

Real Appeal[®]

WEIGHT LOSS SUPPORT



Toyota Gosei North America's Very Own Team Member Diana Howe's Story

Every Real Appeal[®] success story starts with a question: “Why do you want to lose weight?” Discover how Diana’s “why” put her on the road to not only just simply jogging, but running a 5k regularly.

Diana’s Highlights



Reason for Joining

“I saw myself in photos from my nieces wedding and I knew to make a change. The photos were motivation.”



Favorite Aspect of the Program

“Tracking and attending classes. Tracking and nutrition is everything to my success. Thinking of food as fuel. No more snacking.”



Words of Advice

“Just do it! If you want to do it--there is no reason you can't!”

Real Appeal is available to you and eligible family members at no additional cost as part of your health benefits plan.

Join Diana’s journey and enroll today at

[Enroll.RealAppeal.com](https://enroll.RealAppeal.com)

Log in or register on Rally to access Real Appeal. Look for the Real Appeal tile on your home page or the Resources tab.

A Real Appeal Success Story



Diana Howe

Old Appleton, MO
Perryville Location

106
lbs. lost

Real Appeal is the total package. If you use the tools that are given you can do it from start to finish. Just follow the steps and pay attention and you will find success. You've got nothing to lose.

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.



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

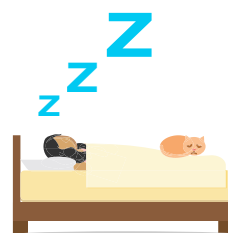
Eating more fiber keeps you full longer and has an array of other health benefits for lowering chronic disease risk and improving gut health. Add more fruits and vegetables to your day and high fiber whole grains, like oats, whole-wheat pasta, and quinoa.

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.



Join Diana's Journey at [Enroll.RealAppeal.com](https://enroll.RealAppeal.com) — and achieve the results you've always wanted for yourself.

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