



Feeling Disconnected?

Staying active (and social) while you're social distancing can be challenging. Get connected to a community of members and create new, healthy habits with help from Real Appeal®.

Let's Stay Healthy — Together

Real Appeal is a program on Rally Coach™ available to you and eligible family members at no additional cost as part of your health insurance.



Community Support.

Connect with an online community of caring members who have similar goals and challenges.



Personalized Guidance.

Chat 1:1 with an online coach who is there to listen and help you achieve your goals.



Online Education.

Join quick, digital sessions to learn ways to stay healthy at home — including new workouts or tasty recipes.

Here are some helpful tips for eating healthy at home.

Work away from the kitchen to limit snacking.



Have set snack and meal times — treat food like you would in the office.

Meal prep your lunches the night before to take away the guesswork.



Drink plenty of water. Aim for 64 oz. a day.

Read "6 Ways to Stay Fit While Staying Home" on the back for more ways to keep healthy at home.

Connect With Us

cityofmilwaukee.realappeal.com

Have your health insurance ID card handy when enrolling.



RALLY/COACH™

*Real Appeal is available at no additional cost to employees, spouses and dependents 18 and older with the City's UnitedHealthcare insurance subject to eligibility requirements. City of Milwaukee employees and spouses who complete 10 Real Appeal weekly coaching sessions during the City of Milwaukee Healthy Rewards Program, July 1, 2019-June 30, 2020, earn 10 Healthy Rewards points.

© 2020 Real Appeal, Inc. All rights reserved.

6 Ways to Stay Fit While Staying Home

By Anna Goldfarb | March 29, 2020 | The New York Times

You don't need fancy equipment or a lot of time; you just need to weave exercise into your schedule. Let's start with six things you can do every day to maintain your physical and mental health if you're isolating at home.



1

Right now, start bringing movement into tiny moments

Do heel raises when you're washing dishes, side lunges when you're throwing clothes in the dryer, or knock out some push-ups when you're waiting for a pot of water to boil.



2

Improvise for tools — they're all around you

Toss cans of food in a bag for instant weights. Come up with games you can play with children. Anything where you're crawling, jumping and skipping could work.



3

Get your heart rate up, multiple times a day

If you have access to stairs in your home or apartment, going up and down those stairs is a great way to get your blood pumping.



4

Get out and walk, even for just 15 minutes

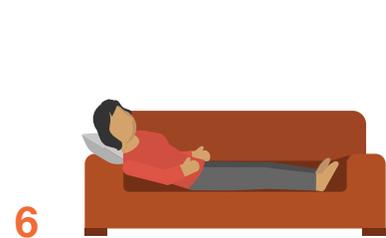
The amount of time you walk each day can vary. What counts is that you're moving your body.



5

Stretch it out for at least 30 seconds

The Mayo Clinic says you should be stretching at least two to three times a week. And you should hold each stretch for 30 seconds for most areas and up to 60 seconds for sore or problem areas.



6

Work on your breathing, because anxiety is real

Lie down on your back and put your hands on your abdominal region. Make your belly rise when you breathe in. Breathe out and your belly should fall. Take 10 deep breaths in this position.

You should wash your hands carefully and try not to touch your face. And if you're using any kind of gym equipment at home, clean it up with soap and water or any household cleaner before and after so that if you're sharing it with others, you're not spreading germs around.

Get Started Today at cityofmilwaukee.realappeal.com

**Real
Appeal**