



STRENGTHENING YOUR BUSINESS WITH THE POWER OF R3

Have you ever had a conversation with someone who expressed their frustration with their weight loss journey? If you have, or when you do, it's an opportune time to introduce Melaleuca's R3 Weight Loss Program!

What is R3?

Melaleuca's R3 Weight Loss Program encourages you to become the healthiest version of yourself by learning how to stack one habit at a time. The R3 Weight Loss Program incorporates an easy-to-follow, three-step plan: Reset, Reintroduce, and Real Life. With this plan, you will be able to eat according to your hunger level and learn how to incorporate Melaleuca products that will increase your energy, support weight loss, and ensure you maintain total wellness—for life! R3 teaches you how to transition your body out of fat-storing mode and into fat-burning mode.



RESET

Shift your body
from fat-storage mode to
fat-burning mode.



REINTRODUCE

Learn how to
balance foods from
all food groups.



REAL LIFE

Enjoy all your
favorite foods while
continuing to lose weight.

Join the R3 Community

The R3 Weight Loss Program not only provides you with the knowledge and tools to become a healthier version of you but also provides a welcoming community to encourage and cheer you on through all aspects of life and weight loss. Through the R3 Facebook group, Melaleuca hosts challenges, provides valuable tips, and provides the perfect forum for R3 members to learn from and engage with one another. R3 is enhancing the lives of so many!

ABOUT THE FACEBOOK GROUP

Join the R3 Facebook group where you will gain support from a community of individuals who are living the R3 lifestyle, pursuing similar goals, and enjoying a life of wellness. Ask questions, get support, and encourage others no matter where you are in your R3 journey. Lose weight. Get fit. Reach goals easier with accountability and support. You'll get all of that here and more!

ABOUT THE CHALLENGES

Each year, R3 hosts three weight loss challenges that are open open for anyone to participate in: the Reset Challenge in January, the Show Up Challenge in June, and the Fit for Fall Challenge in October. Each challenge is led by Director of R3 Susan Torborg, lasts six weeks, and gives you daily guidance through the three two-week phases. You'll have access to live exercise classes, meal-planning sessions, recipe ideas, community support, and the chance to win big-ticket prizes! Most importantly, the challenges have consistently proven to be the most reliable way to experience weight loss success with R3!

Questions to Ask

To help you start or continue a conversation about weight loss or overall wellness, here are some questions you can use.

- What are your health and weight loss goals? (Be specific.)
- Have you tried to lose weight in the past?
- Do you have any health concerns?
- Do you move your body regularly or follow an exercise routine?
- Are you open to taking quality supplements?
- Why are you ready to focus on your health and weight loss goals now?

Stories to Share

When in doubt, share a story. It is much easier to begin something new if you can relate to the people who have had success. Share a story of your own or share a friend or family member's story—anything to inspire someone from others' successes and life-changing habits.

EXAMPLES OF STORIES THAT OTHERS HAVE SHARED:

"I'm shocked by how many people I meet who struggle with gut health. When my gut was off, losing weight was so hard! I recently started following a program that teaches you how to improve gut health and reduce bloating. Since then, I've lost 15 pounds and three inches off my waist!"

"I'm so proud of my friend Maria! She recently lost 70 pounds and has kept it off for a year! She finally found a plan that changed her life. Now she has the freedom to eat carbs and sugar, but she knows her body and when to stop."

"After gaining 20 pounds, I decided I needed to take control of my weight. I joined R3 and am now just 5 pounds away from my goal weight. I feel great. The best thing is that I still eat the foods I love!"