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
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

Visit wondrhealth.com

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.

- 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

*based on participant results

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