULAR HEALTH

According to ACSM's health recommendations, the average adult should actually get at least 150 minutes of moderate-intensity exercise per week. Spinning is a wonderful way to improve cardiovascular health. It's similar to other forms of cardio, such as running, swimming, and elliptical training. It's ideal for people who want a cardio workout without putting too much stress on their joints.

### 5. BURN CALORIES

Spinning is a great way to burn calories. Depending on the difficulty and duration, you can burn an average 400 to 600 calories per session. You'll have to at least perform three to six times per week for a month to see weight loss results.

# INCREASE YOUR SALES CHANNEL NETWORKING & DIGITAL NETWORKING

Having a vast network and connections can open doors and countless opportunities but it's important to remember that no matter how social you are, there are always still ways to improve and increase your network.

With almost half of the world's population today using social media platforms. Opting for social media to engage with your potential audience is a crucial alternative. Social media is proven to be an effective and powerful tool to increase your exposure.



**INCREASE YOUR  
SALES CHANNEL**

**01**

## **SOCIAL SELLING**



In this social media dominant society, you need to step up your presence on social media. Based on a study, 74% of consumers say they rely on social media for information to help them in future purchases. Whereas, 43% of consumers are more likely to purchase a product after learning about it on social media.

For a start, you need to start establishing the right presence on social media. If you are selling health products, start by daily sharing of health related advice and contents (and no, NOT just copy and paste or sharing links, you need to add in your own input into it!). You need to show to your social media network that you are well versed and knowledgeable in what you do, an expert in your industry!

Social media is a platform that allows your contents to potentially reach a large number of audiences for free!

Strategise where to capture your audience as well! It is strongly recommended that you join huge social media “groups” to mingle around and to post your contents or promotions! You will also be able to identify like-minded people and add them into your circle of friends!

Posting your products on social media “groups” helps you to reach an even bigger pool of audiences outside of your existing (and limited) network on social media.

## 02 BUSINESS NETWORKS



The aim of joining Business networks is to inform others about what you do and hopefully turn them into your client base. You can participate and join more business networks to further expand your network, and expose yourself to the market for more quality referrals.

There are numerous business network groups in the market such as BNI (Business Network International). BNI is a business network group that focuses on the development and exchange of quality business referrals among their members.

## 03 BE FOCUSED & PROFESSIONAL



No one will have confidence in someone that sells all sorts of products. For instance, you are selling kitchen appliances today, and tomorrow, you are selling healthcares. Consistency is important to your audience and the image that you portray as it affects your professionalism.

People will put their trust in someone that is firm on what they do. They tend to buy and listen to someone who has expertise in one particular industry compared to someone that “knows a bit of everything” and one that sells everything.

Imagine this, if you are down with sickness, will you seek advice from a medical Doctor from a clinic or a store helper of a convenience store that also sells medicines? The answer is obvious and logical, you would never prefer the store helper of a convenience store.



# SYSTEM REPLICATION

The backbone of the system is our system course. The entire course is split into eight main chapters: **NEO, NET, Product Workshop, Legacy Code, Ruby Legacy, Road to Crown Ambassador (RCA), TTT-1, TTT-2.**

Proactively participate in all of the courses mentioned above. For newly joined distributor, these three courses are compulsory: **NEO, NET and Product Workshop.** Learn passionately, take notes and remember that this lays a solid foundation for the road ahead. **Remember;**



## RLEA TRAINING COURSES:

### NEO (New Entrepreneur Orientation)

Orientation for new join distributors on the most basic and fundamental skill needed to make a success start up at Return Legacy.

### Product Workshop

A one day product workshop aims to provide complete understanding and hand on experience of the products.

### NET (New Entrepreneur Training)

A one day comprehensive training focuses on creating conducive environment for distributors to possess relevant entrepreneurship skills, knowledge, values and attitudes for Return Legacy business.

### Legacy Code

An intermediate 3 days 2 nights course for Legacy Partner (LP) and above to uncover and awaken individual's hidden potentials and abilities.

### Ruby Legacy

An intermediate 2 days 1-night course for Ruby Manager and above to comprehend the true meaning of teamwork with commitment, value and vision.

### RCA (Road to Crown Ambassador)

An integrated course for leaders to inspire, empower and effectively engage the team by focusing on team leadership development and building the team's management fundamentals.

### TTT (Train The Trainer)

A certified program for appointed distributors to master in public speaking with effective presentations, public speaking skills and techniques.

## RLEA TRAINING TOPICS:

- **HOW TO START**

How to start a successful entrepreneurship in 7 simple steps.

- **NETWORKING**

A training on building and expanding network.

- **DIGITAL NETWORKING**

Maximize the utilisation of technology to expand and develop Return Legacy's business.

- **RULES FOR SUCCESSFUL SELLING**

Tips and skills that help distributors to generate sales.

- **STRENGTH OF LEVERAGING**

How to leverage resources and unleash the collaboration of teams to increase engagement, productivity and results.

- **THE FIVE GOLDEN PRINCIPLES**

5 fundamental principles for leaders to strengthen the team.

- **THE POWER OF RLEA SYSTEM**

The fundamental operating procedures for distributors to master the sharing skills.

- **THE LAW OF RECRUITMENT**

Trains Return Legacy distributors to master the skills of recruitment.

- **EFFECTIVE COMMUNICATION**

Training to enhance and develop the effective communication skills.

- **THE POWER OF EVENTS & ACTIVITIES**

To understand the pre-activity, during and post-activity process and procedures to improve team performance.

- **THE NEW ENTREPRENEUR DO'S AND DON'T'S**

Rules and regulations for new distributors to start Return Legacy's business.



# WHAT IS BUY BACK POLICY?

1. The Direct Sales Act, 1993 requires all distributors to produce their Sales Receipts to the Company as evidence that legitimate sales are made to legitimate consumers in order to receive bonus payments.
2. When making a purchase of Return Legacy products, each distributor must confirm to have supplied to or received orders from customers and/or consumed at least 70% of Return Legacy products previously purchased and supplied. In Return Legacy's Compensation Plan, there is no requirement for inventory loading and therefore all distributors should only purchase a reasonable quantity of products to service their customers or for personal consumption.
3. In the event after such an assurance, a distributor may still have some substantial amount of unsold Return Legacy product(s) at hand which were purchased within a 3-month (90 days) period and still in a re-saleable condition, the distributor may return the unsold, re-saleable stocks to the Company for a full credit towards the exchange of another product(s) through the Company's buy-back Policy. No WP shall be given for such buy-back stocks. A Product Exchange & Return Form and purchase receipt (Tax Invoice) must be submitted with the unsold, re-saleable product(s) to the Company as a proof of purchase.
4. If a distributor requests a full refund of money for the unsold, re-saleable product(s), such request shall be deemed an intention to resign from his/her Independent distributorship with the Company. In this case, the Company shall accept the product return through its Buy-Back Policy, and make a full refund at distributor price, less all bonuses and incentives paid to the resigning distributor. The Company shall also deduct all the bonuses paid from all upline sponsors and who received payment of incentives/bonuses on the returned product(s).
5. Re-saleable condition means unused/unopened product(s) with the seal intact, good labels; un-spoilt packaging; and reasonable balance of expiry date which other distributors are still willing to purchase.
6. 10% of distributor/retail customer price will be deducted for administration cost of products returned.
7. Refund for the returned products would be released 1 month after finalizing the return.



# DAZZLING APRIL LEGACY PLAN



2<sup>ND</sup> APRIL 2020 (12PM, MYT) – 30<sup>TH</sup> APRIL 2020 (11.59PM, MYT)

150 SETS 2 x Fresh (99ml) EXP. AUG 2022 FREE 3 x Fresh (50ml) EXP. DEC 2020

**SOLD OUT** RM246.00 (W30) RM260.00 (E30) 30WP

150 SETS 2 x Fresh (99ml) EXP. AUG 2022 FREE 3 x Cleansing Water (50ml) EXP. JAN 2021

**SOLD OUT** RM246.00 (W30) RM260.00 (E30) 30WP

500 SETS 1 x L.U.V EXP. MAY 2022 + 1 x Instant Hydrating Mask (50%off) EXP. JAN 2021

RM202.50 (W30) RM217.50 (E30) 27WP

500 SETS 1 x Gallash EXP. JAN 2020 + 1 x Instant Hydrating Mask (50%off) EXP. JAN 2021

RM169.50 (W30) RM184.50 (E30) 16WP

100 SETS 2 x O'dentee Lemon Salt Refill Pack EXP. MAR 2021 FREE 2 x O'dentee Lemon Salt (50ml) EXP. APR 2022

RM172.00 (W30) RM178.00 (E30) 18WP

100 SETS 2 x O'dentee Mint Refill Pack EXP. MAR 2021 FREE 2 x O'dentee Mint (50ml) EXP. APR 2022

RM172.00 (W30) RM178.00 (E30) 18WP

80 SETS 2 x O'dentee Kids Refill Pack EXP. NOV 2021 FREE 2 x O'dentee Kids (50ml) EXP. AUG 2021

RM172.00 (W30) RM178.00 (E30) 18WP

\*Terms and Conditions Apply. \*For Malaysia distributors only. We are experiencing shortage of delivery (packing) boxes supplies due to MCO, kindly be expected that there will be no delivery boxes for delivery order and product box might have minor dents upon receipt.

\*For further information, please refer to our promotion details. \*While Stocks Last.



1<sup>st</sup> March 2020 @ 12AM(MYT) - 31<sup>st</sup> May 2020 @ 11.59PM(MYT)

**90  
DAYS  
ONLY**

**PWALLET**  
Available For  
**CLASSIC MEMBER**  
Registration

MEETS



**P-WALLET**



**CLASSIC  
MEMBER**

\*Terms & Conditions apply. \*For Malaysia distributors only.



# GREAT NEWS!

LEGACY PLAN

## RANK PROMOTION

Effective 1st March 2020 Onwards

**ALTERNATIVE  
UP-RANKING  
SELECTION**

Scan The QR Code  
To Know More :





# ITALY

## TRAVEL INCENTIVE TRIP 2020

Effective from 1st March 2020 (12:00am, MYT) to 31st December 2020 (11:59pm, MYT).

MILAN



ROME



VENICE



### Qualification :

#### A For rank Classic membership to Crown Ambassador

Criteria	Personal Direct Sponsor and/or Personal Maintain (Accumulate)	Direct Sponsor Group Maintain In Legacy Plan (Accumulate)		No. of Ticket
		Min. Required Group	WP per Group	
1	5,000WP	5	5,000WP	1
2	10,000WP	5	2,000WP	1
3	10,000WP	5	10,000WP	2
4	10,000WP	10	5,000WP	2
5	20,000WP	5	4,000WP	2

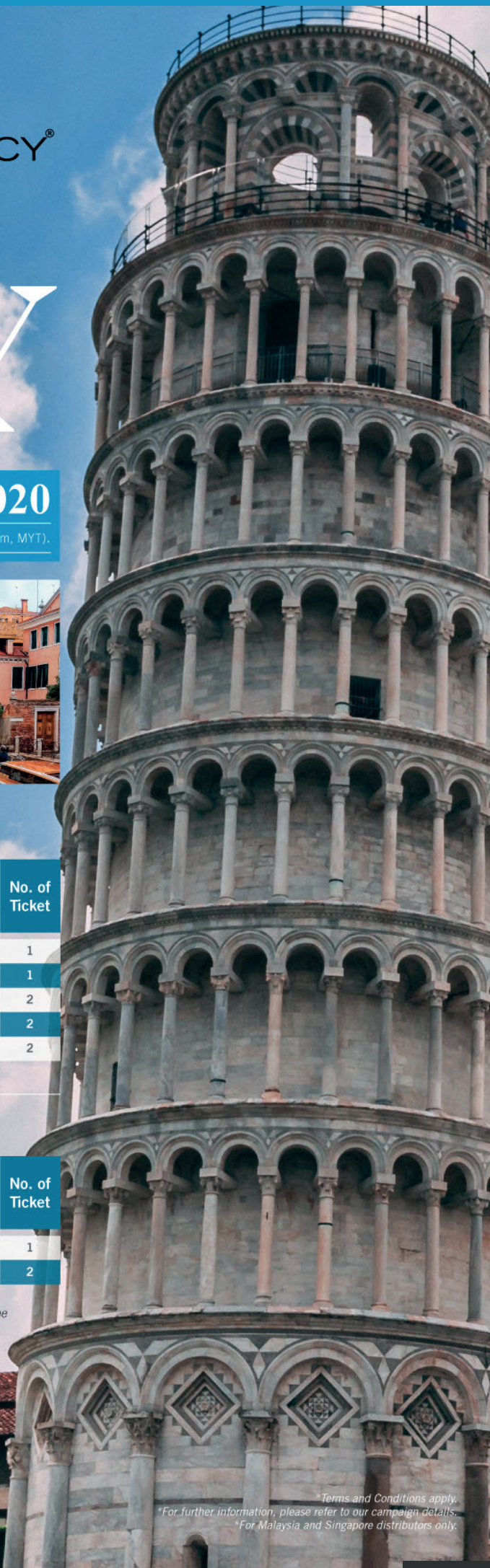
\* Only one (1) criteria to be fulfilled.

#### B For rank Royal Ambassador to Royal Prime

Criteria	Personal Maintain (Accumulate)	**Direct Sponsor Groups' Maintain (In a calendar month)		Required Month	No. of Ticket
		Min. Required Group	WP per Group		
1	1,500WP	3	5,000WP	5	1
2	1,500WP	5	5,000WP	5	2

\* Only one (1) criteria to be fulfilled.

\*\* Direct Sponsor Groups' Maintain sales must be fulfilled in a calendar month of any 5 months during the campaign period.



\*Terms and Conditions apply.  
For further information, please refer to our campaign details.  
\*For Malaysia and Singapore distributors only.



## **RETURN LEGACY SDN BHD**

201401004515 (1080589-X) (AJL932074)

K-3-3, PUSAT PERDAGANGAN KOTA DAMANSARA  
NO 12 JALAN PJU 5/1 KOTA DAMANSARA 47810 PETALING JAYA SELANGOR

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📘 (Malaysia) [www.facebook.com/returnlegacy26](https://www.facebook.com/returnlegacy26)      📺 (Malaysia) [www.t.me/returnlegacymy](https://www.t.me/returnlegacymy)

# LEGACY LIFE

传 承 生 活

RETURNLEGACY® | 2020 APR

全球性流行病：  
新型冠状病毒

COVID-19

提高你的免疫系统

RETURNLEGACY

RL体验中心馆  
全新启幕

APR  
2020

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LEGACY  
LIFE



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新加坡营销总监致词

### 2. 传承亮点

传承国际体验馆  
传承总部活动亮点

### 3. 传承热点

全球性流行病  
关于Covid-19的阶段

### 4. 传承品牌

如何增强免疫系统  
让你年轻五岁的“日式脸部按摩”  
Korugi

### 5. 传承趣味生活

运动潮：室内飞轮

### 6. 充值人生

增加销售渠道的方法

### 7. RLEA 传承商学院

系统复制

### 8. 经销商资讯站

什么是购回政策？

### 9. 传承资讯站

本月促销



RETURN LEGACY  
2 Degree  
REOX life



returnlegacymalaysia



Return Legacy Malaysia



Return Legacy Malaysia



Return Legacy

# 女性的

## 跨时代

崇尚两性平等的时代，女性已渐渐摆脱束缚着自由的传统文化枷锁，打破事业与家庭之间必须进行权衡取舍的成规。

随着科技的进步，可对任何事情提供合适的解决方案，因此在职场与家庭两者之间，牺牲个人的事业发展不再是女性的唯一选项。

无论你出生于哪一个年代，年龄有多大，这些都不再是阻碍你创业发展的因素。在这电子商务盛行的时代，任何人包括女性都可以创出一番属于自己的事业，不再受限于朝九晚五的工作形式。有许多踏入婚姻和生育后的女性，她们的就业机会深受影响。

有一些女性为了履行相夫教子的职责而被迫投入更多时间与精力投入在家庭中，因而无法平等地追求职业机会和实现自身的职业发展。

新加坡销总监  
**DAWN LEE**



女性创业者在这讲求人性化的互联网时代，可发挥善于沟通交际的天赋，无疑占有先天性的优势，为女性带提升职场竞争力。

自2019年，传承国际便积极投入及发展电子商务市场，紧跟互联网革命的脚步。位于新加坡的公司也跟上电子商务时代的步伐，抓住市场机遇，更好地应对激烈的市场竞争。

传承国际全新的战略，让更多想创业但没有庞大资源与资金的人士，可以透过门槛较低的电商平台建立及经营自己的事业，即使足不出户也能建立自己的客户群体。

科技革命已开始改写男性与女性的工作性质。电脑、手机、网际网络使人在任何地点和时间都能工作，这无疑可以助力更多女性创业，实现经济独立，同时又能平衡家庭与事业，当一个事业与家庭双赢的成功女性。

实现经济独立  
平衡家庭事业  
当一个事业与家庭  
双赢成功女性



# RL 体验中心馆 全新启幕

**传承** 国际总行的体验中心馆，以全新的面貌向传承人及经销商展示时尚与智能科技的完美结合。全新升级的体验中心馆，拥有更宽阔的空间，并以摩登简约为主要设计基调，营造出一个时尚的空间感，提升了整体空间的舒适度。

体验中心馆打造了高科技体验设施，分

别设立了护肤及保健品展示区，传承人可在此全面深入地了解传承国际产品信息、掌握使用技巧及相关知识，希望通过这种互动体验，把美丽与健康知识传递给每一位传承人。

在保健品展示区，我们采用了“Lift & Learn”功能，用户只需拿起想查询的产品，产品资讯将立即显示在屏幕上。护肤品展示区则运用了“Place & Learn”功能，用户只需把产品放置在指定的感应区域，产品信息选项将显示在屏幕上。用户可在屏幕上以触摸功能选择查阅产品资讯或视频以了解更多关于产品的资料。有了这一系列高科技体验设施，传承人可以透过体验中心馆提供的数码工具与视频，进一步探索及了解传承国际的产品功能。

此外，馆内也陈列了完整的护肤及保健系列产品，传承人可以现场试用及试食，亲自体验产品带来的立即效果，旨在赋予传承人耳目一新的视觉、触觉及味觉体验，并享受更好的客服体验。



# 势在必成

传承商学院校长  
Mr. Alvin



传承国际副总  
Mr. Desmond Hooi



“  
**到底** 现今的局势会带来多大的危机及该如何善用这个局势来创造未来的优势？  
”

此活动由传承国际副总 Mr. Desmond Hooi 和传承商学院校长 Mr. Alvin 联手主讲，吸引了不少传承人们前往总部出席讲座。活动当中也让传承人们明白到新冠肺炎不仅造成全球恐慌，同时也为全球经济和市场带来莫大的影响。我们该怎么将这场危机化为转机呢？相信传承人们在活动中获益良多。



## 传承国际总部活动 精彩回顾

# Immunity Boost



**一场**疫情，让我们明白人这一生重要的不是金钱，也不是名利地位，而是健康的体魄！我们的身体能否抵御疾病的侵袭，取决于免疫系统的强壮程度。

此讲座由**传承国际**的营养师Ms. Rennie Lau主讲。新冠肺炎已成为全球热门话题，这场难以扑灭的疫情，让全球陷入水深火热之中。那么为什么有些人接触过确诊病人后，却没有受到感染呢？关键就在于“免疫系统”！活动当天，营养师分享了提高自身免疫力的方法，让大家能够为自己打下健康的基础

\*从**3月13日至4月30日**，传承国际将全面暂停所有的线下活动，所有的讲座将会以线上的方式进行。



传承国际营养师

Ms. Rennie Lau

为什么有些人接触过确诊病人后，却没有受到感染呢？关键就在于“免疫系统”！



新型冠状病毒

# COVID-19

## 全球性流行病

截止2020年4月2日，影响全球的新型冠状病毒（COVID-19），已袭击203个国家或地区，累计超过90万宗确诊病例，及高达47,263宗死亡病例。至今，依然有节节攀升之势。这场突如其来的疫情，传播速度及致死率，其严重程度，让世界卫生组织(WHO)宣布列为“大型流行病”（Pandemic）。

### 第1宗死亡感染病例

2020年1月9日，一名61岁，该海鲜市场的男常客，因病毒感染所引发的心脏衰竭呼吸循环衰竭，失去性命。之后，当地医院陆续收到许多该海鲜市场顾客的求诊记录。与此同时，在中国境外也开始出现类似病例，感染者均曾到访过武汉。

这个病毒所引发的症状，包括：高烧不退、咳嗽、呼吸困难、严重伤风 流涕以及喉咙疼痛，其中症状有致命危险。新型冠状病毒，以极快的速度散播至世界各地。如今，全球约3分之1的人口，被要求或被下令遵守受到行动管制措施。

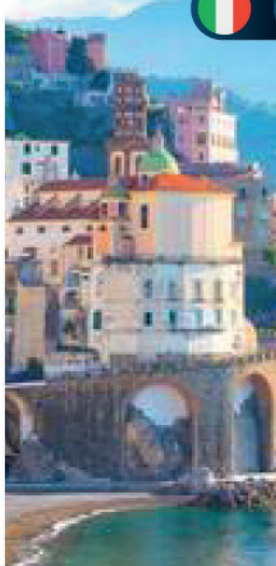


## 中国疫情发展

截至2020年4月2日，中国依旧保持着最高感染纪录，即有高达82,447宗病例，以及3312宗死亡病例。在疫情高峰期期间，中国各地医院都挤满了，被病毒感染病毒的患者，需求远远大于供给。

为了应对这一场突如其来的流行疾病，中国在短时间内迅速调动与分配全国人力和资源，采取了许多重大措施，例如：在短短10天内建立占地64万5千平方英尺，可容纳接近1000名患者床位的火神山医院；除此之外，数千名医护人员，包括有关的专家，也迅速调派到各地疫区，协助当地医院的拯救工作；同时快速封锁城市，指示人民留在家中，实施隔离及保持社交距离。

在中国政府严谨且有效的执法政策，加上中国人民积极合作下，中国近日已成功控制疫情，防止病毒扩散。从最新的报道中可以看到，中国许多城市已渐渐恢复经济活动，并逐一解除封城指令。



## 意大利疫情发展

截至2020年4月2日，意大利依旧处于病毒传播高峰期，共有110,574宗确诊病例，以及13,155宗死亡病例，列全世界最高死亡记录。意大利的第1宗确诊病例是来自两名中国的游客。

自3月初起，该病毒在意大利各地快速，且大幅度散播。对此，意大利政府采取的行动，包括：下令禁止所有往返中国的航班、宣布全国进入紧急状态以及将6000万位人民进行隔离防疫。同时，意大利还禁止任何商业活动（除超市和药局以外）。然而，该国的感染病例依旧逐日升高，丝毫没有减缓的迹象。



## 美国疫情发展

自美国开始出现确诊病例以来，除了美属萨摩亚，全美50个省区、包括哥伦比亚特区及其他美国管辖地区，均有新型冠状病毒感染病例。

美国的第1宗确诊病例是发生在1月20日，源自一名5天前从武汉返回美国的男子。有关消息释出后，美国政府宣布限制旅客所有来自或曾在近期去过中国、伊朗或某些欧洲国家的外国公民入境并发布公共卫生紧急状态及阻止10人以上的任何聚会，以防止病毒通过交叉感染快速传播。

截至2020年4月2日，全美各地已累计约215,344宗确诊病例，以及5,112宗死亡病例。

在这次疫情中，马来西亚并没有成为例外。根据4月2日的最新更新，马来西亚以3,116宗确诊病例以及50宗死亡病例，为全东南亚最高感染病例的国家。

## 新型冠状病毒：对马来西亚的经济影响

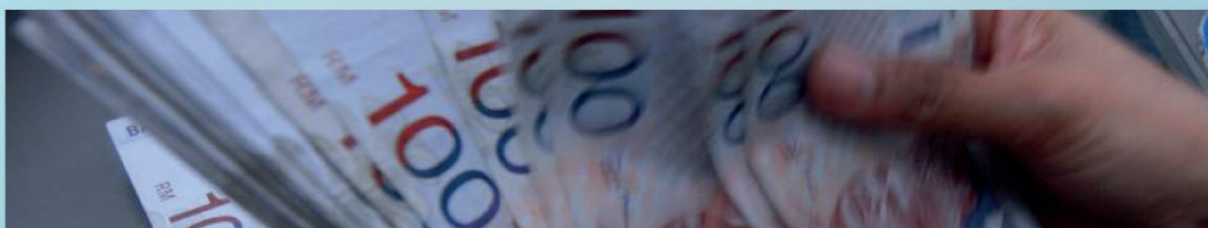
根据马来西亚国家银行报告指出，马来西亚在2020年第1季度的经济发展，会因为新型冠状病毒疫情所引发的连锁反应，而遭受重创。



分别占有马来西亚贸易 14.2 %及 13.9%，作为两大贸易伙伴国的中国和新加坡，也正面对新冠病毒，对于经济和生产业的打击。马来西亚与中国有大量的原料进口贸易。但，自今年1月起，此疫情已对马来西亚进口制作日常用品的原材料，造成严重影响和不便，进一步导致一些企业出现供应不足的现象。

根据大马股市的最新走向，富时大马吉隆坡综合指数（FBM KLCI）十年来首次跌破1,300点。从年初至今（截至3月中旬），该指数已下跌300多点，至今下跌30%，收于1,219.72点。

## 新型冠状病毒：马币将持续备受压力



自今年2月初，疫情影响导致马币一直处于持续下跌的情况。再加上，政府严格实施行动管制法令（MCO），对大马眼下受重创的贸易和经济，无疑是雪上加霜。马币预计将持续贬值，这也将大大影响本地的进口贸易行业。

另外，随着世界原油价格的下跌，从1月至今布伦特原油（Brent Crude）价格暴跌60%，交易价下滑至每桶26美金。这也导致，马币兑美金的汇率高达4.42，为近4年来兑换率的最高纪录。

## 新型冠状病毒：对中小企业的冲击

在行动管制法令的执行下，马来西亚大多数政府部门以及私人企业（除水、电、能源、通讯、邮政、交通运输、灌溉、汽油、天然气、燃料、润滑油、广播、金融、银行、健康、药局、消防和救援、监狱、港口、机场、保安、国防、公共卫生、零售及食物供应）都被迫，要求暂停营业。



除超市、菜市场、杂货店和便利店等，售卖日常必需品的店面能够获特许，继续经营外，所有宗教场所及商业门店均需停止线下活动。虽餐馆也可以营业，但仅限外送或外带。

在种种的限制下，许多中小型企业将会面临前所未有的挑战。因无法营业，失去资金来源，导致现金流困难，这恐引发一连串的影响，造成无法挽回的严重损伤。国际劳工组织（ILO）亦预测，此次新型冠状病毒疫情，将导致全球约2,500万人面临失业危机。

## 新型冠状病毒：马来西亚政府对策

由于感染病例，每日以三位数的增长比例，持续增高。因此，首相慕尤丁宣布，将全国行动管制期限由原定的3月31日，延长至4月14日。

这新的14天行动限制令，也包括了对非重要行业以及边境的暂时关闭。此次疫情，预测在新增的确诊病例减少之前，还会持续一段时间。除此之外，大马警察和武装部队（ATM）也接获指示，设置路障及进行检查，祈望能由此控制确诊人数的增加。



# 政府采取应急措施



1

雇员公积金 (EPF)  
提款计划

为了帮助在非常时期，缺乏或没有收入来源的人民，政府宣布自4月1日起，凡年龄55岁以下的公积金会员，可每月从自己的第二账户中，提款高达500令吉作为生活费用，为期一年。



BANK NEGARA MALAYSIA  
CENTRAL BANK OF MALAYSIA

2

国家银行授予6个月贷款宽限期，以减轻企业和家庭的负担

马来西亚国家银行宣布将所有贷款，还款期限延期六个月。但，期间所产生的贷款和利息等款项，依旧需缴付。

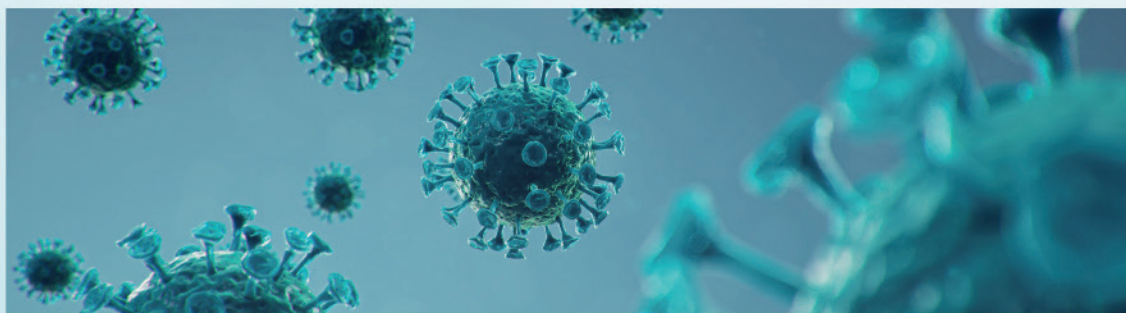
# COVID-19 的阶段性和症状

根据世界卫生组织 (WHO) 报告中指出, 新型冠状病毒疾病 **COVID -19** (简称“新冠肺炎”) 与严重急性呼吸系统综合症 (**SARS**) 和中东呼吸系统综合症 (**MERS**), 属于同一体系。若感染该病毒, 将出现类似普通感冒至严重疾病不等的症状。和其他冠状病毒一样, 此次的新冠病毒也是通过动物传播给人类。过去, **SARS** 是通过果子狸传播; 而 **MERS** 是由骆驼传播给人类。



## 感染症状

世界卫生组织表示, 受感染者在发病期会出现呼吸困难或急促、发烧和咳嗽的现象。病毒在人体的潜伏期是 **2 至 14 天**。



大部分患者会在第 **5 天** 或第 **6 天** 期间开始出现以上迹象。然而, 这当中也有由始至终, 没有出现任何症状的感染病例。在最严重的情况下, 病毒会导致急性肺炎或多个器官功能衰竭, 致死。

## 病毒潜伏期

在初期阶段，每个患者由感染病毒，至出现首个症状的时间因人而异。不过，依据多方记录，感染者发现相关症状的时间，平均为 5 天。加上，病毒感染早期，患者或不会有任何不适感，甚至有些完全不会有受感染的迹象。这也是为什么，新冠病毒如此危险，以及难以控制的原因。



### 那新型冠状病毒，是如何进入人体呢？

病毒可通过空气传播（例如当有人在你附近咳嗽，并喷洒飞沫到空气中，病毒便随着你吸气时，进入呼吸道）以及当双手接触沾有病毒的物品之后再触摸眼睛，鼻子和嘴巴，病毒将由这些管道入侵你的呼吸系统（呼吸系统主要是帮助人体从外界吸入氧气，然后以同样管道呼出二氧化碳）。进入呼吸道后，病毒就会开始攻击喉咙及肺部的细胞，再快速分裂大量新病毒去感染其他细胞组织。

## 发病初期

在这个阶段，每 10 名病患当中，有 8 名是属于轻度感染者，通常伴随的症状为发烧和咳嗽。除此之外，也可能有肌肉酸痛、喉咙不适和头痛的迹象，但这些尚未确定为一定出现的病症。

轻度感染病毒患者，一般会出现发烧及干咳的症状。发烧，是因为身体的免疫系统对病毒感染，作出的反应。此外，患者在这个阶段所经历的干咳，也是因为当细胞被病毒侵害时，遭受刺激而产生的反应。

在患病初期，医院不会采用特殊护理，而是通过卧床休息、打点滴及服用退烧药等治疗。目前，对于新冠病毒全球尚未有任何疫苗及确定的治疗方法。医学家们，仅仅是针对病症进行治疗。有些人能在大约一星期内康复；但有些人则会出现严重的病毒感染状况。研究显示，患者也可能出现伤风的症状如流鼻水。

肌肉酸痛



流鼻水

## 中度感染

中国数据显示，约有 14% 的病人需要依靠呼吸器的辅助获取氧气。病情的升级，是因为身体的免疫系统，对病毒入侵所产生的过激反应。当身体其他部位，同时接受到这些“化学信息”时，也会引发发炎症状。因此，免疫系统需要保持在平衡状态，否则将会对身体带来一连串的伤害。

根据来自伦敦国王学院（King's College London）的Dr. Nathalie Mac-Dermott，这种病毒会导致人体免疫系统失衡，并在肺部引起发炎症状，也就是我们所知的“肺炎”。

如果病毒通过口腔进入肺部，它会攻击肺泡（肺部的小气囊）。在患上肺炎时，这些小气囊会积满液体和脓，最终导致感染者出现呼吸困难及呼吸急促的现象。

## 最严重的阶段

据估计，全球有 6% 的病毒感染者会进入严重的阶段。身体功能因开始衰退，导致健康状况瞬间下滑，增加死亡可能性。由于免疫系统失调、变弱，因此导致人体受到破坏。

若是患者的血压降至极低水平，那很可能进一步，导致休克及器官无法正常运作或衰竭。

肺炎，其实是一种急性呼吸窘迫综合征（ARDS），会促使身体缺氧，甚至妨碍肾脏进行血液净化。医学专家指出，新冠病毒会引起程度严重的发炎症状。当你的身体无法克服它时，就会引发多器官功能衰竭。



而这时候的治疗，存在非常高的风险，因为或需要进行体外膜氧肺合技术（简称 ECMO，即人工的心肺机，将患者的血液引出体外，移除二氧化碳，再吸收氧气后，泵回体内。这个做法，可让患者的心脏和肺部得到休息。）最终，当其他器官运作也出现问题，身体无法负荷，其损害可达到致命程度。

# 如何增强免疫系统

## ● 提高你的免疫系统

免疫系统，这个词汇对我们来说，其实一点也不陌生。但是，你明白它的真正定义吗？免疫系统的主要功能，是让我们能够抵挡各种有害细菌、病毒、寄生虫等等的侵略。因此，免疫系统对人类的重要性，不言而喻。

## ● 生活作息与免疫系统

作为预防疾病的第一道防线，免疫系统可通过良好的生活作息，得到提升。多做运动、睡眠充足以及均衡饮食，这三者虽老生常谈，但在建立免疫系统的防卫战中缺一不可。除此之外，保持心情开朗以舒缓压力，及着重卫生环境的生活方式，也能增强人体免疫系统。

不过，回到我们现代人的生活本质上，忙碌的生活节奏和数不清的习惯性熬夜，又有多少人能放弃娱乐节目及繁忙工作，好好培养上述的良好生活习惯呢？

## ● 免疫力低下的表现

如果你发现自己时常伤风、感冒、皮肤敏感、消化不良以及容易疲倦等等，这些都有可能是你免疫力变差的表现。而长期处于**精神高度紧绷**的状态，也会大大降低人体的免疫力。根据美国国家生物技术信息中心（NCBI）一项研究显示，**压力会降低人体抵抗外来细菌攻击的白细胞反应。而免疫反应低恐增加受病毒感染的风险。**

虽说成人偶尔打个喷嚏，或是感冒了实属平常，不过如果这种情况经常发生，那你就小心了。因为这预示着你的免疫系统衰弱，正在向你求救！

另外，免疫力低下也会影响肠胃健康，导致便秘、腹泻等等的肠胃疾病。因此，打造良好免疫系统，绝对是刻不容缓的。

## ● 什么是自由基？ 你体内的“老鼠屎”

这些在人体内的“老鼠屎”，即自由基 (Free Radicals) 是导致氧化应激的产生、细胞遭到破坏的罪魁祸首。当细胞被攻击时，会削弱免疫系统，进而引起连锁反应。这当中，包括增加患上心血管疾病、糖尿病、癌症等的风险。



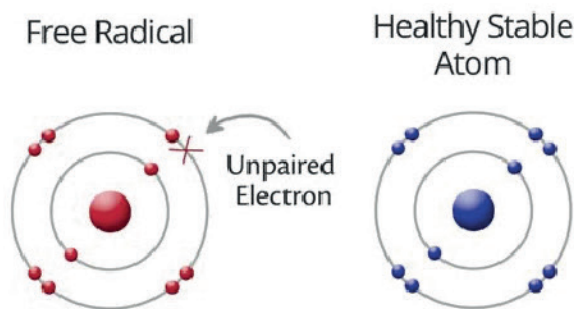
虽说自由基看起来好像很坏，但其实人体需要一定数量的自由基。自由基的存在主要是为了帮助人体对抗病毒感染、修复伤口等。然而，当体内自由基数量超过抗氧化剂，失去控制时，它们会开始攻击人体，尤其是细胞。因此，将体内自由基的数量保持在平衡水平，是我们需要面对的挑战。

## 什么是抗氧化剂？ 我们需要的“神助手”

抗氧化剂 (Antioxidants)，是一种能够抵挡自由基在人体内肆意攻击的超强分子。

简单来说，抗氧化剂在人体建立免疫系统的过程中，是非常重要的防卫军。它能防止自由基对人体的侵害。

在缺乏抗氧化剂的调节下，自由基会大幅度攻击人体，对身体造成严重伤害，继而诱发疾病，甚至导致死亡。



## ● 如何强化自身免疫系统？

为此，专家建议了一系列的方法，帮助人们强化自身免疫系统，以提升整体健康，并预防病毒攻击。其中的方法有：**适当的运动量，确保睡眠充足，远离精神压力及保持饮食均衡**。这些都是能够让您维持健康水平和良好免疫系统的关键习惯。

然而，根据英国医药周刊的一则研究显示，除了坚持运动以外，每日服用适量且合适的保健品也能有效增强免疫力。

## 良好的免疫系统，从对的保健品开始

人们常说：“免疫系统不是天生完善的，而是一点一点建立的”。这句话说的一点也没错。然而现代人的生活习惯，要改善免疫系统，谈何容易？

若通过服用品质良好、功效极佳的保健品，其实亦能提升人体的免疫力。好的保健品能增加人体内所需的抗氧化剂以抵御自由基的攻击。



### REOXlife Potent 含有大量的抗氧化成分

**是的，神助手！**，帮助增强人体免疫系统。

通过来自日本的微矿化营养技术（MMNT），REOXlife Potent 给予你身体所需的抗氧化剂，让你免受自由基的攻击。换句话说，就是让身体更好地对抗自由基（老鼠屎），同时维持整体健康。

#### REOXlife Potent 的防御系统：

- 增强细胞保护机制
- 提升体内抗氧化剂水平
- 逆转氧化
- 幼化分子团
- 排毒

REOXlife POTENT 的配方，融合了许多优质营养成分，例如：甜瓜萃取物、小麦提取物及通过MMNT注入的，超强抗氧化剂。这些成分，能快速提供人体营养素，使身体的免疫系统能更好的运作。

长期服用REOXLife Potent，你会有更强大的免疫系统，整体健康也获得提升。

**“非一般”时期，就得用“非一般”方式。**  
**通过 REOXlife Potent 带来的非一般功效，**  
**让我们在这非常时期，一起打造非一般的良好免疫系统吧！**



# 让你年轻五岁的“日式脸部按摩” KORUGI

自古以来，人们为了保持容颜不老，对养颜驻龄的追求从未停止。你听说过，这个日本时下最流行的脸部按摩方式——Korugi 吗？。据说，只要持续坚持，这个按摩手法可以让你比起实际年龄，年轻至少五岁！

那么我们话不多说，赶紧看下去吧！

同时也配有，**Korugi V脸面部按摩**之称，这个日本按摩手法是通过指压脸部肌肉以达到脸部塑形的效果。将它能帮助提拉两旁脸颊，使面部保持紧致水嫩。许多人在首次尝试后，就能看到明显的区别效果。建议，需坚持进行5次以上，以获得最佳效果。

## KORUGI 按摩法

Korugi 按摩法共有 7 个步骤。在还未进行按摩前，要确保双手已清洗干净，避免细菌粘附在肌肤上。之后，可取适量的脸部按摩油，滴在手掌上。

1

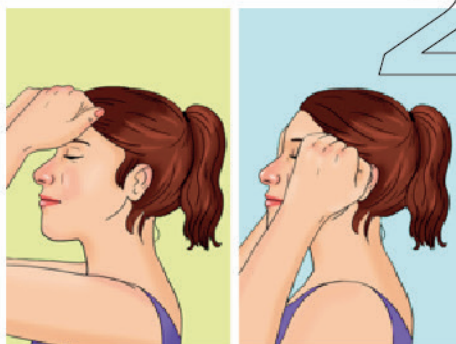
### 提拉脸颊



首先将双手握拳，放在颧骨位置。用手指关节处轻轻按压，帮助脸部肌肉放松，保持这个姿势 5 秒钟。注意，力道无需过重。

2

### 滑压额头



将头部抬高，往后倾斜。手握拳，以手指关节处顺着发际线，按压前额。接下来，在按压同时将手指关节顺着发际线，滑向太阳穴，再到耳垂顺着颈部一直按到锁骨的位置。

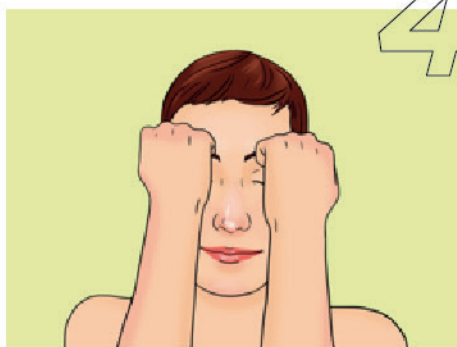


3

## 按压脸颊

双手十指紧扣，将右拇指放在左眼的内眼睑角下方，靠近鼻翼鼻子的位置按压，朝左耳方向按压滑动。过后，继续顺着脖子，一直按到锁骨的位置。重复这个动作 2-3 次。

另外一边脸颊，以左拇指重复相同动作。



4

## 抚按额头

双手握紧拳头，将手指关节处放在眉毛上面，朝发际线方向按压移动。完成后，将双手放回眉毛处，从由下往上的方式，按压整个额头。

整个前额，都需使用这个方式按压，以达到抚平纹路的作用。



5

## 按揉眼部

双手握拳，闭上眼睛。用食指和中指的关节处，由内向外按揉眉毛。注意，眉毛一定要保持在两指关节之间。



6

## 脸部下方提拉

首先以握拳的方式，伸出食指和中指关节。

由下巴往太阳穴的方向，向上提拉。从位于嘴角下方的部位开始按压。这个动作需重复 7-8 次。提拉的时候，稍微出力；注意，不要过度，避免弄痛脸部。



7

## 最终舒缓

打开手掌，将手指放在额头，双手轻轻滑到太阳穴，再移动到颈部。最后，移至锁骨，消除肌肤紧绷感。重复这个动作，直到脸部处于放松状态，就完成了。



# KORUGI 按摩法的由来

风靡日本的脸部按摩法-Korugi，是由日本非常著名的按摩师 Chiyo Hayashi 所发明。这个按摩方式。

但，不是每个人都适合Korugi按摩方式。因为主要依靠指压，所以患有淋巴问题、耳鼻喉科疾病、慢性皮肤病或者是脸上有伤口，都不建议进行这个按摩法。

# KORUGI 按摩法的好处

- 促进血液循环
- 帮助淋巴排毒
- 消除浮肿
- 淡化黑眼圈
- 紧致皮肤
- 使脸色红润，有光泽



## 辅助产品

想增强Korugi 的按摩功效吗？那就以2° Redoxy Essence 抗老精华液进行按摩吧！

有别于一般的抗老产品，2° Redoxy Essence 抗老精华液具有抗衰老及抗氧化的作用，同时还可以帮助放松面部过度收缩的肌肉。如果你想增强按摩效果，那它绝对是你的首选。

### 为什么这个精华液，可兼具抗老化和抗氧化的功效呢？

这就得归功于 Return Legacy的微矿化营养技术 (MMNT) 以及其他高质量的独特成份，例如 ● 六胜肽 (Acetyl Hexapeptide-8) ● 透明质酸钠 (Sodium Hyaluronate) 和 ● 乳清蛋白 (Whey Protein)，能有效延缓皮肤衰老，并减少老化迹象！（是的没错，我们在上一篇文章中已经提过了。但是，其极佳功效，让我们不得不再次介绍，它到底有多好！）

自由基能破化细胞，加速肌肤衰老。不过你无需担心，因为 MMNT含有丰富的抗氧化剂-负氢离子，能帮助抵消自由基，使肌肤看起来年轻、有活力！结合 2° Redoxy Essence 抗老精华液的独特配方与 Korugi 按摩法，快速达到紧致V脸，不再是空谈！

结合 2° Redoxy Essence 抗老精华液的独特配方与 Korugi 按摩法，快速达到紧致V脸，不再是空谈！



运动潮：

# 室内飞轮



Spinning，或室内动感自行车，是时下流行的健身课程。过程中，参与者会通过健身自行车，以骑行姿势，身体有规律的上下摆动。参与者也可在自行车上，调整阻力的大小，以选择锻炼的强度。



**如果** 你从未接触过 spinning，那现在是时候让你了解，这近两年来，风靡健身圈的室内运动！Spinning，也被称为“室内飞轮”。换句话解释，它是一款结合有氧以及阻力训练的运动。



如今，室内飞轮已经成为一个家喻户晓的健身运动。为了配合人们的不同需求，许多健身中心纷纷推出各式各样的室内飞轮课程，当中也包括只有短短20分钟的浓缩课程。

由此，提供缺乏时间弹性的上班族或是日常忙碌的妈妈，多一种维持健康体魄的方式。

室内飞轮是一项组织性的活动，具有团体健身形式。在上课过程中，主要利用自行车，重点训练肌肉耐力、力量及爆发力。

室内飞轮采用的自行车，与一般上，我们在健身房中看到的自行车有所区别。从健身自行车演变而成，室内飞轮的自行车在设计上，采用重型飞轮，以链条驱动和摩擦阻力的强度，提供类似道路自行车的实时体验。





# 谁发明Spinning?

**虽说** 室内飞轮，这项运动在近几年才开始蹿红，但是其实它早在约20年前就出现了。



于 1994 年，前职业自行车手 Johnny G 和 John Baudhuin 一同创立了 Mad Dogg Athletics（室内自行车课程及研发 “Spinner” 自行车）。他们将当时健身房里的固定式自行车，变成集体进行的团体健身项目。而 “Spinning” 一词，也成为 Mad Dogg Athletics 的注册商标。



当时，他们从未想过，一个突发奇想的 “室内飞轮” 概念，竟然会摇身成为健身潮流。他们成功将原本沉闷的单人式，室内自行车健身运动，变成一项即健康，又有趣的团体健身课程！

他们将在道路骑自行车的实时体验、自行车的外形、无夹脚踏板、空气动力学中的门把手和赛车座垫，结合后融入改造健身自行车的设计中，并成功制造了第一台 Johnny G Spinner。

## Spinning 的益处

根据美国运动协会（ACE）的研究指出，室内飞轮能很好的促进心血管运动；在消耗大量的热量时，同时对臀部、膝盖和脚踝的影响或伤害降到最低。

### 1. 冲击力低

在多种有氧运动选项中，这属于冲击力较低的运动。经多方证实，骑自行车不会为关节、膝盖及脚踝带来极大伤害。与跑步相比，自行车相对来说，对腿部关节的影响更低。

因此，对于长期膝盖疼痛和曾有骨骼受伤问题的人们来说，是不错的运动选择。

### 2. 增强肌肉耐力

肌肉耐力，指的是肌肉在长时间内，能承受持续不断的运动量，即肌肉对抗疲劳的能力。腿部的肌肉耐力，可通过调整室内飞轮自行车上的阻力设备，锻炼四头肌、绳肌、臀大肌和小腿肌肉，而获得提升。在增强腿部肌肉耐力后，还可以连带强化周围骨骼、肌腱及韧带，使整体变得比较有力。

### 3. 缓解精神压力

科学家已证实，长期参与有氧运动，能帮助缓和紧绷情绪、保持心情开朗、提高睡眠质量及增加自信。即使是只进行 5 分钟有氧运动，也可以有效发挥抗焦虑作用。

除了体能的锻炼之外，通过课程中快节奏的音乐及团体运动体验，室内飞轮还能帮助减轻压力！

### 4. 改善心血管健康

美国运动医学学会（ACSM）建议，成年人需培养每星期至少长达 150 分钟的中度体能训练。Spinning，就是一项帮助增强心血管健康的绝佳运动。虽然也可选择类似的有氧运动，如游泳、跑步及椭圆机训练等，但对于不想加重腿部关节负担的人们，室内飞轮是不错的选项。

### 5. 燃烧卡路里

室内飞轮，绝对是燃烧卡路里的 “佼佼者”。根据设定的时间及训练难度，每堂课至少能消耗平均 400 - 600 的卡路里。若要达到减肥效果，建议在 1 个月内，坚持每星期上课至少 3 - 6 次。

# 增加销售渠道的方法

## 线上和线下的社交圈子

**拥有**庞大的社交圈子及人脉关系，可以为你创造更多的机会。但要切记，无论你的交际手腕有多强大，你仍需要不断的进步及扩大社交圈子。

如今，全世界有将近一半的人口，都活跃于各大社交媒体平台上。而利用这些平台，与潜在客户进行互动，是一个不错的选择。事实也证明，社交媒体，能有效增加曝光率，且效果强大的工具。



### 增加销售渠道的方法

# 01

## 社群媒体行销



**身在** 社交媒体盛行的时代，你需要加强及提升自己在社交平台的曝光率。根据一项研究指出，74% 的消费者在购物前，会先通过社交媒体，查询产品资料；而 43% 的消费者，则在社交媒体上读取产品的资讯后，增加了购买欲。

要做好社群行销，首先你需要在社交媒体上，建立正面积极的形象。如果你是售卖保健品，那你可以每天在自己的页面，分享有关健康与保健的相关信息和内容（切记，不要直接原文复制或转发网址链接，你需要适当注入自己的感想和建议！）。这个做法，可以帮助你打造一个对所从事的行业了如指掌，专业的形象。

除此之外，社交媒体是一个能够免费，让你接触更多观众和客户的平台！

接下来，你需要拟定策略，吸引观众的注意力。建议，你可以加入拥有许多追踪者（Followers）的社交群组，与当中的会员进行交流。你也可以在群组中，分享你的想法、资讯或最新促销活动等等。

这样的话，你不仅能找到志趣相投的用户，还能将他们添加至你的朋友圈中！

在社交平台的大型群组中，发布产品信息，也能帮助你将资讯传递给更多的众群，并扩展现有的社交圈。

## 02

### 商业人脉



**走进** 商业人脉圈子的主要目的，是为了要让他人了解你的工作性质，并且尽可能将他们转为你的客户群。你可以选择参与一些商业活动，进一步拓展自己的社交圈，以及增加在市场上的曝光率，同时获得更多的引荐和口碑。

市场上，有许多人脉交际、商务引荐平台，像是BNI（Business Network International）就是一个致力于成员之间，高质量业务发展及相互推荐业务的商业平台。

## 03

### 专注与专业



**一个** 将自己形象打造成“线上杂货店”的卖家，是无法赢取客户的信任。比如说，今天你是厨房用具的卖家；隔天，你却突然转换，推广保健产品。你的变幻无常，对自己售卖的产品没有恒心、无法坚持，于观众而言，是一个负面的形象，并且严重影响你的专业度。

换句话说，如果你自己对售卖的产品缺乏信心，那如何能获得观众的信任呢？

相比只略懂产品信息和售卖“所有”产品的卖家，消费者会对保持一贯性，在该领域多年的商家，产生较高的信赖，并且更相信所提供的建议。

让我们设身处地的想一想，今天如果你生病了，请问你会向谁咨询和寻求治疗呢？是专业的医护人员，还是向同样有售卖药物的便利商店员工呢？答案不言而喻，你绝对不会选择后者，而是向专业的医护人员寻求帮助。



# 系统复制

系统的主轴就是系统课程，整个系统课程分为7大课程：  
NEO, NET, Product Workshop, Legacy Code, Ruby Legacy,  
Road to Crown Ambassador (RCA), TTT-1。

积极参与系统所举办的课程，而新伙伴在一开始务必参与的课程分为三种，  
那就是：NEO, NET及Product Workshop。

过程中务必用心学习，做笔记，这将为您的事业筑下更扎实的  
基本功并真正落实复制的五字真言：



## 系统课程

### NEO (新晋企业家基础课程) \*新人必上

- ⚙️ 万丈高楼从地起，打好基本功，为您的传承事业筑下稳固的基础。

### Product Workshop (产品工作坊) \*新人必上

- ⚙️ 让您更深入了解产品，并且现场体验产品带来的效果，增加对产品的信心。

### NET (新企业家培训课程) \*新人必上

- ⚙️ 成功的企业家，不仅只是推广产品，而是也把商机带给忠实的顾客。

### Legacy Code (传承密码) \*Legacy Partner必上

- ⚙️ 挖掘自己的无限可能，清楚自己要的结果，并承诺让结果发生。

### Ruby Legacy (传承领袖营) \*Ruby Manager必上

- ⚙️ 一个没有精神的团队，很难发挥团队战斗力。团队种必须有共同的使命，愿景，价值观，彻底了解：团队赢，我赢，最后达致创造共赢的气氛。

### RCA (皇冠之路) \*Diamond Director必上

- ⚙️ 领袖可以直接影响团队的士气，而一位领袖如何持续为团队创造价值！让人发自内心的尊崇并愿意追随！

### TTT (传承讲师班) \*Crown Ambassador必上

- ⚙️ 公众演说是成功企业家必备的条件，如何从敢讲，会讲到善讲，并了解如何借着有效的演说力来感染群众。

# 系统课程

- **如何开始**

成功7步骤，开启您的成功之道，全速迈进。

- **人脉经营**

非凡的能力，不善于交际，等于英雄无用武之地。人脉如经商，从一人到无限，一生的功课。

- **网络营销**

网络营销是企业发展的渠道，如何善用网路趋势，轻松发展传承事业。

- **销售法则**

销售不仅是一场买卖而是一种关系建立，了解对方要求，乐于分享。

- **杠杆的力量**

借力使力少费力，善用身边的人、事、物、如同个重要支点。

- **五大原则**

你是领导者，也是跟随者，遵守5大原则，让组织稳健发展。

- **系统的力量**

一套简单的模式，一套标准的操作流程，让您掌握一套正确的作业模式。

- **招商法则**

影响力是招商的关键点，熟悉公司，投入环境，个人信心，正值心态如何在过程中打动潜在顾客。

- **有效沟通**

敢说不代表会说，会说不代表懂说，沟通不是技巧而是一种态度。

- **会场的力量**

了解会前会，会中会及会后会的谱成，借助会场的力量，提高绩效。

- **新人十忌**

一个成功事业，必要有正确的观念与做法，用心学习，努力实践。



# 什么是购回政策?

1. 依据1993年直销法令，所有经销商必须呈报他们的销售收据以作为证据和奖金计算用途。
2. 在购买RETURN LEGACY产品时，经销商必须确实他们已售出或耗尽以往订购的至少70%产品。RETURN LEGACY 的奖金制度不鼓励经销商购买数量太大的存货产品。他们必须维持足量存货以供应顾客需求或自己使用。
3. 若经销商在三个月 (90天) 购买日内仍存有未售卖的产品并属良好情况和仍可在市场销售，公司将依据购回规则换购其他产品。所有换购产品没有WP。产品退回表格及购买收据 (Tax Invoice) 连同完整无损及仍可出售的产品必须一起呈交公司替换产品。
4. 若经销商将属良好情况和仍可在市场销售的产品退回公司并要求退款，这显示经销商欲想终止经销商拥有权。公司将以购回规则将退回的产品收回，并以退还货品的经销商价格中扣除已支付的奖金和奖励。所有已支付给该上线推荐人的奖金以及奖励同样的会被扣除。
5. 仍可在市场销售的产品既为产品未开启其封盖，完好的标签，没有损坏的包装盒合理的有效日期，可销售于其他经销商。
6. 公司将在退货的款项中 (经销商/零售顾客价格) 扣除 10%行政费用。
7. 有关金额将经过调查并在一个月后退还。



# DAZZLING APRIL

## LEGACY PLAN



2<sup>ND</sup> APRIL 2020 (12PM, MYT) – 30<sup>TH</sup> APRIL 2020 (11.59PM, MYT)

150 套 2 x Fresh (99ml) EXP. AUG 2022 免費 3 x Fresh (50ml) EXP. DEC 2020  
售完 RM246.00 (东马) RM260.00 (西马) 30WP

150 套 2 x Fresh (99ml) EXP. AUG 2022 免費 3 x Cleansing Water (50ml) EXP. JAN 2021  
售完 RM246.00 (东马) RM260.00 (西马) 30WP

500 套 1 x L.U.V. EXP. MAY 2022 + 1 x Instant Hydrating Mask (50%off) EXP. JAN 2021  
RM202.50 (东马) RM217.50 (西马) 27WP

500 套 1 x Gallash EXP. JAN 2020 + 1 x Instant Hydrating Mask (50%off) EXP. JAN 2021  
RM169.50 (东马) RM184.50 (西马) 16WP

100 套 2 x O'dentee Lemon Salt Refill Pack EXP. MAR 2021 免費 2 x O'dentee Lemon Salt (50ml) EXP. APR 2022  
RM172.00 (东马) RM178.00 (西马) 18WP

100 套 2 x O'dentee Mint Refill Pack EXP. MAR 2021 免費 2 x O'dentee Mint (50ml) EXP. APR 2022  
RM172.00 (东马) RM178.00 (西马) 18WP

80 套 2 x O'dentee Kids Refill Pack EXP. NOV 2021 免費 2 x O'dentee Kids (50ml) EXP. AUG 2021  
RM172.00 (东马) RM178.00 (西马) 18WP

\*须符合条款与条规。\*只公开予马来西亚的经销商。\*由于行动管制令 (MCO), 邮寄箱子的货源面临短缺, 因此产品将在没有邮寄箱子的情况下运出。产品盒子将可能在运输过程中会有轻微凹痕。\*如有不便, 敬请谅解。  
\*欲知更多详情, 请参考促销活动备忘录。\*直到售完为止。

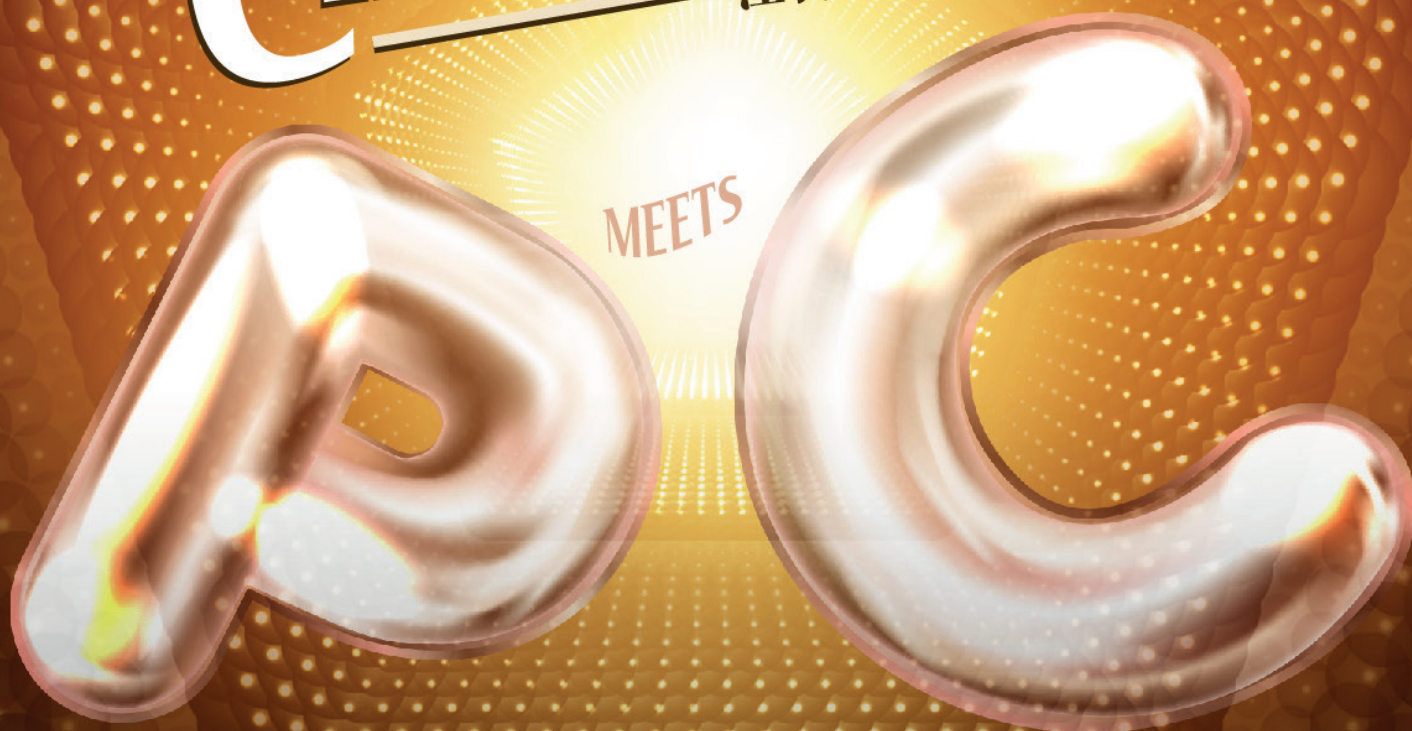


1<sup>st</sup> March 2020 @ 12AM(MYT) - 31<sup>st</sup> May 2020 @ 11.59PM(MYT)

只限  
90  
天

PWALLET  
可用于  
CLASSIC MEMBER  
注册

MEETS



P-WALLET



CLASSIC  
MEMBER

\*需符合条规 \*只限马来西亚经销商



# 好消息

LEGACY PLAN

## 晋升促销活动

Effective 1st March 2020 Onwards

**ALTERNATIVE  
UP-RANKING  
SELECTION**

扫描二维码  
了解更多





# ITALY

## TRAVEL INCENTIVE TRIP 2020

Effective from 1st March 2020 (12:00am, MYT) to 31st December 2020 (11:59pm, MYT).

MILAN



ROME



VENICE



### Qualification :

#### A For rank Classic membership to Crown Ambassador

Criteria	Personal Direct Sponsor and/or Personal Maintain (Accumulate)	Direct Sponsor Group Maintain In Legacy Plan (Accumulate)		No. of Ticket
		Min. Required Group	WP per Group	
1	5,000WP	5	5,000WP	1
2	10,000WP	5	2,000WP	1
3	10,000WP	5	10,000WP	2
4	10,000WP	10	5,000WP	2
5	20,000WP	5	4,000WP	2

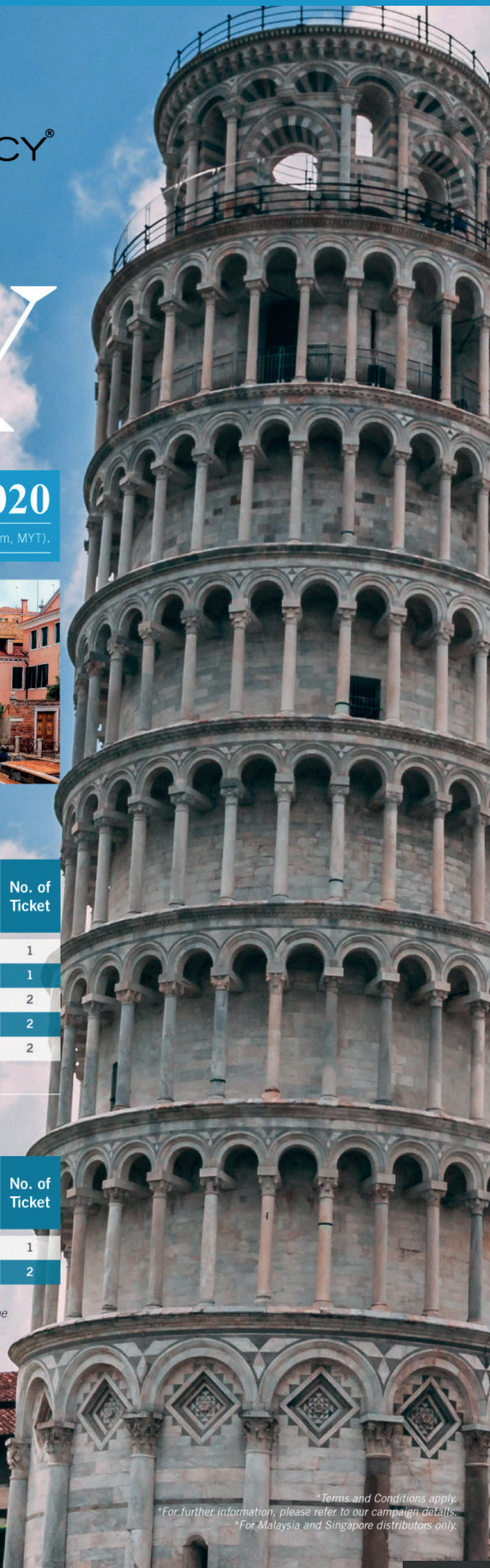
\* Only one (1) criteria to be fulfilled.

#### B For rank Royal Ambassador to Royal Prime

Criteria	Personal Maintain (Accumulate)	**Direct Sponsor Groups' Maintain (In a calendar month)		Required Month	No. of Ticket
		Min. Required Group	WP per Group		
1	1,500WP	3	5,000WP	5	1
2	1,500WP	5	5,000WP	5	2

\* Only one (1) criteria to be fulfilled.

\*\* Direct Sponsor Groups' Maintain sales must be fulfilled in a calendar month of any 5 months during the campaign period.



\*Terms and Conditions apply.  
For further information, please refer to our campaign details.  
\*For Malaysia and Singapore distributors only.



## **RETURN LEGACY SDN BHD**

201401004515 (1080589-X) (AJL932074)

K-3-3, PUSAT PERDAGANGAN KOTA DAMANSARA  
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