

# Real Appeal<sup>®</sup>

WEIGHT LOSS SUPPORT



## Your Weight Loss. One Day at a Time.

Looking for ways to stay healthy from home? Real Appeal<sup>®</sup> can help make every day count in working toward your weight loss goals — even if you're short on free time.

### Tailored to your unique schedule and needs

Real Appeal is a program on Rally Coach<sup>™</sup> available to you and eligible family members at no additional cost as part of your health benefits plan.



#### Online coaching

Guidance from a coach who offers ongoing support when and how you need it.



#### Motivating support sessions

30-minute online sessions with a community of caring members to connect with.



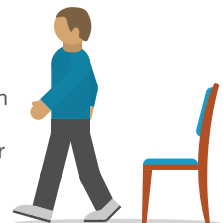
#### Tools for success

24/7 online resources, plus a Success Kit delivered to your door.

Find Your Support at  
[healthy168.realappeal.com](https://healthy168.realappeal.com)

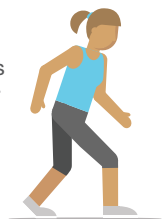
### Small steps for getting started:

Working from home? Stand at your desk to burn 40 to 70 more calories per hour than sitting.



Plan your daily meals on Sunday to eat healthy all week long.

Take quick walks throughout your day to get extra steps in.



Read our article, "Easy Ways to Sneak In Self-Care," on the back.

RALLY/COACH<sup>™</sup>

# Easy Ways to Sneak in Self-Care

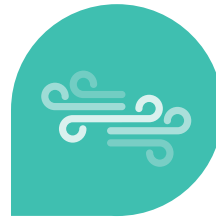
When it comes to self-care, even a few minutes can be meaningful. Try a time-saving tweak or two — batch your emails, meal prep on Sundays, streamline your morning routine — and spend those spare minutes on yourself.

## Morning Stretch It Out



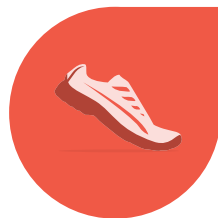
Resist the urge to hit snooze on your alarm clock and instead roll out your yoga mat and om your way to a better day. Yoga may lessen symptoms of depression, migraines, and chronic back pain. Recent research suggests it may also improve heart disease risk factors as much as other exercise.

## Evening Breathe Deep



One surefire way to decompress from the day you've had: deep breathing. Stress tends to make our breathing more shallow, says Domar. Deep breaths can up your oxygen and bring a sense of calm. Rest one hand an inch above your belly button. As you inhale, your hand should rise an inch. Count down from 10 to zero with each inhalation, then exhale slowly.

## Midday Take a Stroll



Getting away from work for a few minutes helps your health “by calming the autonomic nervous system, lowering your blood pressure, and allowing you time to recover,” says Alice Domar, PhD. Research also suggests that simply moving your body — like climbing stairs or taking a short walk — may help protect against depression, even if you're not pumped to get started.

## Night Go to Bed Already!



Most adults need at least seven hours of sleep a night—but many of us get less than that. Too little quality shut-eye raises the risk of asthma, heart attack, and depression. Research also suggests that chronic poor sleep may increase the risk of Type 2 diabetes. Hitting the hay may be one of the best self-care moves you make all day.

Find More Ideas at [healthy168.realappeal.com](https://healthy168.realappeal.com)

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