



FIND THE NEW YOU

WHAT IS FIT3?

Fit3™ is a fun fitness and weight loss program with real results. The best part is that it was designed for real people who live in the real world... a world where cake is still served at birthday parties! Your Fit3 journey starts with a 90-day program created by Reliv, the industry leader in advanced nutritional supplements. Inside your 90-day Fit Kit, you'll find everything you need to create healthier habits you can maintain for life.



FIT3 IS AS EASY AS...

1 Fit3 Products

ACTIVE: Delicious, daily tri-protein shakes that keep you full, fuel workouts, boost energy and help muscle recovery.

BURN: Start your day with Burn to ignite an active metabolism. Just two capsules every morning accelerate fat burn and promote a healthy weight when combined with good nutrition and exercise.

PURIFY: A daily body purifier that includes a probiotic, liver cleanse and metabolic supporter in one. Take two capsules at night to purify your body while you sleep and keep you in peak performance.

2 Nutrition

Our practical and realistic approach to nutrition will teach you three things: how to eat smart and still enjoy your favorite foods, how to combine the right foods like healthy fats and lean proteins, and how to create healthier habits that last a lifetime. Join the program download our on-the-go tools at fit3.reliv.com.

3 Exercise

Fit3 cardio and strength workouts will keep you moving and having fun while you get results! They are designed for every fitness level, so you can progress at your own pace. The variety of exercises will work your total body and keep you from getting bored with combinations of basic and compound movements. The result? You'll burn fat, boost metabolism, sculpt lean muscle and build cardio endurance. You can do these workouts at home or take them with you on the go! Get your Fit3 workouts and more at fit3.reliv.com.

The statements contained in this material have not been evaluated by the Food and Drug Administration. The personal testimonials shared reflect individual experiences of Independent Reliv Distributors and are not necessarily typical of the results you may obtain. Reliv products are not intended to diagnose, treat, cure or prevent any disease.

FIT3 TRANSFORMS LIVES



As parents, Reliv not only gives us the energy to get through the day, but also the strength and stamina to be able to work out and have fun doing it!

THE MARTIN FAMILY



Fit3 has given us the ability to live a life full of adventures... like getting engaged!

KATY EDERER & TOMMY BITNER



I used to weigh 337 pounds. Over the past year, I've lost more than 100 pounds and transformed my life through the program's three simple steps.

DAN MCNEILL

**Results not typical.*



fit3



fit3

GET FIT. FEEL FIT. STAY FIT.

GET EXPERT ADVICE

Fit3 is designed to help real people succeed! Check out our latest nutrition and fitness articles, plus get all the tools you need for the program at **fit3.reliv.com**.

JOIN THE CONVERSATION

Meet people just like you and help each other through the journey! Connect with your Fit3 team and share your story at **facebook.com/relivfit3**.

ASK HOW YOU CAN SAVE ON FIT3

For about the price of a sandwich a day, you get a complete fitness and weight loss program that will transform your life! Find out how you can enjoy results for as little as \$3.33 a day and help others do the same while earning an income. Get with the person who introduced you to Fit3 to learn more.