

# lifestyle



GET FIT. FEEL FIT. STAY FIT.

# hello new you

DROP PANT SIZES.  
GAIN CONFIDENCE.  
TRANSFORM YOUR LIFE.



## **YOUR JOURNEY STARTS WITH THE FIT KIT — ONLY FROM RELIV.**

- ▶ 90-day supply of Fit3 products: 3 canisters of Active, 3 bottles of Burn, 1 bottle of Purify
- ▶ Welcome Letter
- ▶ Fit3 Brochure
- ▶ Getting Started Guide and Week 1 Checklist
- ▶ Access to online nutrition coaching and workout videos

**Order yours at [fit3.reliv.com](http://fit3.reliv.com) or talk to the person who shared this magazine with you.**

# contents

It all began with 3 amazing products from Dr. Carl. See how people across the country are getting fit and healthy and building a business with the new Fit3 program. President Ryan Montgomery also shares his thoughts on the exciting future of Reliv as a wellness company.

From incredible weight loss stories to improved confidence, this section spotlights the Fit3ers who have transformed their lives. You'll also learn how the Reliv Kalogris Foundation is helping feed kids in the Philippines through the generous contributions of our Distributors.

Through a supportive Fit3 community and robust website, staying fit for life has never been easier. You'll get to know people like Dan who have lost the weight and kept it off for more than a year thanks to 3 amazing products, healthy eating habits and consistent exercise.

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## HOW FIT3 CHANGED MY LIFE & MY HABITS

Welcome to our special issue of *Lifestyle!* We are so excited to introduce Fit3 to the world because healthy, active living is a national phenomenon... more today than ever. People are looking to get fit, feel fit and stay fit. That's why we started Fit3. You may be asking yourself, "Why three?" Fit3 helps people improve their health and fitness through three things: Fit3 products, healthy eating and consistent exercise.

We've worked to develop Fit3 for over a year, and I'm so excited about this program and what this will mean in your life—both health and business. Personally, I've enjoyed results with Reliv products for 34 years, but Fit3 has changed my life and my habits, and you're going to see me living the Fit3 lifestyle. I've lost 15 pounds and two inches around my waist, but more important to me is the energy that comes from all three parts of the program. You don't have to be an extreme athlete... Fit3 is for everyone. Whether you're a man or woman, in your 20's or 80's, fit or seeking to become fit... anyone with a desire to be their best, healthy self will benefit from Fit3. That's the Fit3 pursuit... be YOUR best self. What's important to understand is that Fit3 is a lifestyle plan for your fitness and health, not just some new year, 30-day weight loss fad and empty promise. Fit3 is about real results with a real plan for real people.

Reliv's mission is to Nourish Our World. And this means we must do more to address the over-weight crisis that affects two-thirds of our society and leads to so many preventable health issues. Reliv will continue to change lives with Essential Nutrition and Targeted Solutions, and now we will effectively help people get fit, which for most of us, means losing some weight. Reliv has what people NEED with Essential Nutrition and Targeted Solutions, and now we have what people NEED and WANT with Fit3.

This will be the year we build a Fit3 community. We challenge you to be CHAMPIONS of Fit3 and to be examples of healthy, active living throughout the Reliv world!

Reliv Makes Nutrition Simple... that's what we do. And Reliv Makes Life Rich... that's why we do it.

**RYAN MONTGOMERY**  
President

Fit3 is about real results with a real plan for real people.

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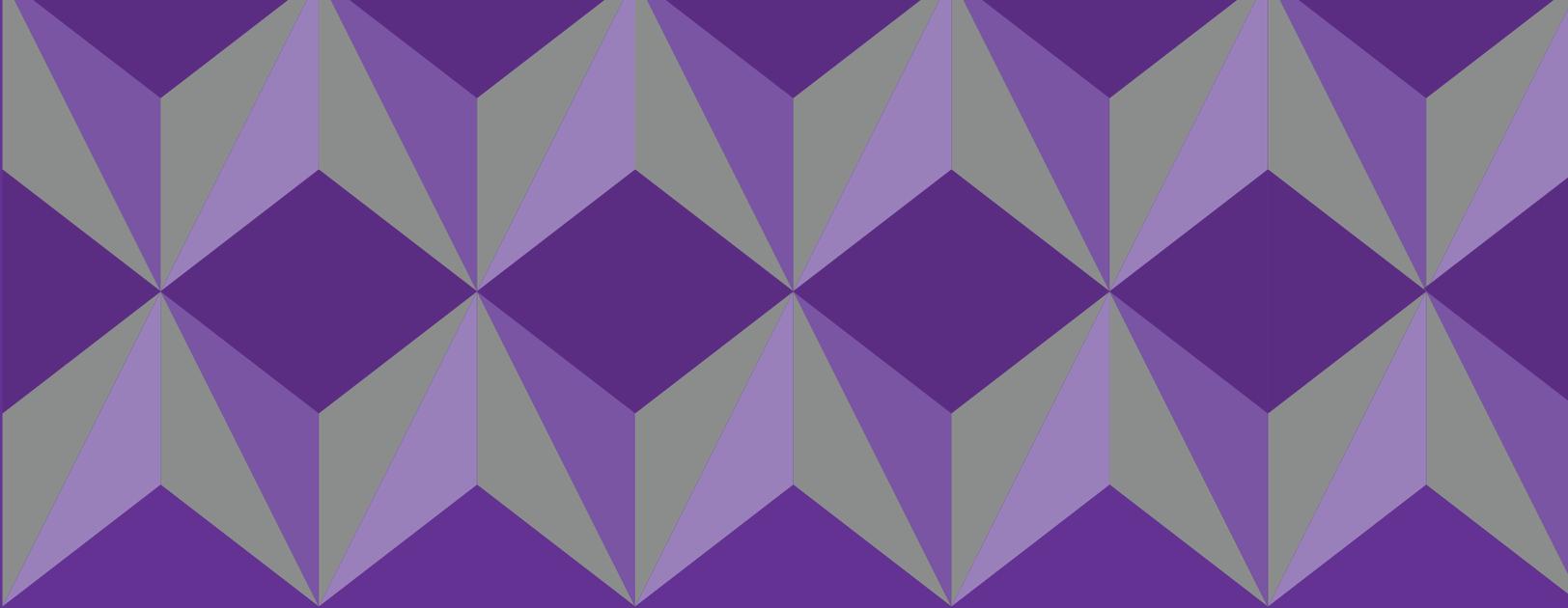
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To learn more about Reliv, contact the person who shared this magazine or visit [reliv.com](http://reliv.com).

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*get* **fit**

From Maine to California, Fit3 teams are forming all across the country. We caught up with our Fit3ers and asked them to share their team stats with us. While every team was different, there is one thing we learned from all of them... they are getting fit together and having a whole lot of fun along the way!

# FITNA

## REC'ING CREW



**Karin Ederer**  
**Region:** Minneapolis  
**Age range:** 18 – 54  
**# of participants:** 10  
**# of pounds lost:** 62

*Our team not only appreciated ALL 3 components of Fit3, but have gone on to continue adapting this lifestyle knowing the next 90 days will only continue with MORE results! The accountability, education and inspiration through our team identity and the Fit3 community, has been an encouraging, integral part of the program!*

– Karin Ederer

## TEAM SCHABEN



**Jim & Sandy Schaben**  
**Region:** Nebraska, Pennsylvania, South Carolina, Missouri, Arizona, Kansas  
**Age range:** 38 – 71  
**# of participants:** 14  
**# of pounds lost:** 111

*The support has been a blessing each step of the way with everyone always encouraging each other and offering tips to help make this new lifestyle change a forever one!*

– Amanda Schwarz

## TEAM EPIC



**Mark Matthews**  
**Region:** Indianapolis  
**Age range:** 17 – 55  
**# of participants:** 15  
**# of pounds lost:** 118

*The Fit3 experience has been fantastic so far. I loved the team aspect of it. We have all been encouraging each other, getting together for workouts, sharing recipes, and just having fun.*

– Mark Matthews

## THE PENGUINS



**Robert & Lauren Laird**  
**Region:** Southern California  
**Age range:** 24 - 65  
**# of participants:** 9  
**# of pounds lost:** 137

*Our team was crucial to our success! We had our ups, we had our downs, and together we achieved Fit3 victories! Alone this could have been difficult, but together it was awesome!*

– Lauren Laird



# ATION

Start your own team today and join the conversation in our community at [facebook.com/relivfit3](https://www.facebook.com/relivfit3). You can even build your own business from home with Fit3! Ask the person who shared this magazine with you for details.

## FIT NOW WAYNE COUNTY



**Hannah Fry**

**Region:** Ohio

**Age range:** 20-48

**# of participants:** 10

**# of pounds lost:** 102

*I believe that the team aspect of this program is one of the biggest reasons for its success. The strength of the team comes from each member, but each member draws strength from the team.*

– Hannah Fry

## MAINIACS



**Chris Toriello & Mark Gauger**

**Region:** Southern Maine

**Age range:** 45 – 60

**# of participants:** 5

**# of pounds lost:** 20

*Few of us ever have enough time to do the important things in life. Our Fit3 team was no different until we came together to support each other. We made time for each other, to lift each other up, to workout together, to cry through our frustrations, to laugh through our mistakes and to celebrate our victories. Teamwork made all the difference in our Fit3 success!*

– Chris Toriello

## TEAM MO-TIVATION



**Tina Van Horn**

**Region:** Central Missouri

**Age range:** 28 – 62

**# of participants:** 10

**# of pounds lost:** 125

*Fit3 has pushed me way outside my comfort zone and I am doing things I would have laughed off before. What I am most thankful for are new friends and strengthened relationships. We have an awesome group of supportive people and leaders.*

– Shannon Van Horn



GET FIT



# GETTIN

Prior to his success as one of the most highly regarded food scientists in the country, **Dr. Carl Hastings** originally entered college with hopes of a career in baseball. Much to his disappointment at the time, his athletic skills didn't quite measure up to his aspirations, and his career path took a much more academic tone as he turned his attention toward chemistry and mathematics, eventually finding his place in the emerging food science industry. "Early in my career, I was exposed to the idea that food and nutrition are not one and the same," says Dr. Carl. "I

also came to appreciate the significance of nutritional quality. At the time, this was a new concept which greatly impacted my philosophy about food as nourishment."

For more than 40 years, Dr. Carl has been involved with creating functional foods and formulas that optimize the nutritional profile of everything from infant formulas to frozen dairy desserts for the weight loss industry. As the Chief Scientific Officer for Reliv, Dr. Carl has spent the last 30 years focusing on nutritional supplements that support essential nutrition needs that aren't being met by the typical Western diet. His formulas also address targeted solutions, and he has been awarded nine patents for his work.



## WHY THE WORLD NEEDS FIT3 NOW

Driven by his desire to help even more people achieve better health and spurred by his natural entrepreneurial spirit, Dr. Carl championed the development of a new line of Reliv products... one that would be a comprehensive lifestyle program that addresses weight management.

**"We couldn't continue to be an industry leader in advanced nutrition if we didn't directly address the obesity epidemic that is fueling unprecedented rates of chronic disease," says Dr. Carl. "Reliv is a wellness company, and with weight management being the most crucial element of an individual's wellness, we knew we needed to create products that would empower people to make better choices about their health, starting with fitness and weight loss."**

The Fit3 products are the cornerstones of this comprehensive lifestyle program. Fit3 Active, Burn and Purify were specifically formulated by Dr. Carl to complement the lifestyle modifications of intentional nutrition choices and consistent exercise to promote measurable, long-term results. "These products, in combination with nutrition and exercise, offer realistic and sustainable solutions for those who are ready to make a change," explains Dr. Carl. All three elements of the program work together to not only help people lose weight, but to also maintain a healthy weight for life."

# GET FIT

# Physically

## **FIT3 ACTIVE**

This tri-protein fitness blend keeps you full, fuels workouts, and boosts energy. The unique combination of three protein sources promotes satiety and helps build lean muscle. This low-sugar formula combats cravings and also contains fiber to reduce feelings of hunger and promote digestive health. Cutting-edge ingredients like LunaRich®, Pycnogenol® and turmeric root help reduce inflammation, so you can recover quickly from workouts. The special blend of amino acids boosts exercise endurance and reduces muscle soreness.

## **FIT3 BURN**

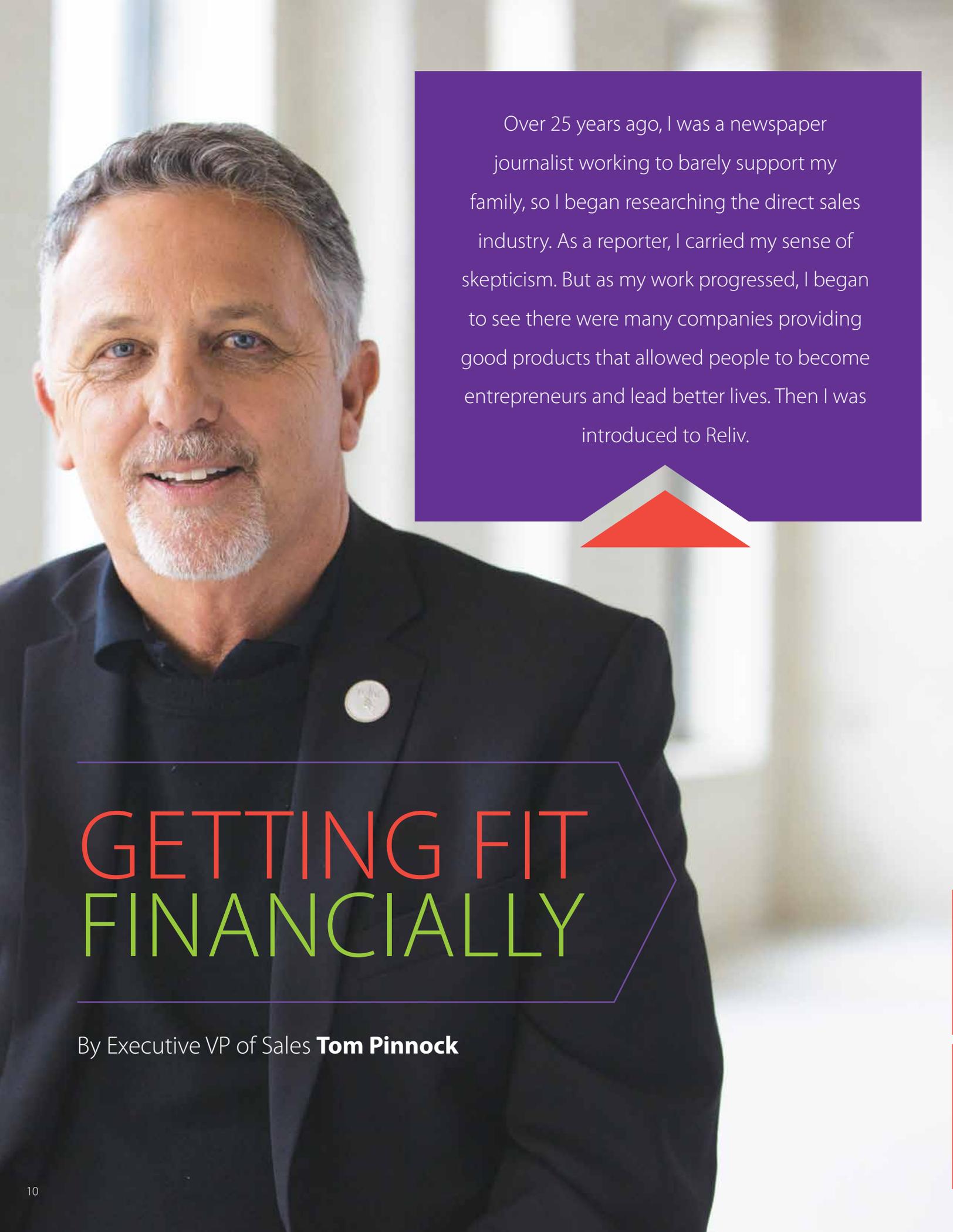
Designed to ignite your metabolism, this formula burns stored body fat with its natural blend of green tea and fruit extracts. It also reduces the absorption of dietary fat and starch to support weight loss and improve metabolic health. The ingredients also act as natural antioxidants to promote metabolic and cardiovascular health, improve energy and muscle strength and reduce inflammation.

## **FIT3 PURIFY**

This probiotic and herbal extract formula cleanses the body, detoxes the liver, promotes gut health and supports a healthy metabolism. A powerful liver protectant, this formula also aids in reducing fat oxidation in liver cells, in addition to stimulating the immune system.

In explaining the importance of dietary choices and exercise, Dr. Carl acknowledges, "People know what to do in terms of exercise and eating right, but they just have difficulty actually doing it. It's a combination of our convenience culture and human nature. Weight loss is never easy, but we know these products can make it easier to lose weight and maintain a healthy weight."

GET FIT

A portrait of Tom Pinnock, a middle-aged man with grey hair and a goatee, wearing a dark suit jacket over a dark polo shirt. He is smiling slightly and looking towards the camera. The background is a bright, out-of-focus indoor setting with large windows.

Over 25 years ago, I was a newspaper journalist working to barely support my family, so I began researching the direct sales industry. As a reporter, I carried my sense of skepticism. But as my work progressed, I began to see there were many companies providing good products that allowed people to become entrepreneurs and lead better lives. Then I was introduced to Reliv.

# GETTING FIT FINANCIALLY

By Executive VP of Sales **Tom Pinnock**

## HOW RELIV CHANGED MY LIFE

It didn't take long to realize this was a special company. I met really good people, starting with **Robert Montgomery**, the CEO who still works with his team today to provide support for anyone who dreams of a better life for their family. I also met **Dr. Carl Hastings** who has built a nutritional product line that has no rival. He has been named one of the Top Ten Chief Scientific Officers in America and was just awarded his ninth patent. His products have changed lives, and he continues to innovate and keep Reliv products the most advanced in the industry.

I saw the vision Reliv offered and began using the products with a real hope for my dream. I knew I needed to lose some weight, get fit and represent what I would share with others. That original product was called Ultrim Plus. It was great-tasting, scientifically formulated to help people lose weight in a healthy manner and was a big reason Reliv was growing; real people were getting real results.

I did lose that weight, I got more fit, and I became a walking billboard. My family was getting great results on Reliv products too. People saw me, wanted to know what I was doing and I just shared my heart and the truth. Reliv works and I was so excited about the future of my new endeavor. My business started growing as I helped others get results and gain hope of a better lifestyle!

Fast forward to 2017, and I have helped change thousands of lives as a Reliv Distributor. I achieved that first dream and have earned an income, freedom and lifestyle that has taken me well beyond. I was able to come home and be a full-time dad while still building a business, and join my wife to watch our kids grow up.

When I joined Reliv in its infancy, there wasn't much in terms of marketing materials, support systems, or fellow Distributors to teach and join together to share our

successes. Today, we have all of that and more. The opportunity today is 10 times what it was when I began. As I now work with all Reliv Distributors, I have the honor and fun of helping and working with a much bigger team. I have a passion bigger than any since those first days!

## FIT3: THE FUEL FOR EXPLOSIVE GROWTH

Reliv has just introduced Dr. Carl's newest and most advanced product line, Fit3. Like I found originally, these products help real people dramatically improve and sustain their weight and fitness for life. Obesity and unhealthy habits have created an epidemic in America with over 70% of the population above a healthy weight. The temporary fad diets of yesterday are disappearing. People are looking to take control of their health, and Fit3 provides a complete solution through three things: workouts, guidance on how to eat smarter and the most advanced formulas. There's even a supportive community and Fit3 teams forming across the country to cheer each other on. As for me, I've lost an additional 17 pounds! I'm eating better, sleeping better and am as energetic as I was in my twenties.

Fit3 has fueled a new opportunity of explosive growth for Reliv Distributors. With Fit3 and all the other great products, we can help change lives for the better — both physically and financially! We can build teams of Fit3 champions just by being a walking billboard. Many Reliv Distributors, like **Amanda Schwarz** and **Tami Martineau**, are already doing so. They are reaching out, sharing their excitement and helping others get results.

We have a very exciting future in Reliv. Real people, real results, real opportunities to build your own business. That is Reliv. I can't wait to celebrate with so many difference-makers as we meet on the road and come together for Conference!

## FROM OUR DISTRIBUTORS...

*Fit3 has sparked a new life back in my business because people want to feel better. To be able to reach out to people and show them a way that they can feel better on the inside with our Reliv products and on the outside with Fit3 makes it a full package. People can see the difference in me and I'm a walking billboard.*

– **Amanda Schwarz**

*Fit3 is helping me reconnect with people. I feel so happy sharing this program and helping others see the results they so desperately want. When this happens there is so much excitement that sharing their own results with others becomes a cinch. Just paying it forward.*

– **Tami Martineau**



Get to know our Fit3 Coaches Tina Van Horn and Angie Janes and look for this new column in each *Lifestyle* issue!

# COACHES CORNER

## YOUR FIT3 FITNESS INSTRUCTOR & COACH ANGIE JANES



Hello Fit3 Team! It's Angie Janes here from the Fit3 workouts that I hope you've watched or tried by now. A few details about me: I'm a mom of four who believes the motto "fitness is a lifestyle!" I love coaching people of all ages with a focus on health, wellness and the importance of physical activity.

I hold two masters degrees in exercise science, kinesiology/physiology, and sports nutrition, so please use me as an exercise resource and ask me questions in the Fit3 community at [facebook.com/relivfit3](https://www.facebook.com/relivfit3). As you progress with Fit3, I encourage you to incorporate strength training into your regular exercise program. Pushups are a great move for developing upper-body and core strength. Upper-body strength is so important for performing everyday activities like reaching, pulling, pushing and lifting. Having a strong upper body also improves your flexibility, mobility and range of motion.

If you are ready to give pushups a try, but don't have the strength to do them on the floor, go ahead and start with your hands on an elevated surface, like a wall, counter or bench. As you get stronger, you can work your way to the floor.

Let's go find the new you with Fit3!

## My Fitness & Nutrition Journey

About nine years ago, I was helping coach my oldest son's T-ball team when I lunged for a ball and felt a pain in my right calf. I was so out of shape after having my second child that I injured myself just trying to move to pick up a ball. Prior to having my boys, I was an athlete. That incident was the wake-up call that put me back on the track to fitness. I realized that I wasn't happy with my body, or myself. As selfish as it felt, I knew that if I wanted to be a good wife and mom, I needed to take care of me.

Fast forward 20+ half marathons, one full marathon, thousands of pushups and hours in the gym and I finally admitted that I couldn't rely on exercise alone if I wanted to truly be healthy and fit. I tried to ignore my nutrition and convince myself that since I was working out, I could eat whatever I wanted. WRONG! So, I rekindled my interest in nutrition and through years of trial and error, I started to understand how to balance nutrition with exercise to get results.

Fast forward a few more thousand miles, hundreds of awful-tasting protein bars, and countless nutrition articles, and I was headed in the right direction. But there was still a missing piece. I was working hard and eating pretty clean, but I still struggled with energy and recovery and my results didn't reflect the work that I was putting in.

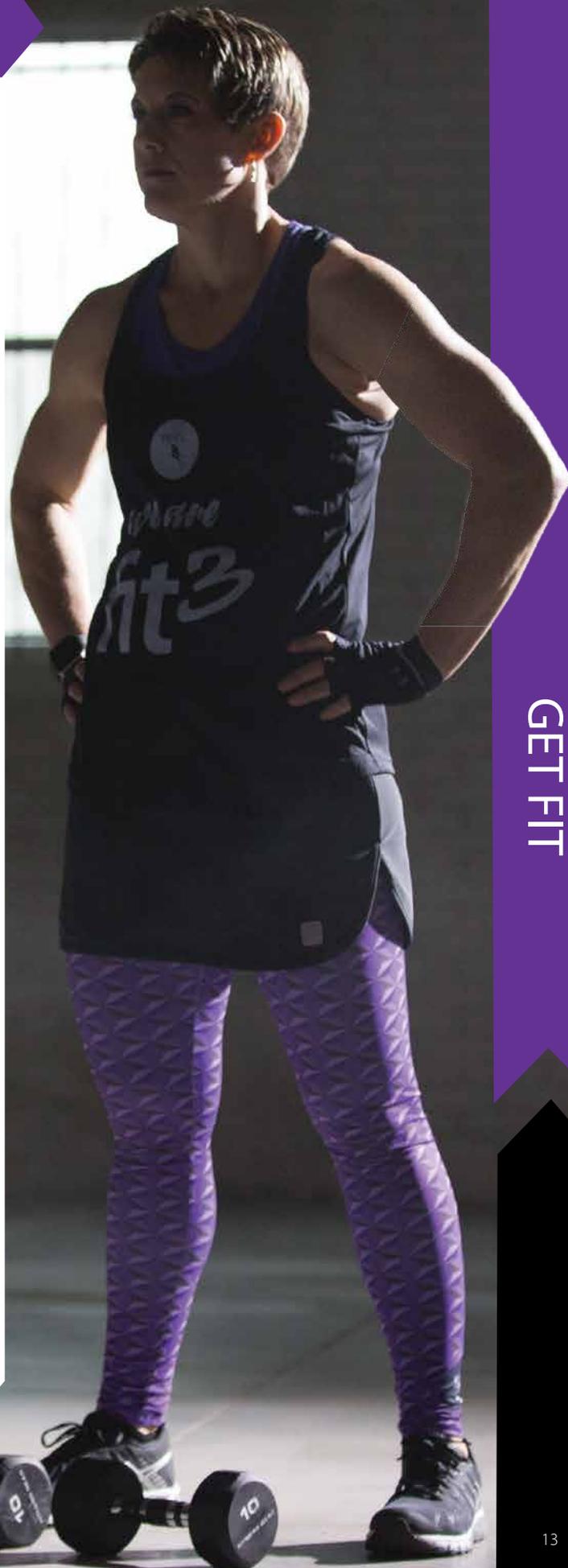
By divine intervention I learned about Reliv and all the pieces of my personal fitness program fell into place as I realized that my body was finally getting the nutrients that I wasn't getting from food and other supplements. I had energy and I was seeing and feeling results.

Helping to develop the Fit3 program has been a natural progression of my own personal fitness and nutrition journey. Now that I have found that balance, I get to use my experience to help you do the same with Fit3. I have been empowered by good health and I am passionate about sharing that with others who also want to feel better about themselves.

Let me save you several years of effort and frustration by emphasizing that there are three elements to the Fit3 program and none of them are optional if you want real and lasting results. My guess is that you have tried eating healthy, exercise, and nutritional supplements. But have you put all three together with a supportive community?

As a youth basketball coach and your Fit3 Head Coach, I see the Fit3 program like a playbook. Your intentional food choices make up the offense. Getting exercise can be compared to playing defense. The Fit3 products are the fundamentals that support your offense and defense. Your Fit3 community includes your teammates and everybody who is cheering you on. You wouldn't go into a basketball game and only play offense, would you? Not if you want to win consistently! It takes all of the elements working together to win the game.

Welcome to the Fit3 team! Let's Get Fit. Feel Fit. Stay Fit.



# do you #sweatpurple?



## Earn a Fit3 Shirt!

Join Fit3 now and we'll send you a free Fit3 shirt when you complete your first 90 days and share your story and photos with us. It even glows in the dark! Just send your before and after photos along with your story to [sharemystory@relivinc.com](mailto:sharemystory@relivinc.com) after your first 90 days. Be sure to share your shirt pic with us in the Fit3 community! Visit [facebook.com/relivfit3](https://www.facebook.com/relivfit3) and hashtag us at #isweatpurple!

*glows in the dark!*



## Calling All Fit3 Champs!

We know you're going to rock your first 90 days and we want to hear all about it! Send your Fit3 story to [sharemystory@relivinc.com](mailto:sharemystory@relivinc.com) between May 1 and June 15 and you could be one of 6 semi-finalists to be featured at our International Conference in Chicago! Have a Fit3 team? You could be featured in an upcoming Fit3 workout video, plus get recognized on the biggest Reliv stage of all — International Conference! Register your team by May 1 at [surveyMonkey.com/r/fit3teamchallenge](https://www.surveymonkey.com/r/fit3teamchallenge). Teams must be between 8-25 participants and be following the Fit3 program (products, nutrition and exercise). Challenge starts April 1 and ends July 1.



*feel* **fit**



Before we started the Fit3 program, we asked our trial participants to tell us why they joined Fit3. Their answers surprised us. For many, it was because they wanted to *feel* better about themselves. Notice that we didn't say *look* better. So that got us thinking... what if success isn't measured just by the scale and the number of pounds lost. What if success is measured by something each person defined for themselves? Your goal may be to do pushups with perfect form. It may be to have the energy to play with your grandkids. Or it could just be to have more confidence when you look into the mirror every morning. When you join Fit3, remembering your "why" will help you through every step of your journey. To help you define this, we've created the What's Your Why? Worksheet... and we're giving you a sneak peek!

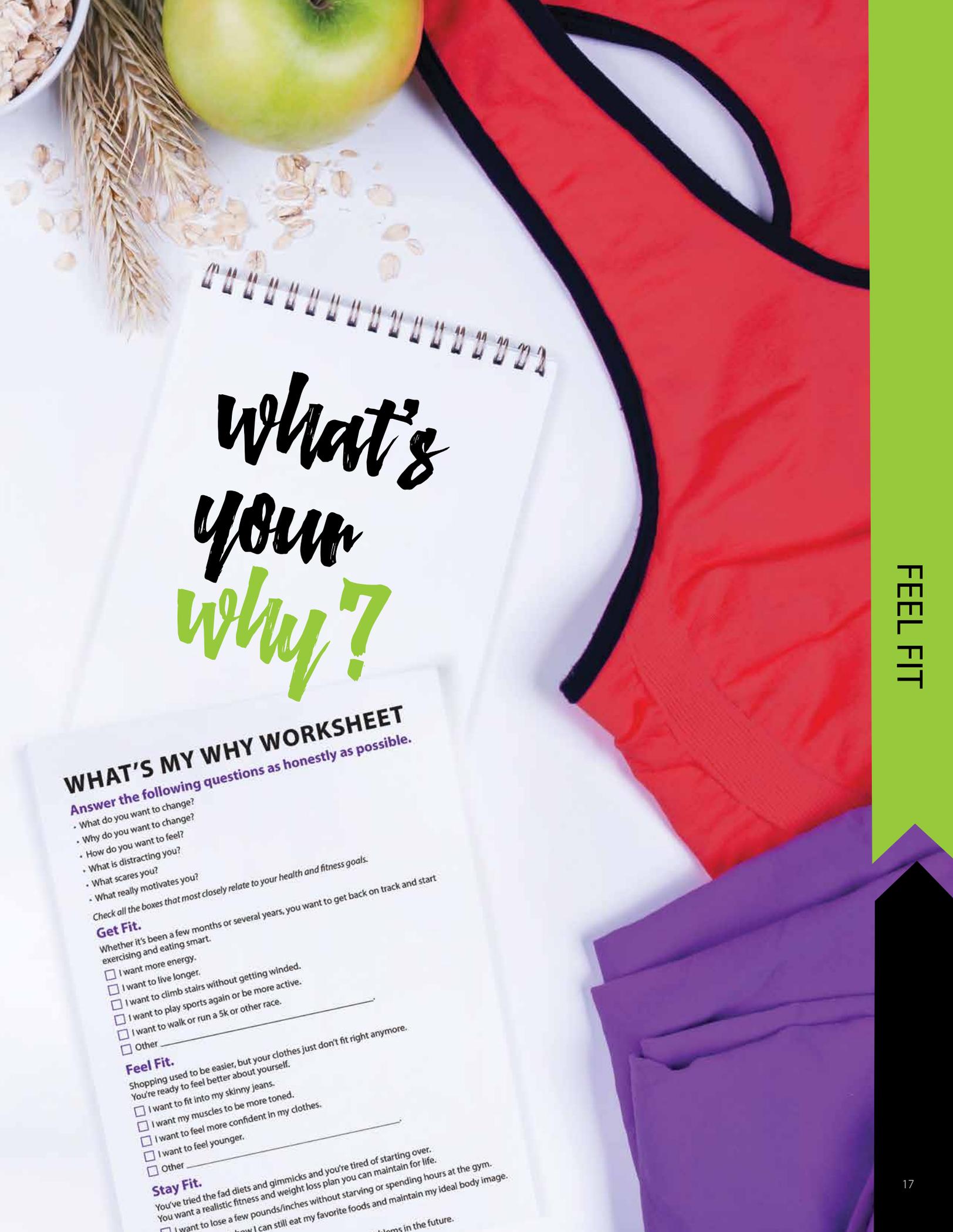


### Let's get real

When you join the Fit3 program, the first step is to take your before pictures to help you track your transformation... and this may be one of the most uncomfortable parts about getting started with Fit3. This is where you have to get personal, real and honest with yourself. This is where you have to come to terms with your weaknesses, face your fears and embrace the vulnerability. Because if you don't know WHY you are really here, every nutrition choice you have to make will be agonizing. Every minute of exercise will feel like punishment and resentment will outweigh the rewards.

### Write a letter to yourself

During the first week of your Fit3 journey, write a letter to yourself. It will symbolize the commitment you have made to yourself and your investment in better health through Fit3. Take your time and really give this letter some thought. Answer the worksheet questions and identify what will inspire you to keep going when you want to quit. Sign and date the letter, and then have your Fit3 coach, a friend or family member read and sign it too. Make copies and keep the letter with you to help you through the tough moments. Not every day with Fit3 is awesome. In the beginning, you may have more challenges than you have victories. But as you progress and embrace new habits, the better days start to outnumber the difficult days. And before you know it, you don't even recognize the person you used to be. This worksheet will give you some things to think about and help you get started on your letter. Ready to get this worksheet? Join the program now at **fit3.reliv.com**.



# What's your why?

## WHAT'S MY WHY WORKSHEET

Answer the following questions as honestly as possible.

- What do you want to change?
- Why do you want to change?
- How do you want to feel?
- What is distracting you?
- What scares you?
- What really motivates you?

Check all the boxes that most closely relate to your health and fitness goals.

### Get Fit.

Whether it's been a few months or several years, you want to get back on track and start exercising and eating smart.

- I want more energy.
- I want to live longer.
- I want to climb stairs without getting winded.
- I want to play sports again or be more active.
- I want to walk or run a 5k or other race.
- Other \_\_\_\_\_

### Feel Fit.

Shopping used to be easier, but your clothes just don't fit right anymore. You're ready to feel better about yourself.

- I want to fit into my skinny jeans.
- I want my muscles to be more toned.
- I want to feel more confident in my clothes.
- I want to feel younger.
- Other \_\_\_\_\_

### Stay Fit.

You've tried the fad diets and gimmicks and you're tired of starting over. You want a realistic fitness and weight loss plan you can maintain for life.

- I want to lose a few pounds/inches without starving or spending hours at the gym.
- I want to know how I can still eat my favorite foods and maintain my ideal body image.
- I want to know how I can still eat my favorite foods and maintain my ideal body image.
- I want to know how I can still eat my favorite foods and maintain my ideal body image.

# SURPRISING THINGS WE LEARNED



From more energy to a renewed outlook on life, we're finding that Fit3 is about so much more than losing weight. Read on to learn about the non-scale victories that our participants found with Fit3.

## 1

### A renewed outlook on life



"Even though my weight loss and disappearing inches are awesome, my other benefits outweigh those greatly," says **Shannon Van Horn**. "For the first time in 20 years, I feel as though I'm ready to take life head-on and truly live. The confidence and energy I've gained from Fit3 has given me a whole new lease on life."

Fit3 is all about establishing life-long habits that help you live a healthy lifestyle. The combination of clean eating, cardio and strength workouts, and taking Fit3 products consistently over a 90-day period was designed to provide your body with everything it needs for optimal performance. Naturally, a more energetic and positive outlook on life will follow when you look and feel your best!

## 2

### Accountable to my team



"Even being the active person I was prior to Fit3, I was only accountable to myself and that often led to missed workouts and starting my workout regime all over again after a week or two of skipping workouts," says **Stephanie Mazankowski**. "With Fit3, I'm accountable to my team and we push each other to challenge ourselves and stay consistent with our workouts. The Fit3 community makes it more fun and motivating to work out."

When you join Fit3, you're automatically introduced to a huge community of people who share similar goals as you and are there to motivate you every step of the way. What's not to love?

# FROM FIT3



## 3 Finding the F-U-N



"There is an extreme gratification in helping others in the Fit3 community experience the results they're looking for," says **Jim Schaben**. "I now wake up earlier with a clear mind and I enjoy my workouts and my everyday life so much more. I truly feel 30 years younger. Something huge that I didn't expect to get out of Fit3 was how much fun it is."

A huge reason that Fit3 is so successful is because it's fun! The energy, confidence, and community that come with Fit3 make the program enjoyable and easy to stick to.

Although everyone has a different end-goal and experience with Fit3, it's evident from the success of our participants that Fit3 can help you achieve what you're looking for... and then some!

## 4 Striving for progress, not perfection



"One year prior to participating in the Fit3 trial I was running 1 to 1.5 miles at a time," shares **Lisa Hartzler**. "After only six weeks into the trial, I was able to run 3 miles for the first time! Along with running, I have the strength and endurance to do planks and other exercises that put weight on my previously injured shoulder that I would not have even attempted prior to Fit3. My posture has improved, my core is super strong, and I have a love for exercising like never before. Every day I'm progressing in every area of my life and I have Fit3 to thank!"

Fit3 helps you strive for progress instead of trying to achieve the perfect weight or size!

## 5 A newfound love for working out



"Before Fit3 I had zero desire to work out. None. No interest," says **Lauren Laird**. "Now, I wake up early and have the ability to go for a run. I often gather my coworkers and replace my lunch break with a workout session. I LOVE it! I came out of Fit3 a completely different person... one who is slimmer on the outside and ignited with fire and passion on the inside."

Most Fit3 participants we've talked to have said the program has helped them develop a love for working out. The healthy outlook and inspiration Fit3 instills in participants truly creates lasting results because they fall in love with taking care of themselves and they understand the important role working out plays in that.

# fit for the *foundation*

by **Scott Montgomery**, Chairman of the Reliv Kalogris Foundation

It has been an exciting year already with the launch of our new Fit3 program. In return, the Reliv Kalogris Foundation is building their donor base and bringing more awareness to the cause. We also welcomed Annie Campbell as the Foundation's new Director!

*I am honored to be a part of the team to help "Nourish Our World." The RKF is an honest organization with 97% of all donations raised going straight to the cause. I've seen the pictures to prove the astonishing effects Reliv Now® for Kids has on these children. I just returned from my first trip to Haiti and I was amazed by what the RKF is doing and that just \$5 a day feeds a child for an entire month.*

— Annie Campbell, RKF Director



## **The Philippines is one of our largest programs**

with 60 Site Coordinators consisting of church pastors, parent volunteers, teachers, classroom advisers, and principals. This dedicated group of individuals distribute product to hundreds of feeding sites placed in squatter communities, church halls, barangay (health) centers, or schools. The Site Coordinators identify children in their community who are malnourished and/or suffering from other health conditions. Sometimes parents in dire need bring their sick and malnourished children to a Site Coordinator for consideration into the program. All of this is made possible by the Area Coordinators Pastor **George and Blessie Padilla** who work directly with the RKF on receiving shipments and ensuring the product is used and distributed properly.

Seaside village Outside of Cavite City, Philippines, where families live on stilts because of unpredictable rising waters which contribute to harsh living conditions.



Wellfareville, Philippines. Marketing Coordinator **Joan Colaneri** distributing morning shakes.

### Happy and healthy because of the Foundation

Reliv Now for Kids has proven to have astonishing results on kids like Kimberly. She was once a Reliv kid and now is a volunteer at the very clinic that introduced her to our program. Because of proper nutrition, she has the energy and health to help others visiting the MCC to get the proper medical help and nutrition they need to survive. Kimberly is a true inspiration to the RKF and is one of many kids in our program who grows up and gives back.



The RKF Staff recently visited the feeding programs in the Philippines and met with the Site Coordinators. One particular visit was to the MCC (Medical Check for Children), a medical mission visiting from the Netherlands. Their clinic consists of seeing 300+ children, processing their weight, height, blood testing, full physical review, and prescribing medications. Any child diagnosed as malnourished, becomes part of the RKF feeding program and starts receiving Reliv Now for Kids.



### MCC (Medical Check for Children)

Most kids are put on a 90-120 day program to get back on their feet. Unfortunately, most of the children slide back into malnutrition because they do not have adequate nutrition at home. In cases such as these, the children are retained in the program using the product for supplementation.



## Exercise Your Giving Muscles

We need your help to keep programs such as this going and to deliver product into the hands of more kids around the world as well as right here in the U.S.

### Make a difference by making a donation today!

To learn more, visit our website [relivkalogrisfoundation.org](http://relivkalogrisfoundation.org) and for up-to-date stories about the children in our programs, follow us on Facebook.

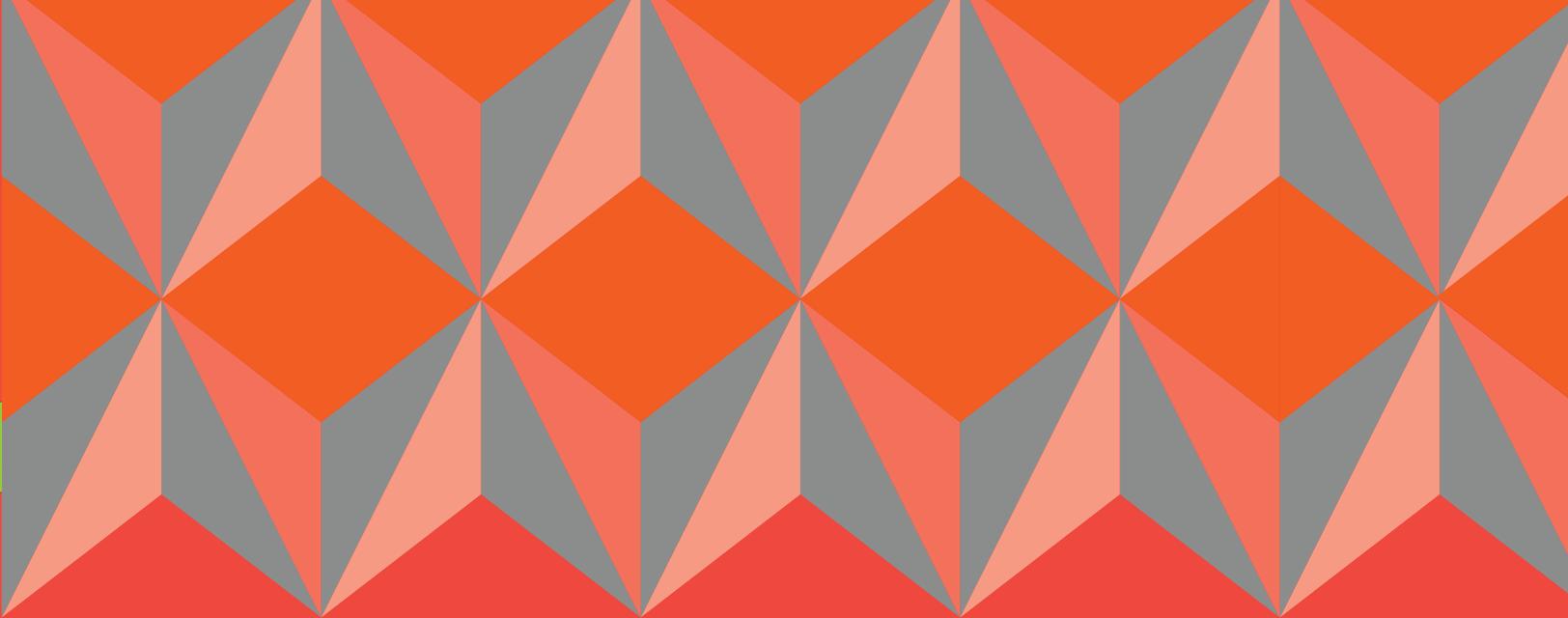
*We have donated to the Reliv Kalogris Foundation through our PVQ since our first month as Master Affiliates back in 2007. We love the idea of making a difference in the lives of other people here in the U.S. and in places around the world to which we'll never travel. We know of no other charity that guarantees that 97% of products/services goes directly to the recipients, so our donations are making a huge impact. We are proud sponsors of the RKF and grateful for Reliv's mission to Nourish Our World!*



# Join THE FIT3 COMMUNITY!

You don't have to face your fitness and weight loss journey alone. Get inspirational stories that keep you motivated, recipe ideas and much more in the Facebook community. You'll also get insider tips from our wellness guru and Head Coach **Tina Van Horn** in her live Facebook events. Like us now at [facebook.com/relivfit3](https://facebook.com/relivfit3).





*stay* **fit**

As a Distributor or customer purchasing Fit3 products, you also receive full access to **fit3.reliv.com**. You will quickly discover that you are not alone in your pursuit to become fit and lose weight while creating healthier habits that can last a lifetime. Use the site to support all of your efforts once you are on the Fit3 program and to share it with others. Like reliv.com, this site is mobile-ready so you can take the Fit3 program with you anywhere you go.

The website supplies all you will need to get started and to continue to progress in the Fit3 program. Check out just some of the highlights!

#### VIEW THE "WHAT IS FIT3" VIDEO:

Click the image and play a Fit3 video that provides an exciting, three-minute review of the Fit3 products and program and all the benefits that await those who make the decision to get fit. You can also use this as an introduction for others who will want to join you.

**PRODUCTS:** This is your Fit3 shopping cart. Order your Fit3 products here while learning more about the benefits of each.

**INSPIRATION:** Watch inspiring video testimonials and read stories from those who are already benefitting from Fit3. Also, access nutrition tips from our Fit3 coaches and checkout the latest recipes to make your delicious Active shakes!

**FIT3 EMAILS:** Sign up today and stay in touch with the latest news and updates for everything Fit3.

#### HEALTH AND FITNESS ARTICLES:

Look to this section of the website often for helpful articles that will support your journey to get fit, feel fit and stay fit.

**LOG IN:** As a Reliv Distributor or customer, use your RCN to log in to exclusive Fit3 content including custom nutrition tools and workout videos.

# THE FIT3 WEBSITE:

Your Fit3 Home Page





# OPENING THE DOOR TO GETTING FIT FOR LIFE

Featuring exclusive content for Reliv Distributors and customers... start your Fit3 program here!

Your Fit3 Portal Page



**NUTRITION COACHING:** Good nutrition and learning new ways to eat healthy are essential parts of the Fit3 program. We've made it easy! We provide downloadable, on-the-go tools, so you can get fit anytime, anywhere! We've even provided a step-by-step guide to help you get started.

**WORKOUT VIDEOS:** It's time to get moving! This section features easy-to-follow, full-length workout videos led by our expert Fit3 coaches. There are videos for beginner to intermediate fitness levels covering both cardio and strength training. Believe it or not, exercising can be as fun as it is rewarding. Let us show you how. Look for additional exercise videos in the weeks to come.

## Get the Most Out of the Fit3 Website

Reliv Fit3 Head Coach Tina Van Horn and Director of Content Management Erin Koch discuss and demonstrate the fun features at fit3.reliv.com. Watch this tutorial video so you can become a Fit3 expert!

Take the tour: [reliv.com/engage](http://reliv.com/engage)



# fit for life

## WITH RELIV

Diets and workout fads come and go... and with it so do extra pounds. But with the Fit3 program, Reliv Distributors, customers and even employees are finding it easier than ever to get fit and stay fit for life. We asked three Fit3 fans to share how they are getting in shape and getting more out of every day through this healthy lifestyle program.



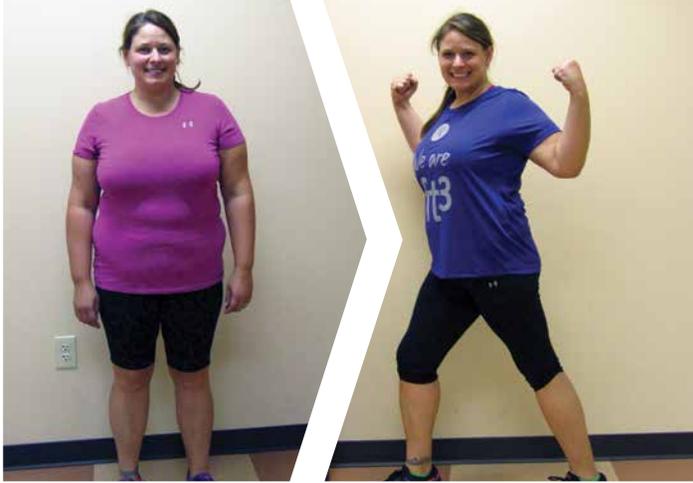
### CUTTING THE STRING ON YO-YO DIETS

Ambassador **Bev Bentley** of Gilbert, AZ, has been a Reliv Distributor for 15 years. While she has experienced better health on Reliv products, weight management has remained a struggle. "I'm the classic yo-yo dieter," she explains. "I've tried countless fad diets, and they all went the same way: stop eating, lose weight, and put it right back on. I was always hungry. Once I started on one, I couldn't wait for it to end."

Bev says Fit3 is different. "I knew I needed to lose weight, and I knew any products designed by Dr. Carl Hastings would deliver results," she says. "Still, I was nervous about the exercise. I couldn't even make it through the first Fit3 exercise video one time. Now I can go through it three times without stopping!"

Her eating habits have also changed: "I'm not eating less; I'm just eating better. I had never really learned how to eat healthy. Sure, I knew to eat vegetables, but I didn't realize the importance of healthy fats, protein and how foods worked together. And unlike those fad diets, nothing is off limits with Fit3! I just need to plan ahead, keep track and moderate what I put in my body."

So far, Bev has lost 20 pounds and 14 inches. She feels better physically and about who she is, which impacts every aspect of her life. "My Reliv business is taking off with everyone asking me how I'm losing weight," she explains. "And when I take my grandkids to the playground, I don't just sit on the bench and watch them. I climb on the jungle gym with them!"



## FROM UNSUSTAINABLE TO UNSTOPPABLE

**April Utterback**, a warehouse supervisor from Mexico, MO, wanted to get moving. "I felt tired all the time and didn't have energy to do much of anything," she says. "When my husband, Scott, would ask me to join him for golf, I chose to stay on the couch."

She started on Fit3 in October. "I was overweight and unhappy about it," she says. "I just wanted to feel better about myself."

April achieved weight loss success 10 years ago on another program, but regained the weight: "What made that program unsustainable in the long term is that it was based only on calorie restriction — even if those calories came from frozen, processed junk. Fit3 made me aware of what I was eating, not just how much I was eating. I tracked my intake on my smartphone and started eating cleaner."

April starts every day with a Fit3 Active shake, usually with spinach, a banana and blueberries blended in. She adds a healthy lunch and dinner, plus protein-packed snacks throughout the day. During the week, she follows her after-work trip to the gym — yep, she exercises regularly now — with another Active shake for recovery. So far, she's dropped 25 pounds!

The weekends are a lot different, too. In addition to running up to five miles at a time, she's picked up a new hobby. "I go golfing with Scott now," she says. "I can't say I'm very good yet, but it sure is a great way to spend more time together. Life is good!"



## LIFE'S BETTER 100 POUNDS LATER

**Dan McNeill**, Production Analyst at Reliv, received a wakeup call at his annual employee health screening in 2015. "My results came back as pre-diabetic," he says. "My doctor confirmed what I already knew: it was time to eat better and get moving."

Fortunately for Dan, Reliv's product team was developing a program that would change his life. "At the time, I was essentially eating out three times a day and spending my free time on the couch. I weighed over 300 pounds," he explains. "Beyond my own health, I was worried about the example I was setting for my seven-year-old son. Fit3 could not have come at a better time."

Dan started taking Fit3 shakes, working out regularly with the Fit3 team at Reliv HQ and changing his eating habits per the program guidelines. "I began reading labels, planning my meals and incorporating more vegetables, protein and healthy fats," he says. "The shakes gave me the energy to stick with my workout routine. I went from three pushups to 70!"

In the past year and a half, Dan has dropped more than 100 pounds, added lean muscle and watched his pant size go from 48 to 38. "And by adding Burn and Purify products to my regimen, I have more energy and feel better than ever," he says. "Best of all, I can be the husband and father I want to be."



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