



Dr. Tim Church
Oct. 20, 2022

Your Physical Activity Questions Answered



Who Is Dr. Church?



Tim Church • MD, MPH, PHD
CHIEF MEDICAL OFFICER

Leading clinical thought leader
in obesity and physical activity research

Published in 300+ clinical journals

Agenda

Wondr Health – Formerly Naturally Slim

Program Overview

Physical Activity Q&A



 **wondr** HEALTH | FORMERLY
NATURALLY SLIM



Wondr Participant Journey

Receive Welcome Kit

Take short quiz on eating habits and physical activity for personalized curriculum tracks

Log in for weekly video lessons anytime, anywhere

Reinforce learning with reminders, notifications, and emails

Access support resources, online community, and coaches

Practice skills





Personalization in action: Eating Behavior Tracks



Eating Around Emotions



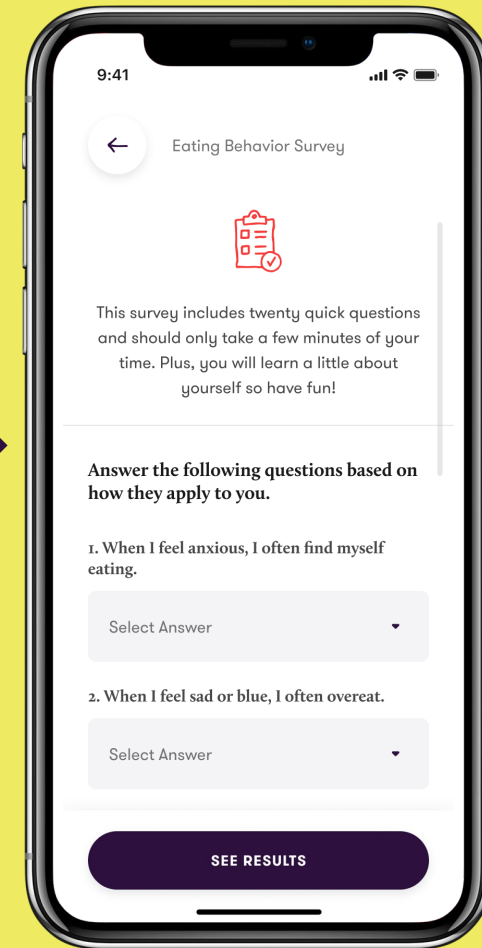
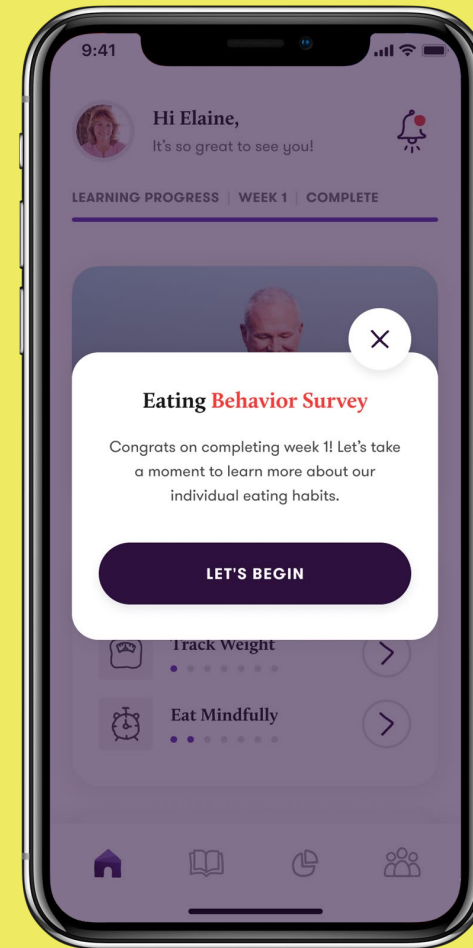
Eating in Social Situations



Persistent Hunger



All in/All Out



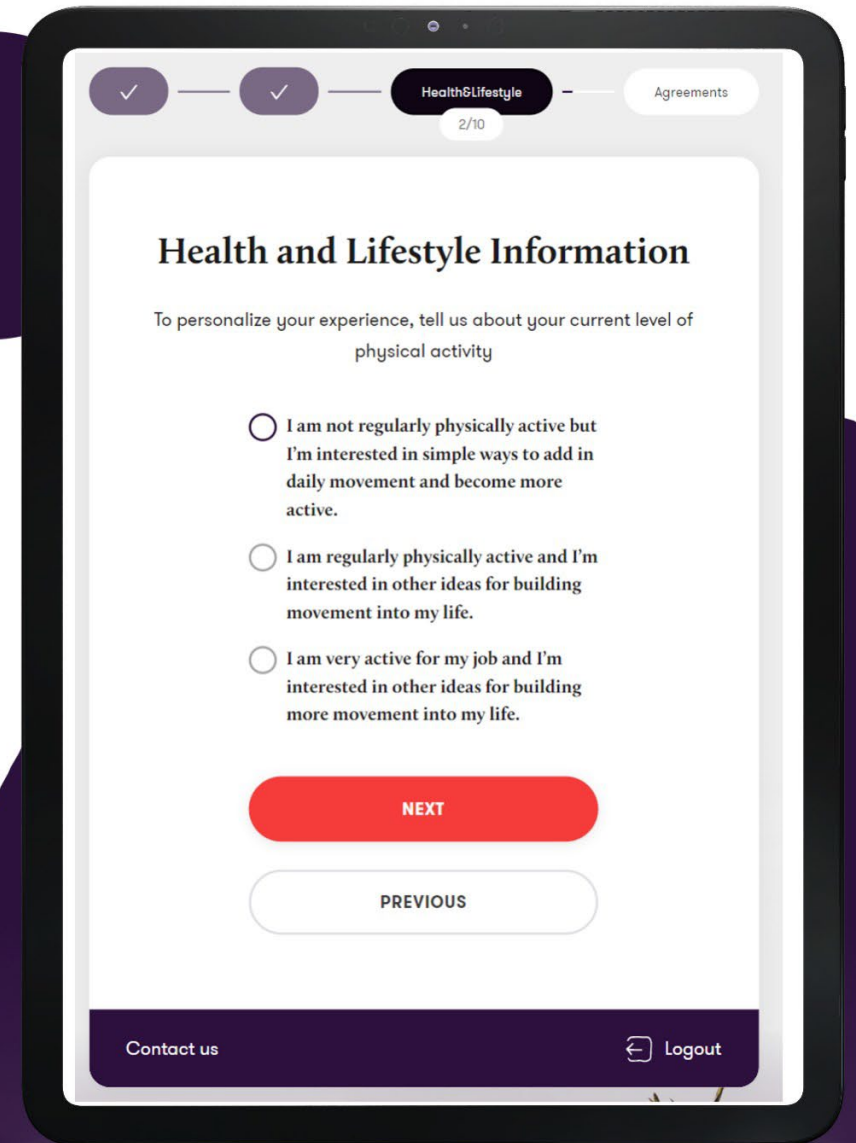


PERSONALIZATION IN ACTION: Physical Activity Tracks

Inactive (physical activity)—the goal is to create structure and find enjoyment

Already Active (exercise)—the goal is to create structure and find balance

Work Active (occupational activity)—the goal is to create structure and find support



New content & topics

- Gut health
- Diabetes
- Menopause
- Hypertension
- Recipes
- Meet the instructor

Examples:

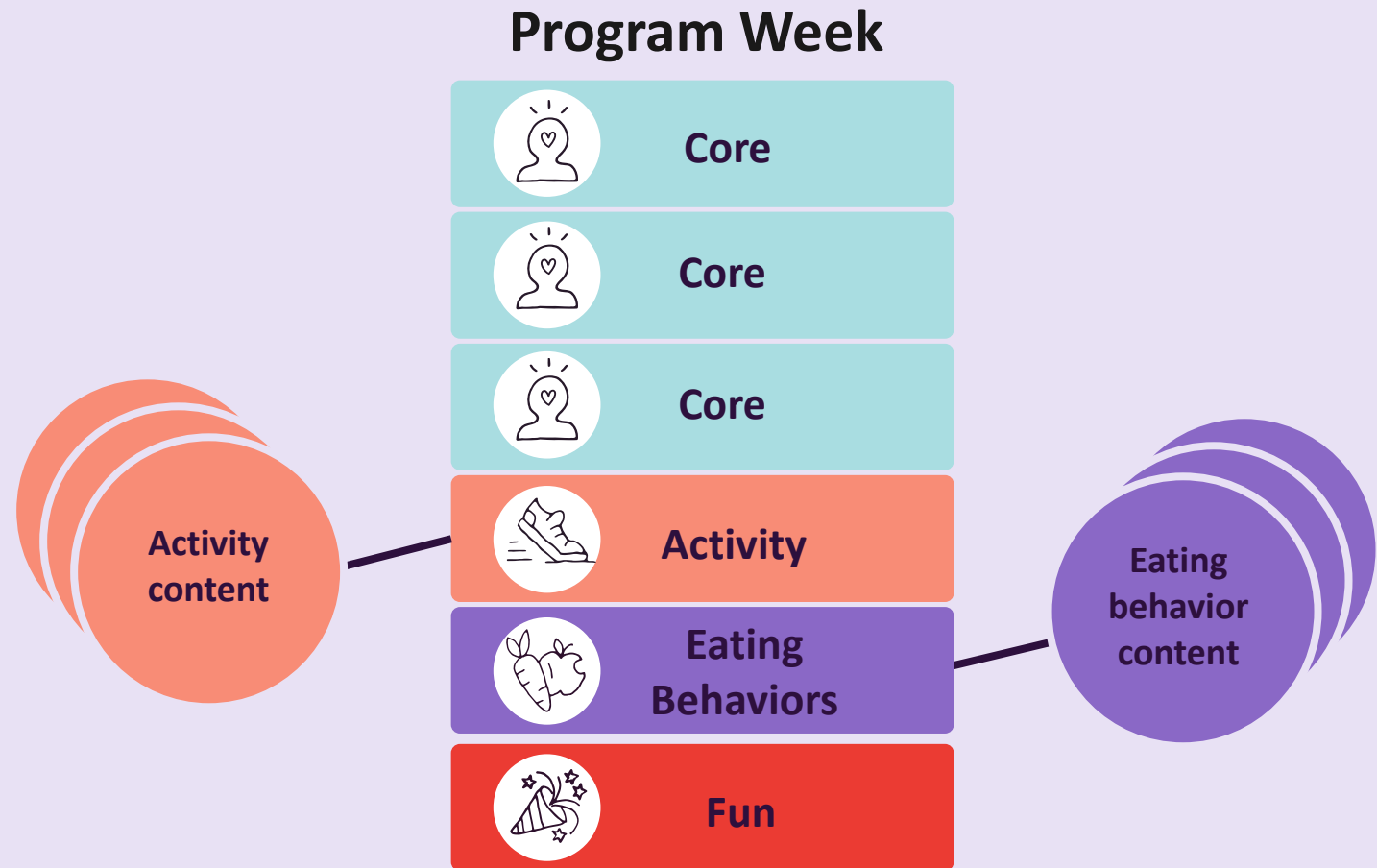
- [Jerk-Style White Bean Bake](#)
- [Simple Strategies for Lowering Blood Pressure](#)
- [Managing Heartburn, Acid Reflux and GERD](#)



Personalization

Each program week consists of multiple videos:

- Core content (everyone)
- Personalized content (tailored to the participant)
- Inspiration & fun (everyone)



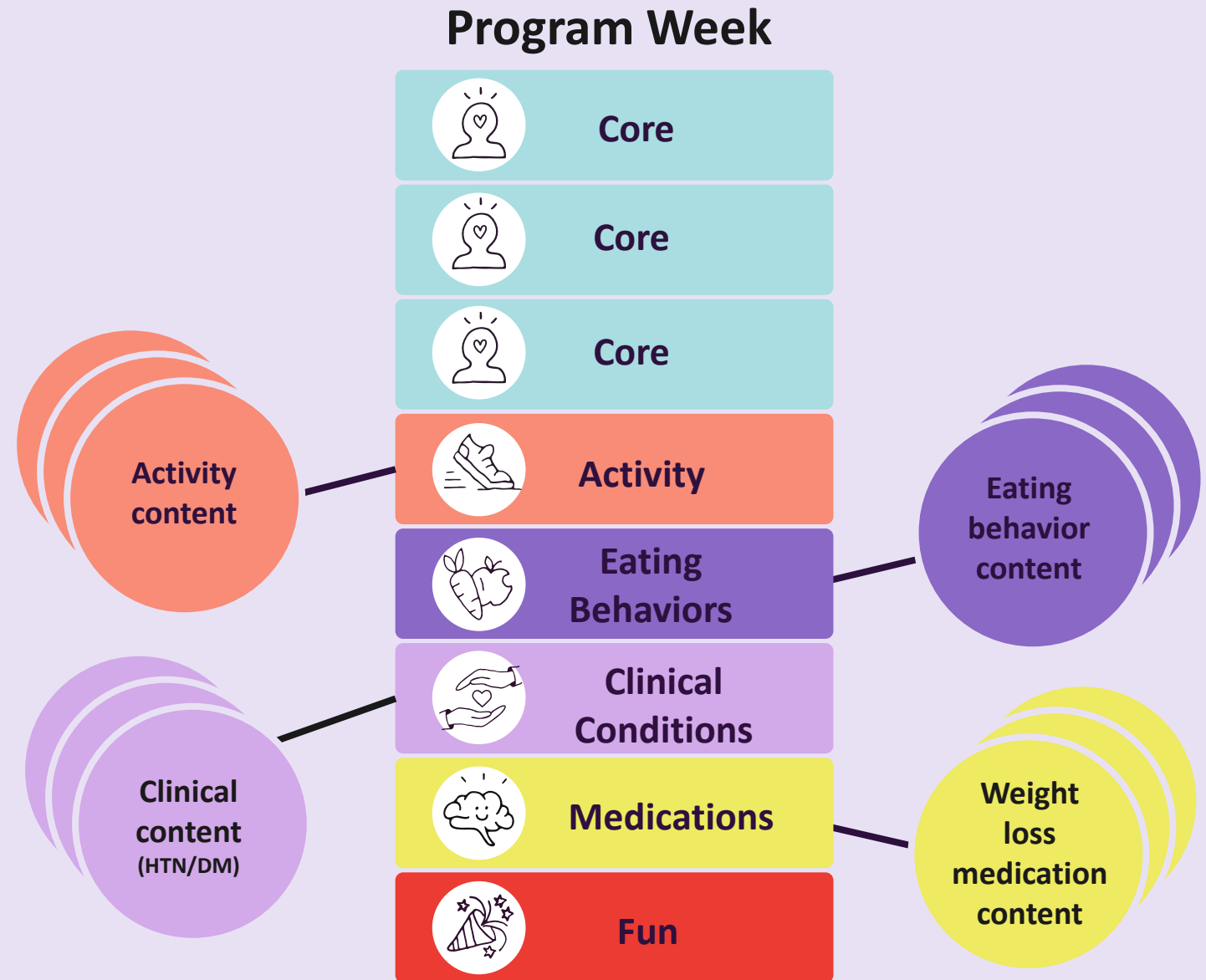
Personalization

Each program week consists of multiple videos:

- Core content (everyone)
- Personalized content (tailored to the participant)
- Inspiration & fun (everyone)

More personalization is now included based on questions in the application

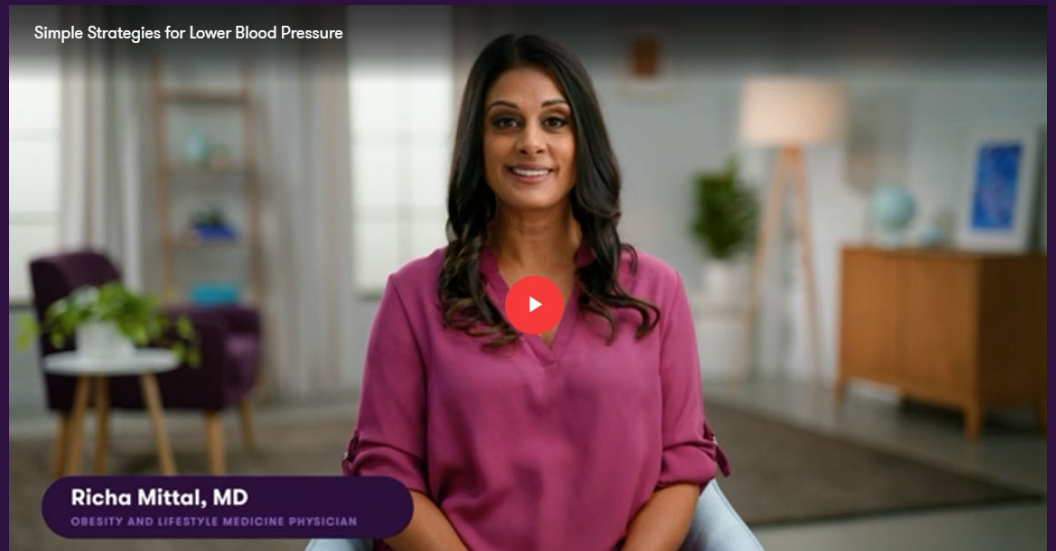
- Hypertension
- Type II Diabetes



Personalized experiences

Hypertension – 1 add'l video

Type II Diabetes – 5 add'l videos



Poll Question #1



Poll Question #2



Poll Question #3



Poll Question #4



Poll Question #5





Physical Activity Q & A





Thank You

Dr. Tim Church