

Looking to lose weight and get healthy?

Any program can tell you to eat less and move more.

Noom is different.

We believe that lasting weight loss starts in your brain.

So, at the core of your Noom journey is our psychology-based weight loss course, a series of 10 mini-courses that you can complete at your own pace. Every mini-course will help you gain specific knowledge, tools, and skills that will help you change your habits, lose weight, and make progress far beyond the scale.

To set you up for success, your course also includes state-of-the-art tools:

- Food logging with over 1 million food items in our food database
- Over 1,000 interactive lessons
- A 1:1 coaching experience with personalized goal setting
- Hundreds of simple, healthy recipes
- Unlimited group support
- Water tracking feature to help you stay hydrated
- Connect with Health App to help yourself and your coach stay on top of trends in your activity progress

Still enjoy the foods you like to eat while developing a healthier relationship with food. Spoiler alert: It doesn't involve skipping meals, eating salads all day, or cutting carbs (unless you're slicing a sandwich).

And we'll also cover lots of other fun topics like the psychology of weight loss, mindful eating, joyful movement, the science of metabolism, the 10 types of hunger, self-experimentation, emotional health, decision making, self care, and so much more!

At the end of your journey, you'll have earned the title of Noom Master and have a set of healthy habits to help you keep the weight off for good and lead a healthier, more fulfilling life.

On average, Noom users lose 15.5 pounds over 16 weeks.

Our scientifically-proven approach to weight loss and behavior change was created by a team of doctors, psychologists, nutritionists, and personal trainers.

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Noom has been featured in the New York Times, Women's Health, Shape, Forbes, and more.

And if you like talking science like we do, you might also recognize some of tried-and-true concepts and approaches that have informed our program like caloric density, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Acceptance and Commitment Therapy, Mindfulness-Based Stress Reduction, and more.

Sign up today to start your journey toward your healthiest self!

For CCPA: "Do Not Sell" Policy for California Residents, please see <https://www.noom.com/ccpa-do-not-sell/>

Reference

[Researching Medical Education](#)

[Handbook of Research on the Efficacy of Training Programs and Systems in Medical Education \(Advances in Medical Education, Research, and Ethics\)](#)