

# LET'S SHOW WEIGHT LOSS CHALLENGE 2024 UP

## TOGETHER IN JUNE!



**SUSAN TORBORG**  
R3 DIRECTOR

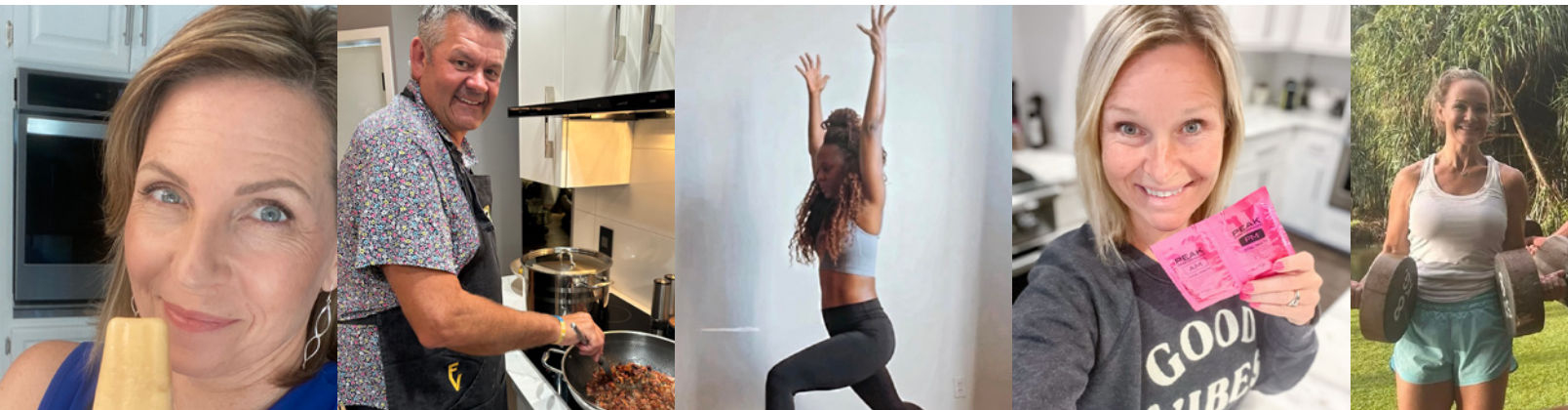
R3 challenges improve your life! That's not just lip service. Data shows that R3 participants increase their success with their health goals with each R3 challenge they complete!

The R3 lifestyle teaches you that you can enjoy any food you choose, but as you break your dependence on sugar and other comfort foods and become more in tune with your body, you'll find that many previously tempting foods lose their luster. You start asking yourself, "Is it worth it?" before you choose to eat something that used to control you. With R3, you control your food choices! And you're going to love the way that you feel!

### SO WHY ARE THOSE WHO PARTICIPATE IN R3 CHALLENGES MORE SUCCESSFUL?

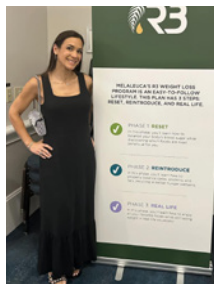
It's human nature! When you are part of a community that offers education and activities that support your goals, you'll be three times more successful in achieving your goals compared to going it alone. If you're serious about making a change, tripling your rate of success just makes sense!

**Senior Director 6 Sue Stadler from Orlando, Florida**, experienced this firsthand. "I had a stressful couple of years which caused me to fall back into old, unhealthy habits. You can guess the result. I put back on a lot of weight. I committed to R3 in February 2023 during the Melaleuca Quest Leadership Conference. Even though I felt nervous, anxious, and insecure, I found some courage and registered for the R3 challenge on the very





BEFORE



AFTER

### WHAT HAPPENS DURING A SIX-WEEK CHALLENGE?

"I LOVE to participate in the weekly LIVE exercise classes led by amazing guest fitness trainers who offer Barre, HIIT, Cardio, Bootcamp, Weight Training, and Mobility and Stability classes for all fitness levels. There are meal-planning workshops. Every Friday, there's a cooking session with guest chefs who show us how to prepare delicious recipes using *Riverbend Ranch Black Label Beef* from the new R3 Cookbook. There are numerous Q & A sessions, informative R3 trainings about what to expect in the next phase, and fun product contests to help keep us engaged and on track to meet our goals! The biweekly email survey to submit our weight and measurements provides extra accountability that is only available to R3 challenge participants! The grand prizes of Infrared Saunas, Peloton Bikes, Concept 2 Rowers, ellipticals, and treadmills are AMAZING! It's easy, I just follow the weekly schedule found in the files of the challenge group and participate in what I can. Plus, all activities—like exercise classes or Q & A sessions—are recorded so I can view them at my convenience.

"R3 truly helped me get my life back! During the challenge, I began to feel empowered again. I realized I wasn't alone. My self-doubt turned to self-confidence. I have so much more energy and

feel a lot happier! My business is thriving, and most importantly, my six kids have their mom back! I'm so grateful! I'm super excited to register for June's Show Up Weight Loss Challenge 2024 and have my friends join me!"

### WHAT ARE YOU WAITING FOR?

Now it's time for YOU to get ready to take your health to the next level. Our second annual R3 challenge starts on June 3 and is called the Show Up Weight Loss Challenge 2024. Why? Because there's no better time to show up for yourself!

### SIMPLE STEPS TO SHOW UP SUCCESSFULLY:

1. Register at:  
[Eventbrite.com/e/show-up-2024-tickets-868807134527](https://www.eventbrite.com/e/show-up-2024-tickets-868807134527).
2. Download the R3 Plan at  
[Melaleuca.com/R3](https://Melaleuca.com/R3).
3. Circle all the foods on the Yes List that you love and fill your pantry with them.
4. Become aware of the foods on the No List that you will temporarily be avoiding.
5. Invite your circle of friends (customers and people who are not Melaleuca customers) to join you! All are welcome!



### SPECIAL INTERVIEW:

Go to the Featured section in the R3 Weight Loss Plan Facebook group and listen to Darrin Johnson, Senior VP of Sales, interviewing me, Susan Torborg, as I explain everything about R3, the challenges, and how so many Marketing Executives are using R3 to build their businesses. The first step they're taking is to invite everyone they know to participate with them in the Show Up Challenge (remember, those who aren't Melaleuca customers can participate too). Share the Eventbrite registration link, and we'll see you on June 3 in the new R3 Show Up 2024 Facebook group! **LIA**

