

lifestyle



reliv athletic
THE ROAD TO RIO



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2015 is in the past and now we can all look forward to everything that 2016 is going to bring Reliv Europe. At the end of last year, we experienced an increase in sales which has, I am pleased to say, continued into 2016. This momentum meant that Reliv Europe produced the highest growth of any of the Reliv Markets and we can now continue to build on what we have started.

The January Kick-Off events in Paris, Birmingham and Frankfurt were excellent and well attended. I would like to congratulate everyone involved and all those who presented fantastic workshops and shared their stories. The feeling was that 2015 was a good year for Reliv Europe but I am sure that 2016 is going to be even better. All the great things we did last year will help us to grow, and the foundations are certainly in place from which we can build on and move forward.

If there is to be a theme for 2016, 'focusing on growth' is certainly something that will be a main topic of conversation, with incentives, promotions and recognition being awarded to those who grow their business and make a difference. As I mentioned at the Kick-Off events, the achievements that happened back in 2012 were great, but they will not help with what we are trying to achieve in 2016. Past glories give us good memories but now let's look forward to an exciting future.

We know that bringing new people into any network marketing business is key to growth, however, the development of these people is also key to their business success and more importantly, it will in turn grow your business. Focusing on growth through helping others will not only help you advance through the levels but it will also see you rewarded for your efforts both financially and with a sense of personal achievement.

That just leaves me to say, we have started the year very positively and with the continued excitement within Reliv Europe, we should be confident that 2016 will be whatever we want it to be and that is simply, a huge success!

You are Europe's best,
Jonathan



Jonathan Hale
Managing Director Reliv Europe

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As with any independent business, success as a Reliv Distributor requires a significant amount of hard work and dedication. The individuals featured in this material offer a glimpse into the lifestyle and economic benefits they are enjoying through the Reliv opportunity as a result of their own skills and personal effort. These stories are examples only and are not intended as averages or guarantees.

Celebrating Sandy Montgomery

Sandy Montgomery, Co-Founder and First Lady of Reliv, touched millions with the gifts of hope, empowerment and love. From the day she helped her life-long partner and husband, Robert, turn a dream of building a nurturing company into a reality at their kitchen table, she championed Reliv's mission to "Nourish Our World." Her legacy will grow even stronger as people around the world continue to share Reliv and make a difference for others, just as Sandy so passionately did.

Just as the three flags of the Reliv logo represent the values of the company — to Nourish our World through Body, Mind and Spirit — so too do they embody the values of Sandy. We celebrate her life and legacy with just a glimpse of the many ways she shared those values with so many.



MEMORIES OF RELIV

When Bob and I are enjoying time together, just us, we talk about you — your families, your partnership, your friendship. Our Reliv friends are among the most important relationships in our life. — Sandy

My dearest, dearest Sandy. God Bless your heart and giving soul. — Dr. Theodore Kalogris

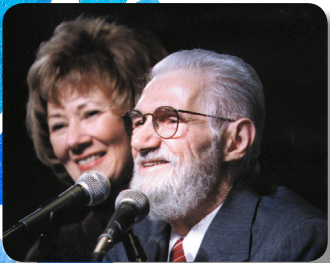
Sandy Montgomery was a most special lady. Why? Simple, she made everyone who came into contact with her feel special which is one of the rarest human qualities.

— Eric Vill

Sandy was an encouraging mentor for me. She shared how her and Bob started their business from the kitchen table and picked up the phone — just like the rest of us.

— Britta Bullmann

Sandy Montgomery leaves us lasting memories. A lady of grace and compassion with a passionate determination to fulfil Dr Ted's mission to Nourish our World through Reliv and the Kalogris Foundation. — Lesley Probart





~The value of the body~

HEALTH & VITALITY FOR LIFE.



~The value of the mind~

A PASSION TO LEARN, LEAD AND HELP OTHERS TO SEE AND REACH THE POTENTIAL SHE BELIEVED WAS IN EACH AND EVERY PERSON.



~The value of the spirit~

UNWAVERING FAITH IN HER FAMILY AND THE GOOD IN PEOPLE THAT DRIVES A PASSION FOR HELPING THOSE MOST IN NEED.





what is reliv?

Good question. Last year's opening night of International Conference focused on providing an answer, a strong statement of who and what we are. Here we've outlined the main points from that evening's presentation. As you'll see, the real question is not "What is Reliv?" but rather "What can Reliv do for YOU?"

BODY

[Feel your best]

Maintain well-being and fitness.

HOW? Embracing an active lifestyle and a preventive approach to good health.

Fuel your body with advanced nutrition.

HOW? Putting Reliv's superior approach to nutrition, *The Reliv Difference*, to work for you.

Turn on your good genes.

HOW? Incorporating LunaRich®, the first epigenetic superfood, into your Reliv nutrition regimen.



MIND

[Live life to the fullest]

Earn what you're worth.

HOW? Launching a Reliv business and getting paid through Reliv's industry-leading compensation plan.

Experience financial freedom and personal growth.

HOW? Building an organisation, leading its growth and generating residual income for life.

Enjoy the life you've always wanted.

HOW? Making lifelong friends, seeing the world and being recognised for what you've accomplished.



WATCH WHAT WE ARE!

Find out what Reliv can do for you by watching our videos online at reliv.co.uk/what-is-reliv



reliv[®]

SPIRIT

[Make a difference]

Feed needy people around the world.

HOW? Building your business and therefore building awareness and support for the Reliv Kalogris Foundation.

Help people feel better.

HOW? Sharing the life-changing benefits of Reliv nutrition.

Help people live better... starting with YOU!

HOW? Improving your life by showing others how they can improve theirs through the Reliv opportunity.



our mission:

To Nourish Our World
in body, mind and spirit.

our message:

Don't just live. Reliv.

Do you have some weight to lose? If so, you aren't alone. Most of us do! According to the World Health European Organisation, worldwide obesity has more than doubled since 1980 with up to 600 million adults affected in 2014.



change your lifestyle

Changing this trend is a monumental task. Massive public health campaigns have fallen short of curbing our intake of unhealthy foods and motivating people to exercise. Most private medical professionals lack the time and resources to educate individual patients regarding weight loss. Information conveyed by various media sources contains conflicting information that further complicates a subject that has been completely flooded with self-serving propaganda from the food industry. Filtering through all of these messages to find individual solutions to weight loss is a never-ending process.

Despite advances in nutrition science that have improved our understanding of weight management and metabolic health, confusion persists. The diversity of the genetic makeup of humans, compounded by epigenetic (lifestyle) choices that further differentiate

us as individuals, explains why most "diets" are not realistic or effective. Is it any wonder why almost no one, including most of the experts, can agree as to what constitutes your ideal diet?

Here's a thought — let's just forget the whole "diet" idea. A diet is something you do short term in order to lose a few pounds and then return to your old eating habits (and gain all the weight back). So if your goal is to have a long, healthy life, you may want to consider long-term lifestyle changes. Rather than trying to change everything all at once, make small, manageable and sustainable changes that improve eating habits over time. Yes, it takes more work and awareness than current eating habits, but change doesn't happen by chance, it happens by choice.



no-no list

Making healthier food choices does require discipline, but it isn't about perfection — any nutrition plan which requires perfection is going to be impossible to sustain in the long run.

That said, to experience successful weight management, you should try to avoid the following most (80% – 90%) of the time:

Processed Foods: Convenient, but you pay for that convenience with chemical additives, trans fats, salts and refined sugars.

Refined Foods: Refined flours, sugars (high-fructose, white, brown, and the rest) and trans fats. Ingredient labels are a wealth of information about the source of nutrients in your foods.

Alcohol: The body metabolises alcohol the same way it does sugar.

Sugar-sweetened Beverages and Juice Drinks: Soda is liquid sugar, diet soda is loaded with artificial sweeteners and fruit juices often contain added sugars. These are empty calories that often trigger cravings and are not ideal sources of hydration.

focus on better choices

A preferred approach to making dietary changes is to focus on the better choices and use them to “crowd out” the things you want to avoid. Fill your plate with the following suggestions and you will not only feel better, but look better too.

Whole Foods: These have been minimally processed. Shop the perimeter of the super market where you will find foods closer to their original form in nature.

Lean Protein: Every cell in your body needs protein to function properly and repair damage. Dietary protein is needed to build lean muscle, which may help with weight loss. Protein is digested more slowly than most carbohydrates, so it also helps curb hunger. Meat (leaner cuts), milk, fish, soy, eggs, beans, and legumes are excellent sources of protein.

Healthy Fats: Not all forms of fat are “bad” for you. Fish, nuts and seeds, olive oil, eggs, avocados, and coconut oil are considered “good fats.” Fats supply your body with energy and provide storage spots for energy in the body. The essential fatty acids in fats also play a role in brain development, blood clotting and managing inflammation.

Natural Sugars and Complex Carbohydrates: Fruits, vegetables and whole grains (bread, pasta, cereal, etc.) are natural sources of carbohydrates that provide your energy needs. These carbs are preferred because they are combined with fibre that slows down their absorption and may help minimise blood sugar spikes. These also contain vitamins, minerals, antioxidants and other necessary micronutrients.

High-Quality Nutritional Products: Even when you are doing the best you can and making good choices, nutritional gaps still happen. Fill those gaps with Reliv's line of high-quality nutritional products.





BE A PART OF IT...

NEW YORK!

“Reliv travel — far from ordinary” — actually there’s nothing more to say. I’m not sure what we enjoyed more, the city that never sleeps or the lovely company. Marcus and I definitely plan to go on more incentive trips with Reliv.

— Olivia & Marcus Augustin, The Netherlands

Our trip to New York was a beautiful story of friendship. It was lovely to see friends we had made on previous trips and to make new ones as well. We came back with beautiful photos of New York – Central Park, Times Square, skyscrapers everywhere, museums, the view from the World Trade Centre and Brooklyn. Our suitcases came back fuller too! We have wonderful memories of time spent together, discussions had and places visited.

— Anne & Pierre-Marie Favrot, France



It was our first trip to New York and also our first trip to the other side of the Atlantic! We were treated like royalty and stayed in a magnificent hotel. We had an amazing dinner whilst sailing along the Hudson River where we had breathtaking views of New York and the Statue of Liberty. This trip gave us unforgettable memories and we are already dreaming about the next trip and hope our downline can win too! Thank you to Reliv, it’s not like any other company!

— Isabelle & Alain de Buyer, France



It was our first trip to the Big Apple and we were able to discover areas like Brooklyn and hidden treasures like The Cloisters in north Manhattan. This gave us a feeling of being in the middle of Provence! The Roosevelt Hotel was in the perfect location; close to Grand Central, Times Square and St Patrick’s Cathedral. The weather was amazing and the atmosphere in the group was super — we found old friends and made new ones. That is the magic of a Reliv trip.

— Pierre & Françoise Poulizac, France



From the amazing architecture and views from the Empire State Building to the urban retreats of Central & Bryant Parks, New York City is a medley of style, music, art, fashion and people. It is the city that never sleeps! We took Reliv Distributors of all different levels for a once-in-a-lifetime-trip to New York to explore this amazing city and sail down the Hudson River. Here's some of our favourite moments and photographs from the Distributors who experienced Reliv Travel: far from ordinary.

It was our first visit to New York and our first trip with Reliv. We enjoyed taking a bus around the city, visiting the bar on top of the Marriott Hotel and eating in various restaurants — we especially enjoyed the cookies of Dean and De Luca! What we loved most about this trip was seeing the view from the Rockefeller Centre, but we also enjoyed sharing meals and drinks with other Distributors.

— **Marc Chauvin & Blondine D'Hamonville, France**

We were totally overwhelmed when we were told that we had won the trip to New York! The hotel was just minutes away from the many wonderful attractions. When we were at the Highline, we saw a billboard that said, "Do not wait. Communicate. Make your plan!" This summarises our work with Reliv, and spending time with Distributors from across Europe and Reliv Europe's Managing Director was very rewarding. Being with people who have a positive attitude to life in a city like New York was simply amazing.

— **Diana & Michael Tölle, Germany**

The trip was absolutely fantastic. We never imagined that we would ever travel to New York but Reliv made it possible. One of the highlights was the boat trip on the Hudson River with a gala dinner. The skyline at night was very impressive and beautiful. The view from the Empire State Building was equally impressive. As we were in a small group, we had the opportunity to get to know each other and share experiences. We will always remember this trip.

— **Helga & Andreas Hemetsberger, Austria**

During my time in New York, I had the opportunity to meet people from all backgrounds and cultures. I travelled with my son and we enjoyed the many beautiful sites of this city, like Manhattan Square and sailing down the Hudson River to see the Statue of Liberty. I also enjoyed all of the lovely cuisine and the laughter shared with fellow colleagues. It was by far the best trip that I have experienced and I look forward to many more trips with Reliv.

— **Halimo Ali, United Kingdom**

I was very motivated to win this Reliv trip as I had read books that made New York seem fascinating and mysterious. With Reliv we had the most amazing time: a night-time cruise gliding along the banks of the River Hudson in a glass boat, the city appearing fairy-like with its thousands of lights and countless illuminated buildings and then the grand finale, a tour at the symbolic Statue of Liberty! Delicious food, music and dancing, what joy!

— **Myriam & Franck Bouvattier, France**

I loved our trip — we were really spoilt! I discovered a city that I had always dreamed of visiting and a place I certainly would not have had the opportunity to visit otherwise. I met incredible people and the atmosphere in the group was great. I particularly enjoyed the night time dinner and cruise. I am very happy and proud to work for a company that rewards patience and perseverance! A big thank you to Reliv!

— **Patricia Pacaut, France**

*Want to find out more about this trip?
Visit reliv.co.uk/travel-with-reliv to watch the highlights.*

MEET THE TEAM THAT MAKES RELIV EUROPE TICK!



Ooh la la, Reliv Europe's very own French Customer Service Supervisor



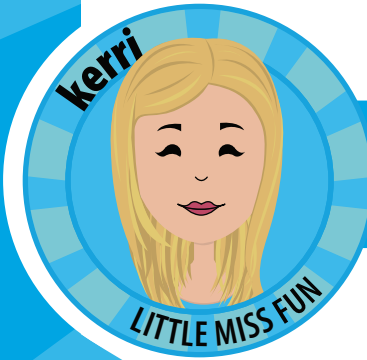
Reliv Europe's German precision and outstanding Customer Service Administrator



Bonjour! Meet Reliv Europe's wonderful French translator and Customer Service Administrator



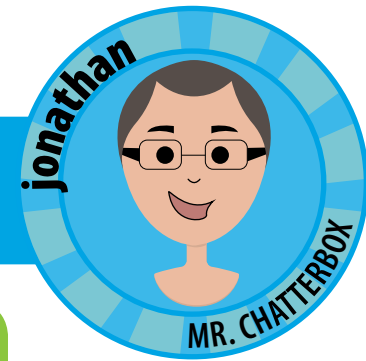
Crunching Reliv Europe's numbers in Accounts



Beauty and brains, Reliv Europe's number one Company Accountant



Bringing French excellence to Reliv Europe's Customer Service team



Reliv Europe's new kid on the block and your MD



Reliv Europe's very own lovely IT wizard



The very exquisite and eloquent Reliv Europe Events & Marketing Assistant



Everyone keep calm and let Reliv Europe's outstanding Facilities Manager handle it



Always a smile on his face and making sure your parcels get to you on time, meet Reliv Europe's Warehouse Supervisor



Reliv Europe's witty and charming French Customer Service expert



Always a smile in her voice, Reliv Europe's German Customer Service at its best



Reliv Europe's very adorable and knowledgeable Secretary



The right answer at the right time, Reliv Europe's delightful Distributor Relations Manager



She answers your Reliv Europe nutrition questions with a twinkle in her eyes



Reliv Europe's resident joker and Chairman



Reliv Europe's fantastic German translator and compliance go to girl



Reliv Europe's lovely Events & Marketing Manager who makes things happen



Keeping Reliv Europe's expenses in check



2016 is proving to be an exciting year for our Reliv Athletic team, with fantastic achievements being made by our athletes on a weekly basis and some of the team preparing to compete at the world's biggest sporting event, the Olympics and Paralympics in Rio de Janeiro!



What I really like about Reliv Athletic is the team spirit. At Reliv events, you get to know other team members and exchange experiences. In addition to that, Reliv supports me in my performance during training sessions and especially during competitions. The products I receive on a monthly basis are perfect for my personal wellbeing.



I have been preparing for the Olympics for eight years. Qualification is the first step of the Olympic medal dream so to achieve this is an honour and I am very proud.

But this is just one step, the hardest part will come later. I know the next few months will be tough and my plan is to continue with what I'm doing, to do my best every day until the Olympics and have no regrets.

I am training every day — physically, mentally, and of course training a lot in the boat. We also need to make sure the boat is ready with its settings and sails. We compare this preparation to the teams at Formula 1, except we do it ourselves!

With all of this, I need a lot of energy every day. Reliv helps me to feel better during training and competitions. I have more energy and the products support me in maintaining my concentration for long periods of time. After training, I feel that the products support my body's recovery and rest as I'm giving myself extra high-quality nutrition.

Thank you Reliv for being with me on the road to Rio! I will continue to do my best!

You can see Jérémie and his teammate compete at the 2016 Olympics in Rio de Janeiro from the 8th August.



Archery is a sport that requires a lot of concentration, physical and mental effort and a lot of regular training. The Reliv products support me in my recuperation and training. I take a flask of water with Innergize! to training sessions and competitions and this supports me in maintaining a good performance over a long period of time. The Reliv products are now part of my daily routine. Reliv Athletic is my performance partner!



ESTHER VAN DER LOOS & CORNÉ DE KONING

ESTHER

In May 2015, Corné and I earned two silver medals at the Para-Rowing Regatta in Italy and in September we came fifth at the World Championships in France. Both of these results led to our qualification for the 2016 Paralympics in Rio de Janeiro!

Since October 2015, I have been training 12 times a week: three sessions of weight training, one session of weight endurance training, five sessions of long distance training and three sessions of intensive training. Since October there has been much progression in my technique and power! We also have a new boat and custom seats and have learned a lot from our new trainer.

Reliv supports my recovery and I feel strong and healthy. I use Innergize! for hydration and Reliv Now for Kids to support my concentration. I take Reliv Classic, FibRestore, Reliv Now and LunaRich C three times a day. After training I take a Simplicity shake, sometimes with banana and soya milk which is delicious! We are the first double for rowing in Holland who are going to the Paralympics. I feel so lucky that our dream is coming true!

CORNÉ

A few months have passed since we qualified for the 2016 Paralympic Games in Rio de Janeiro, Brazil. After enjoying the moment of achieving it, it's time to make plans for the upcoming season. A lot of hard work and training need to be done to be at the best of our game when it starts.

After a couple of weeks of rest, we picked up our training routine again — six days a week, two times a day! We attended a training camp in Spain for two weeks working on our technique. We also have international races with many competitors so we can see how much progress we've made.

Exciting times are coming and a lot will be asked of our bodies. Reliv supports my recovery after long, exhausting and heavy training sessions. It's great to know that your body is fuelled with high-quality nutrition. We want to make the best out of our sport, for that you need the best you can get – I'm glad Reliv is giving us that!

You can see Esther and Corné compete at the 2016 Paralympics in Rio de Janeiro from the 7th September.



GUILLAUME PIRON

A bad injury meant that I wasn't able to play rugby from July until December 2015. Instead, I increased my school work whilst still doing intense workouts such as weight-training, cardio and CrossFit. I was amazed at how I was able to keep up with such a heavy workload and the products supported me during this time, particularly LunaRich C. I am very happy to be part of the Reliv Athletic team. It's an honour to be among so many recognised sportspeople.





PIERRE PÉRÈS



It is a real honour to be part of the Reliv Athletic Team among world class athletes from all kind of disciplines. Lately, I have been able to help some of my teammates and other sportsmen around me thanks to the products. That is a great feeling.

I have intensely resumed my race-walking regime since December of last year to 200 km per week in addition to building muscle and running. I take five LunaRich C capsules daily, Innergize! between workouts and a shake of Reliv Now or Reliv Now for Kids in the evening. When I cannot eat healthily on the go, I take Slimplicity and FibRestore to support my digestion. I am proud of the support I have from Reliv — nutrition, an ethical society and a committed and passionate sports team! THANK YOU!



EMMANUEL LASSALLE





JEANNE DANTÈS



I loved being part of the January Kick-Off which took place in Paris, France. Listening to such enthusiastic testimonies and sharing my own story was amazing! Since I added the Reliv products to my regime, they have supported me in my physical endurance and recovery during big competitions. Being part of Reliv Athletic is such an incredible opportunity and I love sharing my story!



ANNIKA DRAZEK

I have been taking Reliv for two years now and I am glad that I started taking it. I am very happy to be a part of Reliv Athletic and have had great results this year including winning the World Championships! I am happy that I have Reliv by my side.

Find out more about Reliv Athletic by visiting our website:
reliv.co.uk/reliv-athletic



RKF IN ACTION

When you think of the Reliv Kalogris Foundation, you might think of thousands of children fed through hundreds of feeding centres in nine countries around the world. While we are very proud of those numbers, we are proudest of the difference the RKF is making to the lives of each individual child, every one with a story uniquely his or her own.

Hailey

Philippines

Hailey is five. She just graduated at the top of her kindergarten class at the RKF House in Cavite, Philippines, under the direction of Sister Beth Perez from Jesus King of Kings Lord of Lords Christian Feeding Ministry. Hailey used to live in the garbage dump in Cavite, where folks scratch through the garbage hoping to find recyclable goods to exchange for enough money to buy food for the day. When Hailey moved in with her grandmother, she was within walking distance of Sister Beth's school, where she now attends five days a week and drinks her Reliv Now® for Kids shake every morning.

Sister Beth is committed to serving kids just like Hailey, giving them a chance for an education, socialisation and the dignity that each child deserves. Hailey is a star pupil and as ready for her next venture as any child in the Philippines. Thanks, Sister Beth! And congratulations, Hailey, on a job well done!



now
kids chocolate
artificially flavored



Carline

Cap Haitien, Haiti

Imagine you are one of 12 kids. Then imagine that all of your siblings, as well as your parents, are no longer alive. An earthquake, disease, hunger... all of them gone but you. You are alone. Where do you look for family?

That's the situation with the oldest "kid" in the Reliv Kalogris Foundation Children's Home in Cap Haitien, Haiti. Carline's story is one of despair, deprivation and displacement.

Her mother thought she was saving her daughter when she gave her to a friend who was going to take Carline to a family where she'd be safe and cared for. But as it turned out, she became the house slave for six years, before she ran away to the streets.

Eventually she ended up on the streets of Cap Haitien with a younger sister from the family she had been living with, and was discovered by a member of the committee from the Cathedral of Cap Haitien. This committee cares for street kids, feeding them a couple of times a week and trying to get them into school and even a foster home if possible.

When the Children's Home was completed in 2011, Carline was one of the first to be brought into the home by the committee. In the Children's Home, she has food, a place to sleep, and a new family of brothers and sisters who love her and whom she loves as well. Now she attends school, but also attends to the needs of her younger "siblings." On any given day, she can be found cooking, cleaning, dressing smaller children, and just being the older sister/mom that she no longer had for herself. What she has lost in her own life, she provides for the other kids in the Home.

Carline is also quite the musician. On a recent Reliv-sponsored Papa Noel trip, a saxophone was delivered which will bring hours of delight to Carline and entertain the rest of the residents. Because of the compassion of Reliv Distributors who continue to support the Foundation, Carline and the others have the opportunity for a good life filled with caring people.



Brix

Philippines

Brix was a severely malnourished child who has recovered after six weeks of receiving Reliv Now for Kids under the supervision of Beth Perez in Cavite City, Philippines.

Brix is just one and a half years old. There are eight in the family and Brix is the youngest, with his mother expecting their ninth child. His father is a farmer, planting bananas and pineapples and his mother is a scavenger.

Both parents are very cooperative and have followed Beth's instructions regarding how Reliv products should be taken by Brix to experience the best results. His skin and eyes are bright and the weight gained is truly amazing. He now runs when before he could barely stand.



Watch videos about the Reliv Kalogris Foundation on the Reliv International YouTube Channel

5 TOP TIPS

for Your Social Media Marketing Plan

Written by Presidential Bronze Ambassador, Caroline Labourier

Social media enables you to reach out to a huge network of people. You are building relationships and need to establish your credibility for people to trust you and ultimately, join you in the business, purchase from you or refer you to others. Here's how to create a social media marketing plan:

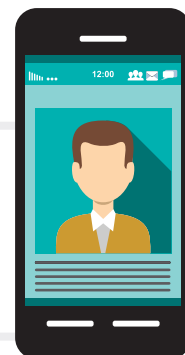
1 What social media sites should you use?

Select a social media site depending on your target. Is your goal to find customers or Distributors? What age? What are they interested in? Are you looking for influencers who can recommend your business to others? People in their 20s and 30s look at Instagram, Twitter or Facebook. People in their 40s with a family tend to be on Facebook and LinkedIn.



2 Fill out your profiles completely

A completed profile shows professionalism. You need a professional picture and a completed bio. People want to know you and learn about your personality and interests. Give details that will make you stand out but be authentic. Show your best self!



3 Posting strategy

What should you be posting?

Images, quotes, links, reposts or your own ideas! Content is key so invest time in finding great content and build a database so that you can post things again in the future. If people are interested, they will keep following you and engage. Do not overload your profile with lots of Reliv product posts. Images get more attention than any other type of post but don't forget to alternate the nature of your posts.

How often should you be posting?

The social network you're using will have its own best practises. If people love your updates, you can post more.

When should you be posting?

When is your audience online? Try posting at certain times of day and monitor how much interaction you get.



4 Engage!

People are on social media to be social. Every time people share your posts, reach out and thank them. Has someone liked your post? Find out what interested them and start a conversation. See if there's something more you can do to help them find information. Never be pushy, appeal to others' needs first.



5 Analyse, Test, Adjust

The more you post, the more you'll discover which content, timing, and frequency is right. As you become more experienced you can use reporting tools and tools to post simultaneously on different platforms, but start simply.

It takes time to build relationships on social media. To grow a solid Reliv business, you still need to share with people that you know, that you meet every day and friends of friends.





David & Rachael Doey, UK
Key Directors

We were absolutely thrilled when we advanced to Key Director. In the month we reached this level, we helped three people to become Master Affiliates and we also earned our first Dr Ted Plaque. Our next goal was for Rachael to give up her job as a childminder and focus on Reliv full-time — we recently achieved this goal too! Next we want to advance to Senior Directors, Ambassadors and Presidential Directors — anything is possible with Reliv! We both believe it's very important to stay positive, use the Reliv System and work hard. Calls with your upline cannot be emphasised enough.



Janice Campbell, UK
Key Director

When I advanced to Key Director, I was grateful and honoured. I joined up as a Fast Start and before the end of my first month, I went to the top profit level and received a Business Builder Bonus. During my second month, I made Key Director and received another bonus. I then achieved the Top PGPV in Europe and earned £2000! I've also received another bonus of £200 since then. I intend to help others fulfil their dreams of financial freedom. Follow the System — your mentor is your guide, use them and rely on them. Be teachable and willing. All you need is a heart to help others.



Alexandra Granier, France
Senior Director

I felt grateful and enthusiastic about becoming a Senior Director. We worked hard for a long time and then the reward finally came! I am very grateful to the company, my sponsors and my clients for trusting in me and recommending me to their friends. In order to become a Senior Director, you need to spend a lot of time with your Master Affiliates and do many presentations. Other Senior Directors and I have given ourselves one year to become Master Directors! Some people have a natural aptitude for building relationships but those who don't have this aptitude need to have humility and learn it from others. Conquer your fears about approaching friends and neighbours. You need humility and bravado the two go hand in hand!



Lesley & Brian Probart, UK
Senior Directors

Our journey to Senior Director didn't happen overnight. We'd built a solid income, but when a new opportunity in our downline opened up, we worked together as a team and devoted our time and effort into mentoring those new Distributors to achieve great things. Building wide and working deep and using the System were crucial to ours and their success. The effort from our upline, Four-Time Platinum Ambassadors Joe and Carol Felger was invaluable. Our intention is to reach President Director and we believe that attainment will also inspire our team. Take 'yourself' out of the equation and focus on helping others achieve is our best advice.



Name: Lesley McBride

Home: Tassagh, Co. Armagh, Northern Ireland

Currently: Independent Reliv Distributor, Home-maker

Reliv Regimen: Reliv Classic, Innergize!, FibRestore, Reliv Now for Kids

Worldwide Business: Originally from Vancouver in Canada, I love building a worldwide Reliv business. I became a Master Affiliate five weeks after joining the business. I had three Distributors join me right away and I was excited to receive a Business Builder Bonus of £150. I now have customers and Distributors back home, in the States and in the UK. The results I have seen by helping others have inspired me to share Reliv with everyone I come into contact with.

Growth: I love being in a business where I can create financial freedom and improve other people's lives. I'm now working hard to encourage my team to grow, just as I have grown. Helping others to succeed will help me too. I just love everything about Reliv and can't envisage my life without it.



Name: Lydie Barresi

Home: Lyon, France

Currently: Qi Gong Teacher (Chinese Gymnastics), Independent Reliv Distributor

Reliv Regimen: Reliv Now, Innergize!, FibRestore, LunaRich C

Daily Support: I was a happy but exhausted mother of three boys two and a half years ago when I first learned about the Reliv products. I tried them with no particular expectation but found that the products supported my energy levels and have helped myself and my family on a daily basis.

Rewarding Work: As an Independent Reliv Distributor, I can work for myself which gives me greater freedom. I can choose my own hours, continue to teach Qi Gong and all of this can be worked around my children. I am helping other people by following-up with my clients and by training Distributors who join me in my team. This is exactly the kind of rewarding work that I was looking for!



Name: Marcus Augustin

Home: Schiedam, The Netherlands

Currently: Electrical Engineer, Project Manager

Reliv Regimen: Reliv Now, FibRestore, Innergize!, Simplicity, Reliv Now for Kids, LunaRich C

Great Time: In December 2015, my wife and I were invited on a four-day Reliv Trip to New York City. We had a great time there, especially on the Hudson Boat Cruise. Furthermore, since taking the products, I've had more energy throughout the day and I feel an improvement regarding endurance when exercising.

Multiplying Momentum: My wife started the Reliv business about two years ago and since January of this year, I have the opportunity to spend more time with her in the business. Teamwork really multiplies the momentum and we enjoy being around each other the whole day!



Name: Pedro Pereira

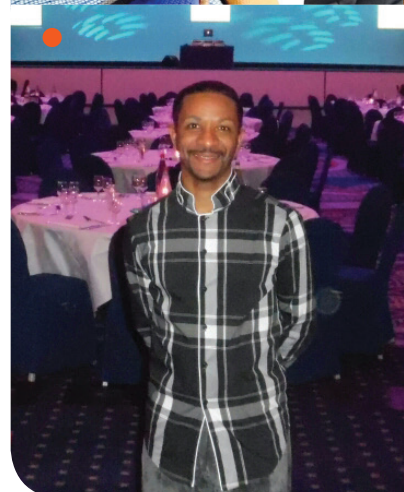
Home: Buckinghamshire, UK

Currently: Independent Reliv Distributor

Reliv Regimen: Reliv Now, Innergize!, FibRestore, LunaRich C

Embracing the System: Finding and mentoring like-minded individuals who share the same passion to help others is the key to a sustained organisation that will continue to grow. My testament is one of many that proves by embracing the Reliv System, anyone with sincere attributes can develop the integrity required to represent Reliv and build a successful business.

Enjoying Life: To move from an employee to running my own business is a truly liberating experience which has enabled me to take charge of my own life. Spending time with family and friends is important to me, so sharing occasions with them because I can afford the time is priceless. Thanks to this company, I am not enduring life but enjoying life!





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Name: Soei-Len Burggraaff
Home: Vlaardingen, The Netherlands
Currently: Home-maker, Independent Reliv Distributor

Reliv Regimen: Reliv Classic, Innergize!, FibRestore, LunaRich C, Reliv Now for Kids

Busy Family Life: When I started to take the Reliv products I was very excited, however, I had no intention to work as I had a busy family life taking care of our two children. I had worked with direct marketing companies before but had never found the right one. I was so excited about the Reliv System, I could not keep quiet about it. Within six weeks of joining the business, I had 10 customers and found the work relaxed and fun. It gave me positive energy helping people.

Building Consistently: My best month's income so far has been €900 plus a cash bonus. Working approximately 8-10 hours per week, my average income is around €400-€600 per month! I am looking forward to building my business in the Netherlands with our Dutch team and with my husband!

●
Name: Agnès des Déserts
Home: Marnes la Coquette, France
Currently: Independent Reliv Distributor
Reliv Regimen: Reliv Now, Innergize!, LunaRich C

New Adventure: I have five children and for four and a half years, the Reliv products have supported us in our nutrition. I studied at business school and was a sales executive for seven years. After I had my third daughter, I decided that I needed a change in my lifestyle and to find a more meaningful profession. Reliv came into my life at that moment and I threw myself into this exciting new adventure. It took me nearly two years to build up my network but from that moment on, my network has continued to grow and my commissions have followed suit.

Lifestyle: Today there is meaning in what I do on a daily basis. I can fit my business around my family and my voluntary work, which is also very important to me. I can work this business around any lifestyle choices I make in the future and my commissions are gradually replacing the income I used to have as an employee.

●
Name: Etienne & Noella Van Huffel
Home: Saalfelden, Austria
Currently: Independent Reliv Distributors

Reliv Regimen: Reliv Classic, FibRestore, Innergize!, LunaRich C, Reliv Now for Kids

Travel: Thanks to Reliv, we are able to travel to different countries which we could only have dreamed of seeing previously. We were able to find out more about Reliv by attending the International Conference in St. Louis. Our trip to Banff was also very impressive and the time we spent in Punta Cana showed us just how much Reliv cares about their Distributors — we were absolutely spoiled!

Quality of Life: In many ways our everyday life is easier than it used to be. Reliv has had a great impact on us and has changed our quality of life for the better. We would like to pass this opportunity on to other people and introduce them to Reliv's high-quality products and lifestyle.

what's your story?

We want to hear it!

Send us your Reliv success story and you could potentially be featured in our next *Lifestyle* magazine!

Submit your story today:
fwebb@relivinc.com



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For many of us, February is a cold month full of rain and snow. Reliv Europe wants to bring some sunshine into your life and whisk you away in February 2017 to the beautiful island of Tenerife — a destination that enjoys year-round sunshine and relaxation!



We will be staying at the Sandos San Blas Nature Resort, a luxurious 5-star hotel complete with activities and facilities that cater to everyone. Take a tour around the hotel's environmental reserve, play a round of golf or relax in the spa, all surrounded by beautiful scenery and landscapes.

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