

## **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 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 be supported along the way by a small group of other people who are starting their journey at the same time as you. You can message them whenever you like for motivation or advice. 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:

- 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).