

Kick-start healthier eating habits with the **3-DAY REFRESH®** and lose weight—without starving.



Order Now
for just
\$69⁹⁵*

Why do a 3-Day Refresh?

Sometimes your diet gets off track. You go a little overboard on the weekends, a holiday, or while on vacation. Or perhaps your body hits a plateau, and the scale refuses to budge.

In 3 short days, you can get your health, your energy, and your vitality back on track—all without starving. With the 3-Day Refresh you'll conquer your cravings. Lose weight. Start to detoxify your body. Flatten your stomach. Feel lighter and more energized. Your clothes will fit better. And most importantly, you'll be able to break the cycle of bad nutrition while establishing healthy, new eating habits.**

How often can I Refresh myself?

You can do the 3-Day Refresh as often as you feel the need. Some do it as frequently as once a month to keep themselves on track. Remember, it only takes 3 days to achieve a healthier, happier you!

3-DAY REFRESH®

To learn more, ask your **Team Beachbody®** Coach or go to **Buy3DayRefresh.com** today!

*Plus s&h. And a 30-DAY MONEY-BACK GUARANTEE! (less s&h). All prices in USD. International pricing may vary.

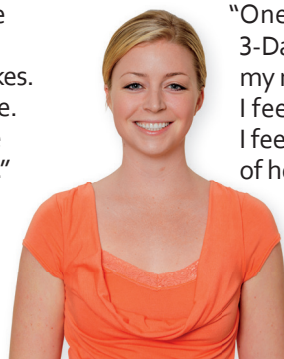
It's only 3 days and the results are amazing.†



"I didn't crash throughout the day from just eating fruits, vegetables, and the great shakes. That was really exciting for me. The snacks in between made it seem like I was eating a lot."

—Kelli J.
Teacher

**Lost 1.3 lbs.
2.5 inches on waist
1 inch on hips**



"One of my goals with the 3-Day Refresh was to re-bridge my mind and body connection. I feel great. I feel lighter. And I feel ready to start a regimen of healthy eating once again."

—Stephanie D.
Coordinator, Beachbody®

**Lost 6.2 lbs.
2.5 inches on waist
1.5 inches on hips**



"One of the things I learned on this program is how to control my portion sizes. I was not hungry at all and I feel amazing."

—Washica L.
College
Professor

**Lost 5.1 lbs.
1.5 inches on waist
2.5 inches on hips**



"After shoulder surgery I let myself go but 3-Day Refresh kick-started my results. I lost a couple pounds, have more energy, and sleep better."

—Michael B.
Accountant

**Lost 2.3 lbs.
2.5 inch on waist
1.5 inch on hips**



The 3-Day Refresh was scientifically designed to help you:**

- Jump-start your weight loss, while staying full throughout the entire day
- Get a clean break from any bad eating habits you still may have
- Kick-start new, healthier eating habits you can incorporate into your life

3-DAY REFRESH®

To learn more, ask your Team Beachbody® Coach or go to Buy3DayRefresh.com today!

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

†Results vary. © 2015 Beachbody, LLC. All rights reserved. 3DINS1102 Rev. 03/04/15