

# Real Appeal is changing lives, you could be next!

## A Real Appeal real success story.

David Buffington works in the Reinert-Alumni Library at Creighton University where a sedentary lifestyle was affecting his health. He participated in the university's health screening last September and wasn't happy with the results. With both of his parents suffering from diabetes he knew he was at risk and needed to make a change.



*"I was given information about the Real Appeal program. It was the motivation that I was looking for and it was covered by my insurance. I had steadily been gaining weight for 10 years and decided enough was enough. My life has been changed for the better and I am feeling great!"*  
- David Buffington

Now David has people definitely noticing his 40 pound weight loss and motivating others at the library to join Real Appeal! He gets more exercise and holds himself accountable by tracking his activity and food.

David is well on his way to his weight loss goal, and he's feeling the difference. He likes looking in the mirror now and has lost almost 40 pounds by eating healthier, exercising with the Real Appeal DVD workouts, and attending his weekly online meetings.

**Congratulations, David!**

## At Creighton University, we've lost 877 lbs!

In just a few months on Real Appeal, the results are proof. Creighton University employees are changing their lives with small steps leading to big results. **There is still time for those of you who want to join.** Real Appeal works and you get support all along the way—just ask your co-workers who are losing weight!

## Everything you need to succeed.

Real Appeal is an incredible online weight loss program that helps you achieve long lasting, lifelong weight loss without turning your life upside down. You'll get everything you need to lose 5, 10, 20, 30 pounds or more for a healthier, happier lifestyle. **And the time to start is today.**

**Real Appeal is available at no cost to you.** You'll get the guidance of a personal Transformation Coach for a full year. Mobile and desktop apps available 24/7. And you'll get all the tools you need to succeed like Real Success Guides, Nutrition Guides, workout DVDs and a whole kit of kitchen tools to make succeeding easy.

Sign up now using a smartphone, tablet or personal computer at

**[creighton.realappeal.com](http://creighton.realappeal.com)**

**There's no time to waste!**

