



Every pound you lose can make a difference in your health

Real Appeal weight loss – benekeith.realappeal.com or 1-844-924-REAL (7325)

Most of us assume we have to lose a large amount of weight in order to significantly improve our health. Good news – research has shown that even a 3% to 5% weight loss can make a difference. Breaking weight loss down into more manageable milestones makes it easier to achieve.

Take a look at what a small loss may be for you:

STARTING WEIGHT	3% WEIGHT LOSS	5% WEIGHT LOSS
150	4.5 pounds	7.5 pounds
200	6 pounds	10 pounds
250	7.5 pounds	12.5 pounds
300	9 pounds	15 pounds

Health benefits for all of us would-be losers include:

- Your favorite pair of jeans fit better.
- Walking up that flight of stairs may not seem so hard anymore.
- Your blood pressure goes down, which reduces your risk of heart disease, type 2 diabetes, sleep apnea, depression and more.

To get started, find your BMI

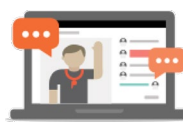
Go to realappeal.com/our-members/bmi-calculator and enter your height and weight to find out your Body Mass Index (or BMI). This will give you an estimated measurement of your overall body fat level. Having a high BMI may be an indicator that you are more at risk for developing chronic conditions like heart disease, type 2 diabetes and high blood pressure. Knowing your BMI is an important first step toward improving your health.

It's easier to lose when you don't do it alone.

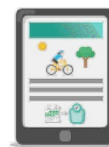
Losing weight is hard, partly because we try to do it alone. Real Appeal's approach is all about support and easy-to-use tools that make it simple to successfully lose weight, including:



Ongoing support and guidance
with online group sessions, personalized support and community of members rooting for your success



Small steps every day
make it easy to chart your nutrition and exercise progress



Resources to keep you motivated,
including inspiring stories, blog posts and articles to help you stay on track

Real Appeal coaches have just one job – you.

When you work with a Real Appeal coach, you work with an expert who is completely committed to helping you reach your goals – whether your journey is five pounds or 50 pounds.

SE Division and Kelley Manufacturing employees enrolled in the BEK BCBS Medical Plan can go to alabamablue.com to find healthy benefits, including weight loss support.



Watch Chef Cody video with healthy cooking tips