

Give Us 10 Weeks

A lot can happen in 10 weeks, but by learning our science-based behavioral skills, you can finally feel like you have control of your weight and so much more.



“Suddenly, I went from feeling like nothing was possible, to everything’s possible... I got my life back, and I started doing things that I thought were beyond my reach.”

Dan B.

Lost 60 lbs | Gained Pain-free days

You don’t fail diets. Diets fail you.

Fad diets don’t work, but your brain does, and that’s all you need to learn simple, weight loss skills and tools that fit into your current lifestyle.

You don’t have to eat kale salads 24/7 or become a gym rat. Our highly-personalized, digital weight loss program delivers a master class of sorts, where you learn the science-based skills that help you lose weight, sleep better, stress less, and so much more.

You’ll be amazed at what can happen in just 10 weeks.



In just 10 weeks with Wondr™, you can...

Lose weight

And you can do it while eating the foods you love.

Plus, losing just **3-5%** of your body weight will help you reduce your risk of developing health conditions like type 2 diabetes, heart disease, and certain types of cancer.¹



84%

lose weight¹



Bridget
Lost 65 lbs
Gained Better sleep

Feel more confident

In just 10 weeks, 62% of Wondr participants experience a rise in confidence.²

And more confidence often means lower stress and anxiety levels and a nice mood boost.³

Plus, feeling more in control of your weight means you’re more likely to maintain your weight loss long-term.⁶



62%

of Wondr participants feel more confident²

That’s right. Do a double take. Check yourself out. You feel good AND you look good.

Get more energy

That means powering through your to-do list and still have gas left in the tank for the important stuff (like keeping up with those who matter most to you). Plus, having more energy can help you feel more alert, which in turn helps you concentrate better—especially while you’re working.⁴ (Win-win.)



61%

In just 10 weeks, 61% of Wondr participants experience an increase in energy²



Move more

Adding more physical activity into your day doesn’t have to be hard or boring—even when you’re grinding 9 to 5. It can be a fun way to connect with others and relieve stress, no gym membership required.

Plus, being physically active helps improve your health, mood, energy levels, and sleep quality.⁷



33% of participants improved their sleep during 2020.



58%

of participants reported increased activity during 2020⁷



Brad M.
Lost 70 lbs
Gained Confidence

Know that you are Wondr-worthy.

You—your whole health and your whole self—are worth this.

You will feel accomplished for prioritizing your health, even with that always busy life of yours. Add healthy living to your long list of superpowers.

And while it’s not always going to be easy, being proud of yourself will always be worth it.



Gail M.

LOST
35lbs

GAINED
Positive self-image



Chaz N.

LOST
77lbs

GAINED
Energy

You can expect a lot to happen in just 10 weeks.

Start building a healthier you today. Learn more at wondrhealth.com