

# 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<sup>™</sup>  
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

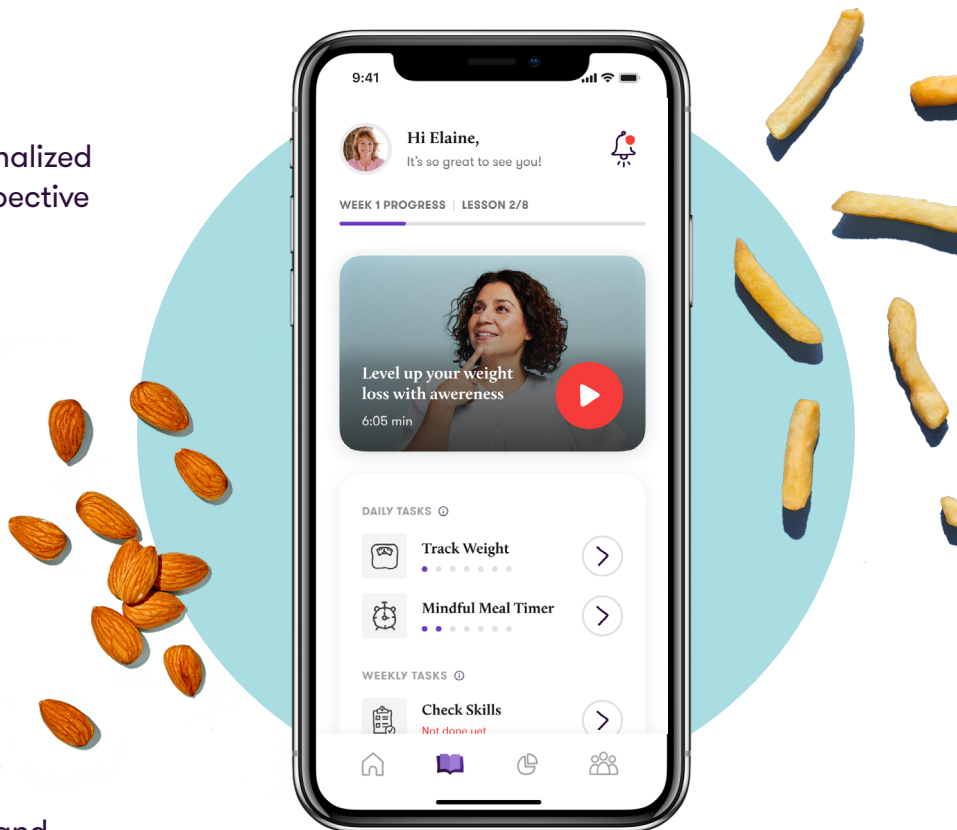


# Wondr works wonders

From the welcome kit to our app to personalized master classes, Wondr gives a fresh perspective on your best health ever.

## A “taste” of Wondr master classes

- ✓ The science of losing weight
- ✓ Mmmmmindful eating
- ✓ How to catch the best zzzs
- ✓ Satisfy your brain
- ✓ When to eat to burn fat
- ✓ Hunger and hydration go hand-in-hand



## Healthier and happier from head to toe

Wondr goes beyond the number on the scale to improve all aspects of your health.

**wondr** PARTICIPANT

**Tut B.**

LOST 50 LBS  
GAINED ATHLETICISM



**85%**

FEEL MORE IN CONTROL  
OF THEIR WEIGHT\*



**10.6 lbs**

AVERAGE WEIGHT  
LOSS PER PARTICIPANT



**57%**

IMPROVED  
THEIR MOOD\*



**61%**

HAVE MORE  
ENERGY\*



Visit [wondrhealth.com](https://wondrhealth.com)

\*based on participant results