



SUSAN TORBORG
R3 DIRECTOR



110 Pounds Gone!

RYAN'S R3 SUCCESS STORY

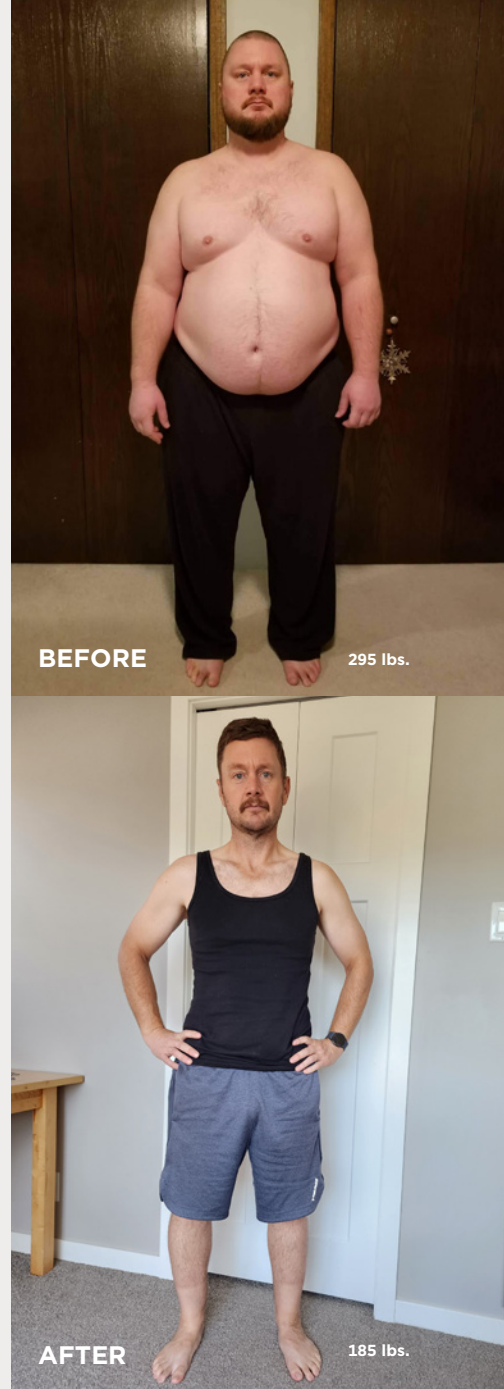
Weight loss stories are the most powerful way to share the R3 Weight Loss Program. There's no better way to demonstrate that the science and psychology behind R3 work together to change lives!

RYAN'S STORY:

"My name is Ryan Hildebrandt. I'm 43 years old and live in Manitoba, Canada. My wife, Jennifer, and I started shopping with Melaleuca in February 2019. The following December, we watched Frank's announcement about starting a Melaleuca rowing team. We both decided to join and ordered a rower that day. This motivated us to start eating healthier as well. A friend of mine who also is a Melaleuca Member told me about the R3 plan. It looked simple enough, so Jennifer and I both decided, 'We're in!'"

"As our New Year's resolution, we started R3 in January 2020. I was 295 pounds at the time, and I set a goal to get under 200 pounds by the end of the year. In February, our rower arrived, and we incorporated it into our R3 plan. The pounds were coming off, and I was feeling great. That summer, while biking with my son and dog, I got into a bicycle accident. I broke my collarbone and tore a bunch of muscles in my chest and back. I was sidelined from rowing for the next three months.

"Even though I couldn't be as physically active as I wanted to be, I stuck to the R3 plan and continued to lose weight. I didn't quite hit my weight loss goal that year, but I was so excited about the progress I had made living the R3 lifestyle. In 2021, I reached my goal and kept losing weight. It's been over three years since I began R3. I've lost 110 pounds and kept my weight at 185 for over a year!"



Ryan's story is so inspirational! He set a goal and worked toward it by simply following the R3 Weight Loss Program—the same program that's available for free to anyone and everyone! The fact that Ryan continued to lose weight after an injury sidelined him from physical activity shows the power of the eating aspect of the program.

There's an aspect of Ryan's story that I see in most others—a friend told Ryan about R3. Melaleuca is built 100% on word-of-mouth recommendations. And that's true for R3 too. Because of Ryan's success, he's a Melaleuca customer for life! Think of all the lives

you could change by sharing R3 with your customers, friends, and family.

If you haven't tried R3 for yourself, now is the time to become your own success story! Whether your goal is to lose weight, regain energy, strengthen your heart, sleep better, or all of the above, R3 can help you get there. Learn about the R3 Weight Loss Program at Melaleuca.com/R3 and join the online R3 community at Facebook.com/groups/r3weightloss. It's open for anyone! Share Ryan's story, and get ready to create one of your own! 