

For immediate release

Herbalife Team's Triathlete Becomes First Filipino Finisher of World's Toughest Triathlon

Q&A with Omar Paredes

Coach and Triathlete

Team Herbalife Philippines

1. What makes the Iskalar Norseman Xtreme, one of the most difficult (if not the most difficult) endurance races?

The annual race happens in the wilds of Western Norway. After swimming almost 4km in 13° ice cold water to the remote Eidfjord, participants will bike 180km over five mountain passes in Hardangervidda and run 42km to the top of Mount Gaustatoppen. With neither a stop nor a break, only the first 160 athletes are awarded the black "survivor" T-shirt and allowed to enter the finish line at the top of the mountain. Besides the rugged terrain, what made it more difficult is that it happens in the most extreme weather conditions. Not everybody gets to be picked to join the race, my wife sent our names and it works like a lottery. I was lucky I got in.

2. How did you prepare for the race? How did Herbalife help in getting you ready for the race?

Even from the start, the biggest challenge for me was the cold weather. I live in Los Baños, Laguna, the land of hot springs. The water in Norseman was as cold as water right out of a freezer. To prepare for this, my wife and I stayed at Eidfjord for two weeks before the race, so I can somehow acclimatize with the weather there. I practiced swimming in these very cold waters.

All through the race week, I was taking two to three servings of Herbalife F1 Shakes per day. I take the NRG, Multivitamins and Minerals, and Herbalife 24, among other Herbalife products. Herbalife products have been a consistent part of my nutrition program for years. I am at my best whenever I join the race and I am confident I am ready to tackle every challenge.

Herbalife is, in fact, not only part of my preparation for the race I use it during and after the race.

3. How did Herbalife help you during the race?

I don't think I could survive the race without Herbalife. During the daylong race, you have to sustain your energy and you need to eat. You need to replenish lot energy. I think I drank about four servings of the F1 Shake with Herbalife 24 Prolong. I had two on the bike and two during the run. I also took some NRG to boost my energy.

4. How did Herbalife help you after the race?

After the race, I am in so much pain. My body needs to recover after I've lost so much energy. I took Herbalife 24 Rebuild Endurance as my body recovers. This worked for me in the past races, so I have kept this nutrition plan for Norseman.



5. Would you encourage other triathletes to take the same challenge?

Norseman Xtreme is not your typical Iron-distance race. It's extreme and brutal. Maybe for experienced endurance athletes, who already have experienced several Iron-distance races under their belt (and are very used to racing in the cold). If you have raced a full Iron-distance, expect to finish anywhere between two to five hours + your PR.

Definitely, it is not recommended for newbies, but with will, determination, proper preparation you can also conquer the race. They need to have the proper nutrition their body needs for an endurance sports such as triathlon. It's physical toughness that can only be provided by Herbalife products.

Remember to give the race the respect it so much deserves. My preparation for Norseman was truly demanding in terms of training, whether financially, physically and mentally. But all is good now, it was all worth it.

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About Herbalife:

Herbalife is a global nutrition company that has been changing people's lives with great products since 1980. Our nutrition, weight-management, energy and fitness and personal care products are available exclusively to and through dedicated Independent Herbalife Members in more than 90 countries. We are committed to fighting the worldwide problems of poor nutrition and obesity by offering high-quality products, one-on-one coaching with an Herbalife member and a community that inspires customers to live a healthy, active life.

We support the Herbalife Family Foundation (HFF) and its Casa Herbalife programs to help bring good nutrition to children in need. We also sponsor more than 190 world-class athletes, teams and events around the globe, including Cristiano Ronaldo, the LA Galaxy and champions in many other sports.

The company has over 8,000 employees worldwide, and its shares are traded on the New York Stock Exchange (NYSE: HLF) with net sales of US\$4.5 billion in 2015. To learn more visit Herbalife.com.

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