



**SUSAN TORBORG**  
R3 DIRECTOR



# Everyone Deserves What R3 Can Give



**Adrienne Di Lemme Brattole**

30 minutes ago

I stuck with it, and I'm so happy I did. Down 11 lbs. and 12.875 inches, 6/3-7/15! This group has been wonderful and helped keep me on track. Can't wait to do it again.



**John Edwards**

20 minutes ago

Thank you Susan for a 5-minute or so conversation. -38.4 lbs. later and a life changed forever! Forever grateful!



**Ashley Chitwood**

2 hours ago

I've lost a total of 23.5 inches over the last six weeks, and I feel amazing!



**Nina Washington**

3 hours ago

I lost 19.6 pounds with R3 so far. Setting biweekly goals and using the Melaleuca products along with exercising 4-5 days a week helped me melt away 18.5 inches. I'm loving this lifestyle change.



**Heather Dahman**

30 minutes ago

First, I am so ecstatic that I actually completed this challenge. I can't even begin to express how much of a victory this is for me. Now for the results. Might I just say WOW. I am thrilled! Total pounds lost: 11.6. Total inches lost: 10.75. I feel so much better.



At a red traffic light in downtown Salt Lake City, Utah, I met Director 2 John Edwards. It was close to midnight, just after Convention 2024's Awards Gala, and we were waiting at an intersection to walk across the street. John introduced himself to me as we waited for the light to change. He had heard me speak about R3 before. He had read about the program and the products, but he was still hesitant to try R3.

One of his hang-ups was that the R3 Weight Loss Program is so affordable. In his mind, he could not have success without spending a lot of money on programs and products. But John had a strong reason to lose weight—he's the primary caregiver for his aging parents, and his own health affects his ability to care for them.


During that short conversation at the red light, John decided he had nothing to lose by trying R3. He had his doubts, but he was willing to take part in the upcoming R3 Show Up Challenge and see for himself. John joined Facebook just to participate in the R3 challenge. He reactivated his gym membership. And for the first time in years, John stepped on a scale so he could measure his progress.

After embracing the R3 lifestyle and losing 38 pounds, John's doubts have been laid to rest. John is just as thrilled about his

non-scale victories too: he's trimmed back a total of 26 inches; he has a better relationship with food; he's been exercising regularly; and he has improved his strength, balance, and muscle mass. The progress John has made means he can more confidently care for his parents—and everything else he does in his life.

There are hundreds of stories like John's. I wish I could share them all. Everyone who completes an R3 challenge makes progress. If you've yet to participate in an R3 challenge, why not try it? I invite you to enroll in the Fit for Fall Challenge now. For those who have experienced a corporate R3 challenge in the past, I hope to see you back. The ongoing progress I see from repeat participants is so exciting!

There are plenty of you reading this who have doubts just like John. I'll tell you the same thing I told him: **Give it a try! It's only six weeks!**

Instead of experiencing six weeks of excuses, you will come away with six weeks of progress! It's a gift you deserve to give to yourself and your family. Think of what you will lose—and gain—by simply trying the R3 Fit for Fall Challenge like John. 

JOIN THE R3  
CHALLENGE



**Tony Cutbirth**  
2 hours ago

So far, I have lost 14 pounds and 10 inches following R3!



**Laura Dawn Kranzfelder**  
2 hours ago

I went to a water park with my family this weekend. I had a blast going down the slides with my kids. I had increased energy and physicality to climb the 4-5 stories of stairs multiple times. And I had more confidence walking around in a bathing suit than I have had in a really long time.



**Nicole Messer**  
5 hours ago

R3 has helped me lose 20 pounds and 23.75 total inches so far!!! I can't wait to see where I end up!!!



**Lillieth Cusick Grand**  
3 hours ago

This was my first time on R3 and I intend to make it my lifestyle forever!!! I have much better sleep quality and more energy during the day. My doctor likes R3 better than the diet she was going to recommend. I've started exercising, my son is starting to examine his food choices, and I have lost 4.5 inches of belly fat!!! These are all more important than the number on a scale.



**Gayleen Davis**  
20 minutes ago

Well the final results for the Show Up Challenge are in. Down 12.5 pounds and 12 inches. What I gained though is so much more—the craving for sugar and carbs is gone, I'm beginning to feel like my clothes fit again, and I have control over my eating. This is just the start of my R3 journey. Now to reset and start again!

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.