



Healthy Habits for Total Wellness



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The things we do day in and day out—our habits—shape how we feel and function. These automatic routines, whether productive or destructive, are the building blocks of our lives and direct our overall wellness.

Our habits affect everything from our physical health to our mental state and how we process our emotions. When we develop good habits, we're setting ourselves up for success, making it easier to grow, handle stress, and just enjoy life more. Understanding why habits matter is like unlocking a secret to feeling better overall. It's the first step to making real, lasting changes that can seriously upgrade our lives.

We can live our healthiest lives by focusing on the following seven healthy habits! The R3 community is the most supportive and inspirational community,

and participants learn how to foster deep connections with others. This is the first step in long-term healthy living!

While we refer to R3 as a weight loss program, it is so much more than that. And what makes it so effective for weight loss is a focus on healthy habits that support total wellness. Habits that improve our physical, emotional, and spiritual health. Being a balanced human being is how we can achieve total wellness. Weight loss just happens to be an amazing side effect of healthy habits!

Let's inventory how healthy we are by learning about these healthy habits.

- 1. COMMUNITY** In longevity research, having close, quality relationships is the single biggest predictor of longer life and strong health. Social connections lower the risk of depression, anxiety, and other mental health issues. They also encourage healthier lifestyle choices as people often motivate each other to exercise, eat well, and avoid harmful habits. There are proven physical benefits as well, including improved cardiovascular health, stronger immune systems, and improved healing after injuries and surgeries. A deep, authentic connection to community gives us a greater sense of purpose in life, which may be the most important benefit of all. Those who engage in the Melaleuca and R3 communities build genuine, deep relationships with other members and lifelong friendships.
- 2. NUTRITION** By following the principles of R3, we develop healthy hunger patterns, create a higher metabolism, and grow in the virtue of temperance. R3 teaches you how to crave foods that keep your blood sugar level steady, experience fewer cravings, have more energy, and only desire the most pleasurable foods occasionally. By repeating the six-week cycle of R3 over and over, we overcome our weaknesses associated with food!
- 3. SUPPLEMENTATION** No matter how conscientious you are about the food you eat, you're still bound to have nutrition gaps in your diet. Supplements can bridge those gaps. Luckily, this is Melaleuca's specialty! From the *Peak Performance Nutrition Pack*—which has been clinically tested to deliver nutrients Just Like Nature®, lower free radicals, and reduce exercise-induced inflammation—to supplements that support specific needs like healthy sleep, brain health, and metabolic health, the right Melaleuca supplement can make a world of difference in your well-being.*
- 4. WATER** Drinking adequate amounts of water helps regulate body temperature, transport nutrients, cushion joints, and remove waste products. It supports digestion, circulation, and cognitive function while maintaining healthy skin. Many people don't consume enough water daily, which can lead to fatigue, headaches, and reduced physical performance. Experts recommend drinking at least 8 glasses (64 fl. oz. or 1.89 liters) of water



* This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

per day—how often do you reach that benchmark? *SplasH₂O*® and *Sustain*® *Active Electrolyte Hydration* give you a delicious way to get the hydration you need.

5. EXERCISE Approximately 80% of US adults and adolescents are not getting enough exercise. We all know that consistent exercise is good for your health and well-being. But do you know how many minutes of exercise you need each week? The *Physical Activity Guidelines for Americans* issued by the US Department of Health and Human Services recommends that adults get 150 minutes of moderate-intensity cardio exercise each week as well as two muscle-strengthening weight-resistance workouts each week. Regular physical activity improves cardiovascular health, muscle strength, cognition, mental health, bone density, balance, sleep quality, metabolic health, and measures of body fat. During the R3 challenges, developing the habit of daily exercise is emphasized. With livestreamed workout sessions and guest instructors, moving your body every day and establishing a new habit is fun!

6. SILENCE When was the last time you sat in complete silence? Daily silence gives us a respite from the constant noise and stimulation of modern life. Taking time for quiet allows the mind to process information, reduce stress, and improve focus. This practice can lower cortisol levels, promoting better sleep and hormonal balance. Silence also encourages mindfulness, helping us tune into our bodies and emotions. Daily silence also boosts creativity, enhances decision-making skills, improves mental

clarity, reduces anxiety, and cultivates a deeper sense of inner peace.

7. SLEEP Are you getting seven to nine hours of sleep per night? Sleep plays a vital role in both physical and mental well-being. During sleep, our bodies engage in crucial restorative processes, repairing tissues, consolidating memories, and regulating hormones. Adequate sleep supports a strong immune system, helps maintain a healthy weight, and reduces the risk of chronic conditions like heart disease, high blood pressure, dementia, and diabetes. Prioritizing sleep is not a luxury—it's a necessary investment in overall health and longevity.

During the three R3 challenges we host every year, ongoing engagement and education help participants incorporate these seven healthy habits into their lives. The results speak for themselves! Data shows us that R3 participants improved their perceived body image by 66%, improved daily energy levels by 44%, had a 37% decrease in stress, improved their sleep, and improved their digestive health.

Melaleuca's R3 Weight Loss Program is about so much more than weight loss. It helps you establish the habits that will improve your total wellness!

To learn more, go to Melaleuca.com/R3 or connect to our Facebook group by using this QR code.

