

Real Appeal®

WEIGHT LOSS SUPPORT



Gain Healthy Habits This Holiday Season

The holidays can be a challenging time to make healthy choices. This season, give yourself the gift of Real Appeal®.

Helping You Stay on Track

Real Appeal on Rally Coach™ is a proven online weight loss support program. It's available to you at no additional cost as part of your health plan benefits.



Online Convenience

Set goals, track your meals and activity, stream expert-led workouts, and access hundreds of recipes — all on the Rally Coach app.



Personalized Support

Communicate 1:1 with an online coach to discuss your specific health goals and circumstances.



Motivational Resources

Join live sessions with a community of members to learn practical tips for meal prepping, cooking meals with fewer calories, and more.

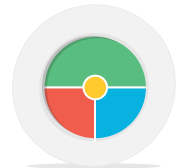
Get Started Now at
enroll.realappeal.com

Have your health insurance ID card handy when enrolling.

Use these tips to stay healthy during the holidays.

Plan your plate

Have a favorite holiday dish? Enjoy it in moderation, and pass on dishes high in fat.



BYOD (Bring your own dish)

Make a healthy dish that you enjoy so you have a guilt-free go-to at holiday gatherings.

Keep active

Find ways to keep moving while you celebrate, from dancing to dish duty.



Read "Understanding Your Eating Triggers" on the back for more healthy holiday ideas.


UNIVERSITY OF ARKANSAS SYSTEM

RALLY/COACH™



Understanding Your Eating Triggers

Do certain situations, moods, or times of day prompt you to overeat? Use these ideas to help overcome common eating triggers.



Trigger: You Can't Resist Junk Food

- Don't keep junk food at home
- Eat three meals every day
- Wait 15 to 30 minutes — the craving may pass (really!)
- Try healthier versions, such as baked rather than regular chips



Trigger: Exercise Makes You Hungry

- Most research has shown that exercise actually decreases physical hunger
- If you exercise after work, plan to eat lunch 3-4 hours before your workout
- Drink plenty of water before, during, and after your workout



Trigger: You Eat Too Much While Socializing With Friends

- Eat something healthy before going to social activities
- Drink water or a calorie-free beverage instead of having a snack
- Treat yourself to only one or two samples of high-calorie or fatty foods
- Take some healthy foods to social events

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