

# Wondr is not a diet—it's a science

With Wondr, you don't have to eat kale salads 24/7 or become a gym rat—our digital weight loss program will teach you how to be in your best health as your true self. You'll learn science-based skills that help you lose weight, sleep better, stress less, and so much more.

## Here's what you get:



A 100% digital on-the-go experience and Wondr app



Clinically-proven results that last



Expert team of instructors via our digital platform



Weekly master classes that are tailored to you



Personalized support through texts, daily nudges, and health coaches



Welcome kit complete with tools and encouragement



The WondrLink™ online community for social support



The Wondr blog for other relevant resources

**“Once I saw the numbers actually drop on that scale, it gave me hope and more confidence.”**

**Brad M.**

LOST 70 LBS   GAINED CONFIDENCE

