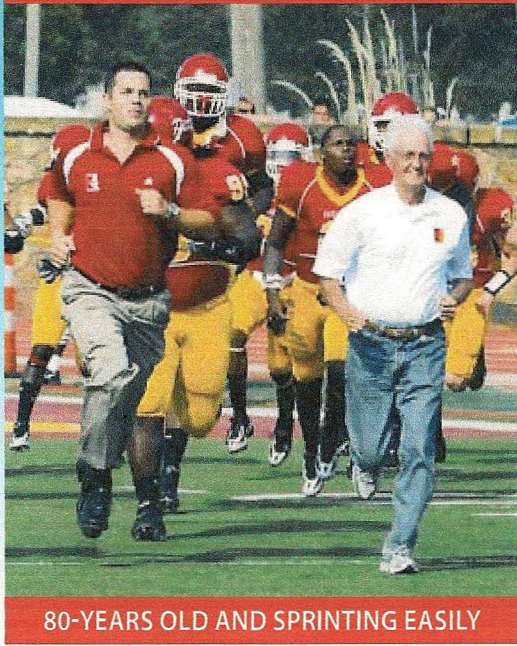


AGING AND ACTIVE

WITH SUNRIDER



80-YEARS OLD AND SPRINTING EASILY

J.W. Emerson, a 20-year Sunrider and Golden Group Business Leader, was recently inducted into the Pittsburg State University Athletic Hall of Fame for his coaching achievements, taking six losing football clubs and turning them into winners.

Before the induction, J.W. was invited to lead the PSU Gorillas onto the field, sprinting 80 yards to the sidelines. J.W. said, "I really believe they thought I would decline the invitation because of my age—80...the sprint was no problem. I kept up with them every step of the way! I had not sprinted in 35 years, nor am I a runner."

J.W. attributes this awesome feat to a healthy diet and daily exercise, but most of all he believes Sunrider's powerful nutrition is the key. "Every day," he said, "I eat the basic Sunrider® products—NuPlus®, Quinary®, and Calli®...I also consume many other Sunrider® products—they are my groceries! I find that as one ages... you do not have to be feeble or "shuffle" through life. At age 60, I decided to invest in my health and find that with a healthy lifestyle, the golden years are truly golden."

We want to hear from you! Send your favorite Sunrider recipes, success stories, questions, or comments to info@sunrider.com.