

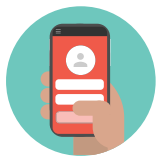


Empowering You for Lasting Success

Ready to get (and stay) healthier? Feeling in control of your situation and finding the confidence to stick with your goals are key. Real Appeal® shows you how.

Giving You a Solid Foundation

Real Appeal on Rally Coach™ is a proven online weight loss support program. It's available to you and eligible family members at no additional cost as part of your medical insurance.



Convenient Rally Coach App

Set goals, track your progress, and connect with a weight loss coach, right in the app. Sync wearable devices and third-party apps, too.



Online Coaching

Get support and guidance every step of the way. Join virtual group sessions led by a coach.



Healthy Resources

Access a digital library full of practical tips, recipes, and workouts. Get a Real Appeal Success Kit delivered right to your door, too.

Get Started Now at
nfp.realappeal.com

Please have your health insurance ID card handy when enrolling.

3 tips to feel more confident about losing weight.

Be realistic

Focus on small, achievable changes, so you can experience feelings of success more often.



Keep a learning mind-set

Accept that setbacks will happen and approach challenges with an open mind.

Track successes

Make a list of accomplishments, then add to it daily, to focus on what's going well.



Read "How to Make Healthy Habits Stick" on the back for other practical tips.

RALLY/COACH™



How to Make Healthy Habits Stick

All of us approach personal change a little differently. But these four key principles can help as you work to adopt new habits.



Build Confidence

- Focus on doable strategies that build on your strengths and skills
- Consider past successes and create your plan from there



Create a Routine

- Develop an eating or activity schedule to feel more in control
- Be sure your schedule works for your life, not just the short term
- Set realistic goals — more success leads to more motivation



Focus on What You're Adding

- Try not to fixate on what you're giving up
- Enjoy delicious, healthy meals or the energized feeling that comes after a workout
- Celebrate even the smallest positive changes in how you look and feel



Make Your Program Your Own

- Experiment a little to understand what approach works best for you
- Try a different method if one doesn't work for you or your lifestyle

Get Started Today at nfp.realappeal.com

Real Appeal®

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