



SUSAN TORBORG
R3 DIRECTOR



IT'S ALWAYS BETTER TO Reset Together!

Just ask 80-year-old Claire Sevigny and 89-year-old Flore Pelland from Ontario and Quebec, Canada. Together, the two sisters have completed multiple R3 challenges. Their most recent challenge, Fit for Fall 2024, was their most successful to date! Flore took a nine-hour bus ride to stay with Claire for the entire six weeks to focus on their goals together!

Their story started in 2022 when Claire had reached her heaviest weight and decided she'd had enough. She was ready to do whatever it took to lose the weight and feel better. She started weighing foods, counting calories, depriving herself, and feeling miserably hungry all the time.

During this time, Claire received an email from Melaleuca inviting her to participate in the R3 Show Up Challenge 2022. She'd been a Melaleuca customer for 28 years and decided to try the R3 Weight Loss Program. She couldn't believe how energetic she felt as she started shedding pounds. She reached her goal, losing 30 pounds,

and has maintained that weight loss without going hungry or feeling deprived of the foods she loves! She learned to eat according to hunger, without counting points, macros, or calories.

Meanwhile, Claire's sister, Flore, had been watching from the sidelines while experiencing deteriorating health and decreased mobility. At her heaviest weight, 88-year-old Flore joined her sister and began following R3. It's been two years since her first R3 weight loss challenge, and she has lost 100 pounds! Flore now dances in her kitchen while participating in the daily R3 cardio classes. She no longer needs the two

canes that she previously couldn't walk without. Her poor health had prevented her from traveling to see Claire as often as she wanted, but in the past two years, she's made four extended visits. The sisters are closer and healthier than they've ever been before.

You're never too old to start! The time is now! It's almost a NEW YEAR, so it's time to create a NEW YOU. Here's your chance—register for the R3 Reset Weight Loss Challenge 2025 starting on Monday, January 6! And now is the time to invite others to do the challenge with you.

Invite Others to Try the Reset 2025 Challenge

Research shows that team participation in weight loss efforts increases the amount of weight lost. Since 95% of Americans have attempted to lose weight in the last year, most people are eager to learn about a method that really works! You have what others are looking for. Whether in person, through text, or via social media, invite others to join you for a six-week challenge that can change lives.


In Conversation

“Have you heard of R3? It’s this weight loss program that resets your metabolism in six weeks. I’ve read a ton of reviews, and it not only helps with weight loss, but so many people report overall health improvement, like sleeping better, fewer aches and pains, fewer headaches, and more energy. Basically, there’s a Yes List of foods that you eat from every two hours. You don’t starve yourself. You don’t count calories. It’s really simple. There’s a six-week challenge starting on January 6—perfect timing for New Year’s resolutions. There’s a small \$10 sign-up fee, but you can win some pretty great prizes—like a Peloton bike! I could really use some positive peer pressure. What do you say we do this together?”

Text Your Friends

“Hi (name), I’m looking for a couple of friends to join me in a six-week health challenge. It’s called R3. I thought of you because I know you’ve been keen on embracing a healthier lifestyle, and I know you’re the type of person who will keep me on track! This program is simple, with easy and quick recipes, online workouts if you want, and an amazing community. I think we’d have a blast by doing it together. I need an accountability partner, and it’s always more fun with friends. Are you in?”

Social Media Posts

Check out the actual Facebook posts on the right for inspiration. Sharing before-and-after pictures is always effective, but if you’re just starting R3, you can ask others in the R3 community to share their photos and success stories. Be sure to follow Melaleuca’s social media guidelines. 



**RESET
CHALLENGE
2025 STARTS
ON JANUARY 6!**



*NO PURCHASE NECESSARY. The R3 Reset Weight Loss Challenge 2025 sweepstakes begins January 6, 2025, and ends February 17, 2025. Sponsored by Melaleuca, Inc. Open to legal residents age 18+ of the United States or Canada, except Quebec and the Virgin Islands. See the Official Rules and register at Eventbrite.

Note: Results will vary depending on a combination of the participant's healthy eating and exercise habits. On average, participants lose two pounds per week.



Rachel Gilday • Follow
September 26

Is anyone interested in joining the R3 weight loss challenge with me in October? I’ve gained a few lbs being on bed rest and I’ve been beating myself up about bc I’ve worked so hard to lose all my weight. I know this program works and I would love some of you to do it with me this time. If you are interested in locking arms with me drop your favorite emoji ❤️ or message me! I’d love to chat to see if this is for you!!!



Barbie Manning • Follow
October 18

To say I’m thankful for what my R3 weight loss plan is doing for me is an understatement. It’s changed so much for me already and I can’t wait to see what the next few weeks will do! If you need a change and don’t know where to turn, I’m here to help you! This program can work for you too!