

# Eat Right Now

Change eating habits and lose weight—without dieting

Millions of Americans struggle with their weight, with nearly 1 in 3 adults overweight and 2 in 5 adults classified as obese.\* Being overweight or obese can lead to a host of health problems including high blood pressure, high cholesterol, type 2 diabetes, heart disease, low quality of life, and more. It can be hard to know where to start with losing weight, but Eat Right Now can help.

## Overview

Eat Right Now is an award-winning, evidence-based program that teaches members how to break up with dieting for good—and still lose weight. This innovative app combines the latest research in cognitive neuroscience, habit change, and mindfulness into a step-by-step program. Over the course of 28 core modules and optional weight loss curriculum, members learn to change how they relate to food, leading to lasting changes in eating habits and sustained weight loss.

## Key features

- **Daily video lessons:** Members learn why they overeat and how to change unhelpful eating patterns through short, daily videos. They build awareness and learn simple tools to identify habits, work with food cravings, and reset their relationship to eating.
- **Mindfulness exercises:** Simple and specific mindfulness exercises and techniques teach members to curb unhelpful eating habits, overcome cravings, and build healthy eating habits.
- **Moderated community:** Members connect with others who are also on their weight loss journey and understand exactly what they are going through while receiving support from habit change experts.
- **Journaling:** An online community journal helps members track and celebrate their progress.
- **Weekly expert calls:** Members ask questions, discuss challenges, and celebrate successes through multiple weekly group calls hosted by our team of experts.

## Proven results

- 40% reduction in craving-related eating<sup>1</sup>
- 35% reduction in eating to cope with negative emotions<sup>1</sup>
- 10 uses of the Craving Tool decreases eating frequency<sup>2</sup>

## 7-day free trial



\* <https://www.niddk.nih.gov/health-information/health-statistics/overweight-obesity>

<sup>1</sup> <https://link.springer.com/article/10.1007/s10865-017-9884-5>

<sup>2</sup> <https://akjournals.com/view/journals/2006/10/3/article-p482.xml>