

GET ACTIVE, LOSE WEIGHT

IMPROVE HEALTH

Adopt healthy habits and reduce the risk of developing type 2 diabetes

JOIN HABITNU

A CDC recognized weight loss program

Its FREE

Check if you qualify

walmart.habitnu.com



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Now at
Walmart  **Health**

HabitNu empowers you to make changes that last

- Enroll NOW and get a FREE Wi-Fi scale. Lose those COVID pounds!
- Get matched with a lifestyle coach who understands your journey.
- Become part of a supportive community and make new friends.
- Meet online once a week for sixteen weeks with your coach and a small group.
- Access an easy to use HabitNu App to track your meals, weight and activity.
- Do it for yourselves, do it for your future!

Are you ready to make a change? Learn more at walmart.habitnu.com

**Starting Now at Walmart Health
Join Today!**



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