

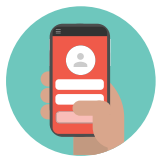


# Empowering You for Lasting Success

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

[enroll.realappeal.com](https://enroll.realappeal.com)

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.

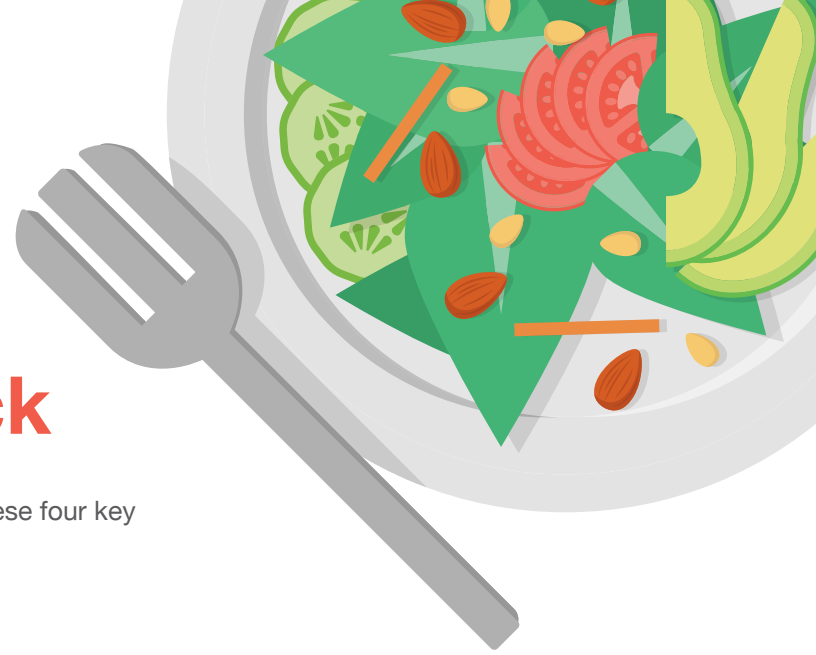
### Track successes

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 [enroll.realappeal.com](https://enroll.realappeal.com)

# Real Appeal®

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