

Sunrider Sports Success Stories

John Teng's Sunrider Sport Success Story

Hi there, fellow Sunriders! My work at Sunrider has given me the special experience of being able to speak with Sunrider organizations all throughout North America. After all these years, I still get excited about using more of a particular Sunrider® product after I've heard someone recount their success story using it.



I truly believe that I am an honest-to-goodness product of Sunrider's Philosophy of Regeneration®. My wife Wendy even tells me that I look better now than when we got married eight years ago! The photo shown here was taken at a men's physique competition that I entered last year. My Sunrider regimen is flat out the reason why I can reach my fitness goals. Now, I am inviting you to send me your own athletic and fitness success stories with Sunrider to show the world why Sunrider® products are so special.

Sincerely,
John Teng, P.E., NASM-CPT
Sales Manager, North America

Ray Glend

Sunrider Sport Success Story

Ray Glend has over 30 years of history with natural health and plant-based diets. He is a vegan culinary expert and a vegan food chef. He is a veteran of marathons and Ultra-marathons as an Olympic-style speed walker, outpacing many runners because of his strategic focus and perfected techniques. Ray attributes his vitality, success, and speedy recovery in training and events to his use of Sunrider® products, regular exercise, and a healthy diet.



SUNRIDERSPORT



Michelle Khouri

Let me start with the fact that I am 64 years old. I have a strong yoga practice and I climb mountains. I feel good...really good...both mentally and physically. I have a busy life filled with family and work and am able to maintain the pace. I have a steady diet of Sunrider® herbal foods on a daily basis—every day for 18 years!

The foods provide an overall support of the physical body and its five systems, which allows energy for living, rather than fighting against a weakened system. Though it is of secondary importance to me, I am the same weight now as I was 45 years ago, but my hunch is that I am in better shape now!

I can assure you that Sunrider, in my humble opinion, has no match in the marketplace. The products work. The only effort on your part for success is to remember to incorporate them into your healthy daily diet. **To your success!**

SUNRIDERSPORT



Hi, my name is Mark Harrington. I am a college student, and I have used Sunrider® products my entire life. The extent to which I use the products is wide ranging. Currently I love to have VitaShakes, SunnyDew®, SunBars, Calli®, and Fortune Delight® before and after workouts.

During the golf season I always carry SunBars in my golf bag; they really give me energy when I get hungry on the course. When I played basketball in junior high school, my favorite drink was Fortune Delight® since it gave me the energy to play well the whole game. I also use many of the hygiene products, which includes: the SunSmile® Herbal Toothpaste, Kandesn® After Shave, and Oi-Lin® Shampoo.

Now that I'm 22 years old I can honestly say how much I love and swear by the Calli® and Fortune Delight® herbal beverages. I hope that more people can discover the quality and commitment that Sunrider brings to each and every product.

SUNRIDER[®]SPORT



To most of my mom's business associates, I'm the typical student athlete; but to my friends, I'm a human machine, playing a zillion sports a week and working on the weekends. Maintaining a 3.5 GPA and trying to stay injury free puts massive amounts of stress on my body. Playing soccer, running cross country and track, working as a waitress, and helping out in the children's ministry at my church doesn't give my body much time to rest.

The Sunrider[®] foods give my body the fuel it needs to keep me playing my hardest all the time. The NuPlus[®] and Quinary[®] that I take every morning and night provides

my body with the energy to make it through both halves of my soccer games, practices, and workouts. Instead of drinking the Gatorade that most athletes swear by, I find that drinking Fortune Delight[®] hydrates better when I go for the long 5K and trail-blazing runs.

During cross country season I strained my hamstring, but with Joi[®] and SunBreeze[®] I was able to power through the pain and make a speedy recovery in time to run in the state finals. At the state finals, I came prepared with my usual NuPlus[®] and Quinary[®], Joi[®], Ese[®], SunBreeze[®], Fortune Delight[®], and Evergreen[®]. Knowing that no matter what injury might come my way Sunrider[®] foods will provide the proper nutrition to put me right back into the game gives me peace of mind to focus on the game at hand.

Every day, I expect my body to deliver 110%. No Sunrider, no game.

*Stephanie Moore,
daughter of Barbara Moore*

SUNRIDER[®]SPORT

Debra Keithly

In 2011 I made a goal to run a 5K, so in October of that year my daughter Natalie and I signed up for a local "turkey trot" on Thanksgiving Day. To prepare, I walked in my neighborhood, which has very steep hills, for six days a week. My Sunrider program was eating



NuPlus[®], Quinary[®], Fortune Delight[®], Calli[®], and Sunectar[®] daily. In addition to that, I decided to take MetaShaper[®] and MetaBooster[®].

On the day of the walk, I really wasn't sure I'd be able to run the full 5K. When my daughter and I arrived though, I realized I really wanted to! With Fortune Delight[®] in hand, and being already nourished with Sunrider[®] foods, we started off running. We never stopped and finished to the end! It was so much easier than I thought, and it was a great accomplishment. Thank you, Sunrider!

I really do attribute my success to eating the Sunrider[®] foods as part of a healthy diet and regular exercise, and adding the MetaShaper[®] and MetaBooster[®].

SUNRIDERSPORT



Doreen Willerth

A Sunrider for 19 years, Business Leader Doreen Willerth from Canada recently completed the See Jane Tri triathlon. This consisted of a 300-meter swim, 12-kilometer bike ride, and a 3.3-kilometer run.

Doreen is 71 years young with a passion for Sunrider and fitness, fitness being a more recent part of her life. Being a 29-year insulin-dependent diabetic, she understands the importance of physical activity and, along with her doctor's encouragement, undertook this triathlon as a personal challenge.

The exciting aspect, besides easily completing this event, was Doreen being cheered on by her family—four children, their spouses, nine grandchildren, and one great grandchild (the next generations)—many of whom ran the last few laps with her! Doreen credits her success to the concentrated Sunrider® foods, her training, and her healthy diet and lifestyle. Thanks to NuPlus®, Sport Caps®, Fortune Delight®, Quinary®, and that wonderful MetaShaper®, she is looking good and feeling great with Sunrider.

SUNRIDERSPORT



I play competitive league tennis at the USTA 4.5 level. A few years back, I was playing in a summer tennis league and my team was in first place. We were down to the last match of the season which would determine if we placed first in Utah and go on to the Intermountain Sectional Tournament. My doubles match was the last match that would determine the outcome. That day the temperature was over 100 degrees and it was even hotter on the tennis court. My partner and I had split sets in the match and had been playing for over two and a half hours. We had a break before starting the third set. My partner (a personal fitness trainer) was struggling and didn't think she could continue. I said "Do you trust me?" She hesitated a moment and then said, "Yes, I trust you." I then gave her Sunrise®, Sport

Caps®, Fortune Delight® with ElectroSport®, and a SunBar®—all of which I had used throughout the match and was feeling great. Our opponents were younger and fitter and had commented on the fact that they love playing in the heat. We started the third set and were down 2-4 when my partner started moving better and playing with more intensity. We proceeded to come back and win the third set 7-5. Our match lasted over three hours and forty-five minutes in over 100-degree heat. I was 51 years of age and my partner was in her 30s. Our team went on to win for Utah, win at Intermountain Sectionals, and go on to Nationals in Hawaii that year.

I continue to play competitive tennis in several leagues and know the only reason I can still compete against women 20 years younger than me is because of Sunrider's wonderful nutrition I have enjoyed for over 27 years! My husband John is also a great athlete who continues to compete in many sports with much younger opponents and credits Sunrider for keeping him young and healthy! Thank you, Sunrider!

Margie Mettenet

SUNRIDER SPORT



I am not an ultra marathoner, but within the last 5–6 years I have challenged myself to sign up for a half marathon a year so I have a goal to work toward during those hard winter months. Within the last year I relocated to Knoxville, TN, where I was introduced to Sunrider by the company I work with.

Since then, I have become a Sunrider IBO and have incorporated several products into my daily routine. I decided to put these products to the test and see if my performance and endurance improved. To my surprise, they certainly did! I incorporated one Liqui-Five® and one Evergreen® daily. I would drink Fortune Delight® for my beverage of choice before, during, and after my workouts. I also had a VitaShake® at least once a day to nourish my body.

I also combined the Citric C™ Tab and Herb Cal® Tab either before or after my runs, taking 1–2 of each. I never had any trouble with muscle cramps.

For my long runs, I carried Sunrise® for extra calories, and when I was between miles 6–8 I would drink a Sunrise®—that kept me energized to finish my run. The morning of my race, I took a Liqui-Five® about 30 minutes before my race started. During my run, I felt very balanced. I didn't have any side or muscle cramps and I felt energized. The best part was I shaved 20 minutes off my last half marathon pace, finishing in just 1 hour and 44 minutes!

Since I was introduced to Sunrider, my eating habits have changed completely. I feel I am cleansed, nourished, and balanced when I eat the Sunrider® foods. I am glad to be a part of such a reliable company. I hope whoever reads this can be as inspired as I am to continue using these reliable products! My next race is in less than four weeks!

Amanda Stark