

“You can train your body to the limit, but what you put inside your body is what will push you over the top. Herbalife® products give me good nutrition to train and perform well.”

HERBALIFE-SPONSORED ATHLETE



AMANDA LIM
SWIMMING — SINGAPORE

BIO:

Known as the fastest girl in Southeast Asia, Amanda Lim is the pride of Singaporean swimming. Her amazing rise to the top began when she was diagnosed with asthma as a child. She started swimming to battle against the disease, and she hasn't stopped since. Already a national record-holder at just 17 years old, Amanda Lim is ready to take on the world, one stroke at a time.

ACHIEVEMENTS:

- 2009** SEA 50m, 4x100m, 4x200m Freestyle Relays – Gold Medal
SEA 100m Freestyle Relay – Bronze Medal
- 2009** Asian Youth Games 4x100m Freestyle Relay – Gold Medal
Asian Youth Games 50m, 100m Freestyle Relays – Silver Medal
Asian Youth Games 4x100 Medley Relay – Bronze Medal
- 2009** Singapore national record-holder in 50m freestyle
- 2009** Youth Olympic Games – Qualifier
- 2010** Youth Olympic Games 100m Freestyle – Semi-finalist
Youth Olympic Games 50m Freestyle – Finalist
Youth Olympic Games 4x100m Freestyle Relay – Finalist
Youth Olympic Games 50m Butterfly – Semi-finalist

FAVORITE PRODUCTS*:

Formula 1 Nutritional Shake Mix and Niteworks®.

* Some Herbalife® products are only available in some countries. Consult your local product brochure.

**POWERED
BY HERBALIFE**

 **HERBALIFE®**
Nutrition for a better life.

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