



Real Appeal®

WEIGHT LOSS SUPPORT



“Finding Our Motivation” — Brian & Julie’s Story

Every Real Appeal® success story starts with a question: “Why do you want to lose weight?” See how Brian & Julie’s “why” helped them have more energy to do the things they never were able to do before.

Brian & Julie’s Highlights



Reason for Joining

“We each had our own issues with our weight and found out about the program through work, and decided we needed to make a change.”



Favorite Aspect of the Program

“It allowed us to do the exercise that was best for us. The Real Foods guide also showed us ways of preparing healthier substitutions.”



Words of Advice

“The best part about joining Real Appeal as a couple is that we can support each other. We take bike rides together. It just made us feel free and happy.”



Brian & Julie
Kerhonkson, NY

160
lbs. lost
combined

“Thanks to Real Appeal we feel 10 times better now and have the energy to do things we weren’t able to do before.”

Real Appeal members who attended four or more sessions during the program lost 10 pounds on average. Talk to your doctor before starting any weight loss program.

Real Appeal is available to you and eligible family members at no additional cost as part of your medical insurance.

See Brian & Julie’s story at

RealAppeal.com/BrianandJulie

Have your health insurance ID card handy when enrolling.



RALLY/COACH™

5 Tips for Losing Weight at Home



Looking for small ways to stay healthy at home? Then you're in luck. Here are a few ideas to help you shed pounds that are backed by science.

1 Get Moving

Movement is a crucial part of a healthy lifestyle. Try walking at least once a day — even activities like gardening or cleaning can up your daily calorie burn and, over time, can help with weight loss.

2 Stay Hydrated

Dehydration can lead to overeating and low energy, resulting in less weight loss. Keep a water bottle at arm's length, so you can drink throughout the day. Adding a splash of juice or an infusion of fruits or vegetables may help make it more fun, too.

3 Boost Your Fiber

Eating more fiber keeps you full longer and has an array of other health benefits for lowering chronic disease risk and improving gut health. Add more fruits and vegetables to your day and high fiber whole grains, like oats, whole-wheat pasta, and quinoa.

4 Stand Up

Studies have found that standing for six hours a day can potentially trim up to five pounds a year, thanks to the increased calorie burn of standing. Try standing while being on the computer or during phone calls.

5 Sleep Healthy

Staying hydrated, eating enough fiber, and moving more can help you have restful nights and can lead to weight-loss success. Also try limiting caffeine before bedtime and sticking to a regular sleep and wake schedule.



See Brian & Julie's Story at RealAppeal.com/BrianandJulie — and achieve the results you've always wanted for yourself.

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