

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

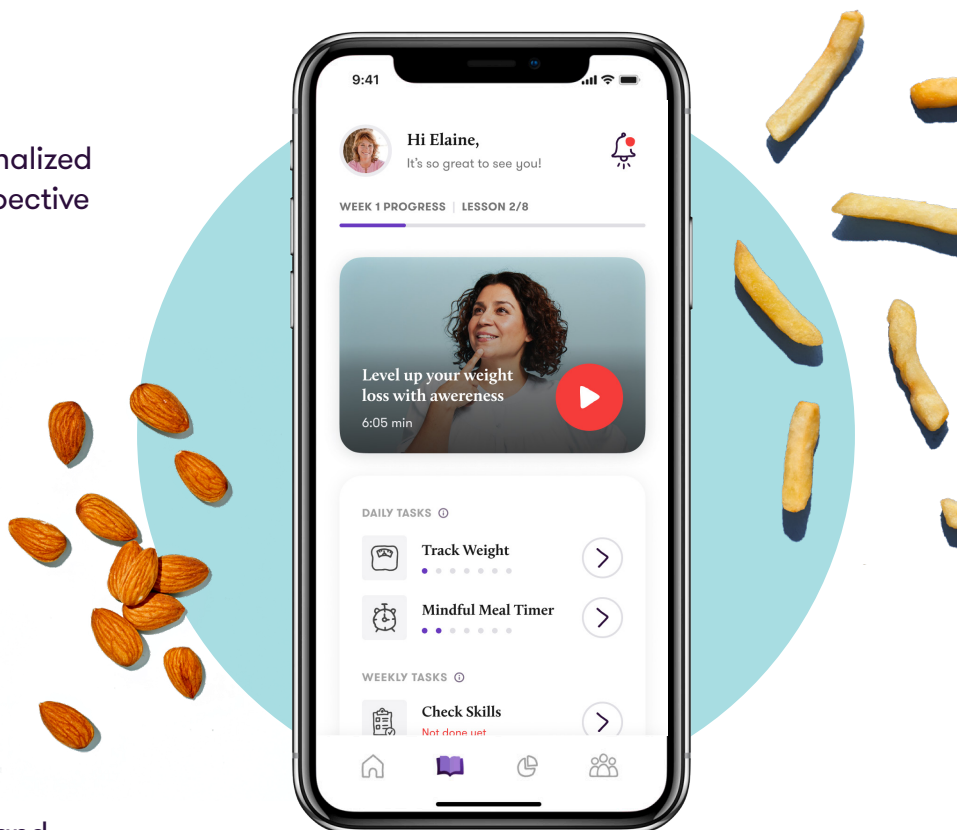


Wondr works wonders

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



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*

*based on participant results

Apply today!

wondrhealth.com/stateofarizona