

Lasting weight loss without turning your life upside down

Look better. Feel better. **GET REAL!**

Real Appeal is a brand new weight loss and healthy lifestyle program available at absolutely **NO COST** to you!

You could lose up to **10, 20, 30 lbs.** or more...and it only gets better from there!

*Real Appeal is offered at no cost to eligible City of Hamilton medical plan members.

Small steps. **Epic results.**

Whether you're looking to drop just five pounds, shed serious weight and inches or tackle other health issues, Real Appeal is right for you! You can get started by enrolling at hamilton.realappeal.com using a smartphone, tablet or personal computer.

Let's be real: weight loss can be challenging. And keeping those pounds off for the long-term can seem impossible. Well what if we told you that *it's not just about what you eat and how often you exercise?* It's true! But don't worry, Real Appeal isn't some crazy diet or insane exercise program. It's the result of 20 years and 800 million dollars' worth of weight loss research to discover what really works to help people lose weight.



Amanda K.

Real Appeal's approach is simple, smart, and helps you make small changes – changes that you can easily live with – for lasting weight loss results.

Plus, Real Appeal puts you on the road to serious health benefits like the prevention of obesity-related diseases such as hypertension and Type 2 diabetes.

*Real Appeal is **the** real life solution for **your** real life transformation.*

A Personal Transformation Coach for an entire year.

With Real Appeal, you get your very own Transformation Coach who guides you through the program step-by-step. Your coach works with you to customize the program to *your* needs, your personal preferences, your individual goals, and *your* medical history. The best part? You have **access for a full 52 weeks!** So whether you're losing, maintaining, or looking to lock in your results, you always have all the support and motivation you need.

ALL THIS!
At no cost
to you!*



Plus, your very own transformation coach!

*Real Appeal is available to City of Hamilton employees, spouses/domestic partners and dependents 18+ with a BMI of 23 or higher who are members of the City's medical plan.



Everything you need to succeed

When you sign up, you'll get the Real Appeal Success Kit delivered right to your door. It's filled with everything you need to kickstart your weight loss and keep those numbers on the scale moving in the right direction.

The kit includes:

- ✓ **Real Success Guides (2):** that lay the program out for you step-by-step
- ✓ **Real Foods Nutrition Guide:** packed with delicious recipes, 5-minute meals, even healthy fast food picks
- ✓ **Real Moves Guide:** includes walking programs and simple activity tips
- ✓ **Real Moves DVDs (6):** cardio, strength, flexibility, and abs programs for all fitness levels!
- ✓ **Personal One-Shot Blender:** for making shakes and snacks on-the-go
- ✓ **Easy-to-Use Cooking Tools:** measuring cups and spoons, digital food scale, the "Perfect" Portion Plate
- ✓ **Resistance Bands and Pedometer**
- ✓ **Real Appeal Water Bottle**
- ✓ **Electronic Body Weight Scale and Measurement Tape**

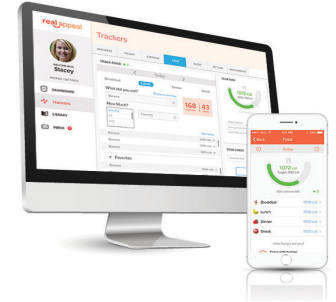
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An online VIP experience at your fingertips.

The Real Appeal online experience helps you stay accountable to your goals by giving you access to 24/7 support and tracking tools.

Staying involved, motivated and successful has never been easier. Plus you'll be able to join an online Success Group with others just like you on the road to reap the rewards of Real Appeal! You'll have *all* this at your fingertips—on your smart phone, computer, or tablet—*all* the time:

- **Weekly Real Appeal All-Star Show** – a highly entertaining and informative online program featuring healthy tips from your favorite celebs, TV stars, athletes and health experts.
- Comprehensive, searchable database of over 600,000 foods including meals from your favorite restaurants.
- **Success Group support** – chat with people just like you on the Real Appeal program!
- Customizable food, activity, weight and goal trackers.
- **Unlimited access** to digital content, including streaming workout videos.
- **Weekly analysis**, feedback and goal reporting.
- **Mobile app** for anytime, anywhere access on your smart phone.



Sign Up Now!

Real Appeal is the premium step-by-step, personalized program that will entertain and inspire you to make *positive, lasting changes* for a better body and a healthier, happier life. Lose all the weight you want and live the life you deserve. You'll feel great and look the very best you ever have.

The changes begin as soon as you start. Sign up today using a smartphone, tablet or personal computer at:

hamilton.realappeal.com