



# Real Appeal<sup>®</sup>

WEIGHT LOSS SUPPORT



## Behind Every Success Story Are Coaches

Real Appeal<sup>®</sup> online coaches have one job — to guide you with the support needed to stay on track. Learn more about how our coaches are helping members realize lasting change.

### How Real Appeal Coaches Work with Members

Real Appeal is a program on Rally Coach<sup>™</sup> available to you at no additional cost as part of your health insurance.



#### Online Group Sessions

Online Group Sessions Join live sessions with a community of members to learn healthy tips like meal prepping, how to cook meals with fewer calories, and more.



#### Recipes at Your Fingertips

Find hundreds of recipes in the Real Foods Guide — including ideas for breakfast, lunch, dinner, snacks, smoothies, and desserts.



#### Track Your Nutrition

You can easily track your food intake on the Real Appeal app. Already use a tracking app? You can sync data from many popular apps to Real Appeal.

### Coaching IS

A partnership and guided conversation

A collaborative process

A source to help optimize your strengths and build confidence

### Coaching IS NOT

Telling you what to do

Therapy or a diagnosis

Giving professional nutritional, fitness, or medical advice

Sign up Today [enroll.realappeal.com](https://enroll.realappeal.com)

Have your health insurance ID card handy when enrolling.

Read “Stress-Busting Secrets From Real Appeal Coaches” on the back as they share what’s helped them keep stress levels in check over the past year.

RALLY/COACH<sup>™</sup>

# 6 Stress-Busting Secrets From Real Appeal Coaches

By Caroline Roberts | May 21, 2021 | Rally Health

Stress can feel like kryptonite for your weight loss goals, making it harder to stick to your healthy eating habits and activity goals. Real Appeal coaches share what's helped them keep stress levels in check over the past year.



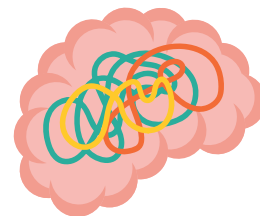
## Sneak in Some Giggles

When you feel like you're in a pressure cooker, laughter is a quick way to feel some release, says Coach David Blasucci. Go ahead and watch some funny cat videos, or listen to your favorite comedian's podcast.



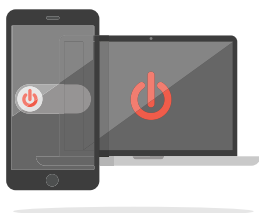
## Get Outside

"Nature has been a great stress reliever for me," says Coach Hilary Simmons. "Feeling the sunlight and air on my skin lifts me up instantaneously." Sun on your face through an open window may help your mood.



## Feed Your Curiosity

More time at home can be a stressor, so Coach Rachel Kerce has been intentional about trying new activities — such as baking and sewing projects. "Creativity brings me joy, while keeping my stress down," she says.



## Set Screen-Free Times

"Disconnecting from the daily news and social media has allowed my nervous system a break," says Coach Shelley Craig. Try setting "screen-free" hours to give yourself a rest from the constant inundations of notifications.



## Forge connections

Research shows that connecting with loved ones can help keep stress levels in check. Blasucci says his ability to stay level-headed is directly tied to his strong support network. Try a virtual game night or a lengthy phone call.



## Sweat It Out

Exercise is a stress-buster for many. "I stop and do jumping jacks or run up and down the stairs, right then and there, instantly feel the endorphins and I feel much better afterward," says Real Appeal Coach Mary Arguelles.

Get Started Today at [enroll.realappeal.com](https://enroll.realappeal.com)

**Real  
Appeal**<sup>®</sup>