



“Finding Our Motivation” – Brian & Julie’s Story

Every Real Appeal® success story starts with a question: “Why do you want to lose weight?”
See how Brian & Julie’s “why” helped them have more energy to do the things they never were able to do before.

Brian & Julie’s Highlights



Reason for Joining

“We each had our own issues with our weight and found out about the program through work, and decided we needed to make a change.”



Favorite Aspect of the Program

“It allowed us to do the exercise that was best for us. The Real Foods guide also showed us ways of preparing healthier substitutions.”



Words of Advice

“The best part about joining Real Appeal as a couple is that we can support each other. We take bike rides together. It just made us feel free and happy.”

Real Appeal is available to you and eligible family members at no additional cost as part of your medical insurance.

See Brian & Julie’s story at
RealAppeal.com/BrianandJulie

Have your health insurance ID card handy when enrolling.



Brian & Julie
Kerhonkson, NY

160
lbs. lost
combined

“Thanks to Real Appeal we feel 10 times better now and have the energy to do things we weren’t able to do before.”

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™