



Video transcript: Real Appeal

Approximate time: 2:47

I took small steps for big results...

I took small steps...

Small steps...

For big results...

For big results...

With Real Appeal®.

Introducing Real Appeal... A brand-new way to lose weight, increase your energy, and get the body you've always wanted.

Real Appeal taught me how to balance food and exercise and not to go to extremes with either. I have become a better role model for my family, friends, and coworkers. Thank you, Real Appeal.

It helped me to, week by week, incorporate a lot of these lifestyle changes into my daily life.

Real Appeal helps you take small steps for lasting weight-loss success.

Here's how it works.

You get your very own transformation coach, who will help customize your personal weight-loss plan...one that fits your schedule, your goals, your life. You get all the support and motivation you need for an entire year. So you get on and stay on the road to results.

You'll also receive all the tools needed for long-term weight loss with the Real Appeal Success Kit. Everything you need to know is spelled out for you in the Real Success Guide. The Real Foods Nutrition Guide, with delicious recipes, will help you enjoy healthy eating. And the Real Moves Workout DVDs are designed for all fitness levels. Plus, the Walk It Off Plan will get everyone active just by putting one foot in front of the other. We even give you a scale so you can watch those numbers drop week after week.

And it just keeps getting better. Each week we entertain you all the way to your weight-loss goals with the Real Appeal All-Star Show.

We're your Real Appeal team, and we are here for you.

A highly entertaining and informative online program, featuring new healthy tips from your favorite celebs, TV stars, experts, and athletes. You'll learn that simple steps lead to big-time results. You can watch anytime, anyplace on your computer, smartphone, or tablet.

[all cheering]

Yeah, it's a party! I like it!

But we actually saved the best for last.

Everything you've seen is available at no cost to you. How? Because it comes as a benefit with no co-pay from your insurance plan.

So what are you waiting for? The changes begin as soon as you start.

My name's Chuck. I took small steps for big results. I lost 17 pounds with Real Appeal.

My name is Tishana, and I lost 20 pounds with Real Appeal.

My name is Bill, and I lost 25 pounds with Real Appeal.

Spots are open now. Sign up today, because before you know it, this could be you.