



Real Appeal®

WEIGHT LOSS SUPPORT

Real Results for Real People: How Bob Lost 65 Pounds

He joined Real Appeal®, a proven online weight loss support program available at no additional cost as part of his Plexus benefits.

When Bob decided it was time to get healthier, he made the move to join Real Appeal on Rally Coach™. Here's what he has to say about his experience so far.

Small Steps

“Real Appeal is a tool that is given to you and offers you an opportunity to make a life change. It's not a diet or a fad. Real Appeal helped me get on a plan that gave me an opportunity to realize my overall goal,” said Bob.

Lasting Change

“Real Appeal gives you everything you need, and you'll learn something new every week. If you put a commitment into it, you'll get out of it what you want. My physical and mental health are so much better,” he said.

Real Appeal Offers:

- An online coach who leads virtual weekly sessions
- Easy food and activity tracking tools, including the Real Appeal app
- A Success Kit — with scales, workout DVDs, recipes, a blender, and more — delivered right to your door

Get Started Today at
Plexus.RealAppeal.com

A Real Appeal Success Story



Bob
Plexus employee

65
lbs. lost

“Tracking my progress and changing the kinds of foods I ate made all the difference.”

Real Appeal members who attended four or more sessions lost 10 pounds on average. Talk to your doctor before starting any weight loss program.

PLEXUS®

RALLY/COACH™