

Back to school

Real Appeal

Fall can be a time of transition as kids go back to school and activities, vacation season comes to an end, and schedules become more structured.

You can stay healthy during transition with these tips:

Plan your plate

Breakfast: Find a healthy, on the go smoothie recipe so you can plan ahead.

Lunch: Make a quick, protein packed wrap the night before.

Snacks: Choose healthy after school/work snacks like celery and hummus.

Go for seasonal favorites

Color up: Enjoy vitamin packed fruits and veggies while they're still in season.

Family time: Spend time as a family doing outdoor activities enjoying the fall weather.

For a structured way to build a healthy lifestyle, sign up for Real Appeal, your free* employee weight loss program at

u-46.realappeal.com



*Real Appeal is available at no additional cost to all eligible employees, spouses and dependents 18+ on our UnitedHealthcare insurance plan with a BMI of 23 or greater.

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