



## Work-Ins | Work-Outs

Looking to fit some fitness into your schedule? Whether you want to enjoy the outdoors or stay in the comfort of your own home, you can find a new fitness routine with Real Appeal®.

### Work Out Wherever You Are

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



#### Access fitness videos and digital trackers

Stream expert-led workouts, and track all of your activity metrics from the Real Appeal app.



#### Dedicated coach support

Connect with an online coach to create fitness plans that best support your goals.



#### Healthy tools — delivered to you

Receive a Success Kit with tools to get you started, including a resistance band, fitness and nutrition guides, a weight scale, and more.

### Here are some helpful fitness tips to get you started:

Find a designated workout area.



Use household items in place of fitness equipment.

Increase your daily move goals doing household chores.



Sign Up Today

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

Have your health insurance ID card handy when enrolling.

# HOW TO BECOME A MORNING (WORKOUT) PERSON



BY KAREN ASP | MAY 24, 2019 | REAL SIMPLE

Surveys show that you're more likely to stick with a morning workout or exercise program than one later in the day, when you'll probably be distracted by other responsibilities or have time to come up with excuses to skip your sweat session. Shift your workouts to the am hours to reap the rewards with these simple strategies.

## 1 LOG A GOOD NIGHT'S SLEEP

If you don't log the sleep you need, you're not going to feel like getting up in the morning, let alone tackling a morning workout.

## 2 BUMP UP YOUR SLEEP QUALITY

Adopt a 30- to 60-minute device blackout period before bed. During this time, abandon your use of phones, computers, and light-emitting devices.

## 3 TAKE BABY STEPS

Wake up 15 minutes earlier to squeeze in a quick workout rather than waking up an hour earlier. Do this for a week or two before moving your wake-up time up 15 minutes again. Repeat until you're up with enough time to log the exercise you want.

## 4 PREP YOUR STUFF

Set out your workout clothes, gym bag, and whatever else you need for your morning workout the night before.

## 5 SET AN ALARM ACROSS THE ROOM

If you place your alarm clock across the room, you'll have to get up to turn it off. The extra benefit of doing this is you'll sleep better if you stay off your phone late at night.

## 6 DOWN SOME CAFFEINE

It's OK to sip that cup of coffee before exercising, as long as you stick with just one eight-ounce serving and avoid unhealthy add-ins like cream, cane sugar, and artificial sweeteners.

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

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