

Second Nature

Second Nature helps you lose weight without counting calories or feeling hungry. The holistic approach to weight loss focuses on nutrition, exercise, mindset, sleep, and stress, to help you keep the weight off in the long term and break the 'yo-yo' dieting cycle. Eat real food, lose weight, and make lasting healthy changes.

Using behavioural science, the app makes it easy for you to form new healthy habits - ones that help you eat better, sleep better, and feel better. The programme focuses on three areas that lead to long-term habit change: tracking, support, and education.

You'll receive advice and support from your health coach via online chat. All of the Second Nature health coaches are registered dietitians (the only nutrition professionals regulated by UK law). The 12-week digital programme takes place entirely within the smartphone app, which is also accessible via a tablet. The daily articles can be translated into different languages.

When you sign up for the programme, you receive:

- Dedicated support from a nutrition professional
- Support from a digital peer group.
- Hundreds of delicious, culturally diverse recipes with videos
- Daily scientific articles
- In-app meal planning and journaling tools
- Steps, weight, and habit tracking technology

App and Web based platforms

Web based can be accessed via the following major browsers:

- Google Chrome
- Safari
- Microsoft Edge
- Mozilla Firefox

Apple compatibility requires iOS 11 or later, earliest functional iPhone 5s (2014).

Android compatibility requires OS 5.0 Lollipop or later, earliest function handset Samsung Galaxy S4 (2013).