

Improving Whole Health – Mental & Physical Wellbeing

“I lost about 15 pounds. It wasn’t just weight loss that I benefited from. My anxiety was lower, and my energy was higher. My mood improved!”

- Naturally Slim participant

“As someone who was diagnosed with depression, Naturally Slim empowered me to take the lead in my own life.”

- Naturally Slim participant

What is Naturally Slim?

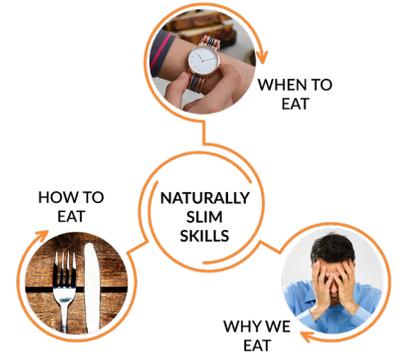
Naturally Slim is the leading digital behavioral counseling program for metabolic syndrome reversal, weight management and diabetes prevention. It combines a unique mindful-eating curriculum with technology to teach participants the skills they need to sustainably lose weight and improve their overall health and well-being without giving up their favorite foods. We often hear from participants that losing “weight” above the neck, paved the way to a healthier relationship with food.

How does it work?

The Naturally Slim curriculum is delivered in a common sense, real-world way to help people understand when, how and why they eat (which often has nothing to do with hunger, but instead is related to emotions, stress, habit, appetite, boredom, and more). The Naturally Slim program retrains participants with new skills to use throughout their daily lives, while eating foods they enjoy.

Unlike other “eat less, move more” programs that use the same old diet advice, Naturally Slim empowers participants with skills – the skills that people who don’t struggle with their weight use intuitively.

The entire experience, including the digital curriculum, online dashboard, mobile app, social community, coaching support and more, is focused on helping participants build new skills around food and physical activity.



What about results?

Hundreds of thousands of people have developed a healthier relationship with food through Naturally Slim, which benefits both their physical and mental health. Participants have lost weight, reversed their metabolic syndrome and pre-diabetes and lowered risk factors such as high blood pressure and blood glucose levels. In addition, they’ve experienced directional improvements in health-related quality of life, lower perceived stress and lower depression risk.

Participants surveyed one year after starting the Naturally Slim program reported long-lasting improvements:

