Naturally Slim

The North Carolina League of Municipalities' Health Benefits Trust partners with many wellness programs that improve employees' health by providing practical tips and information. We carefully research our partners to make sure they have the success rates and evidence to back up their claims.

Naturally Slim, is a not-a-diet weight loss program that teaches participants about small changes that can have a big impact. The 10-week online course is free to HBT members and highlights a range of topics related to weight loss and behavior change while avoiding common weight-loss program methods and rules like counting calories or eliminating certain types of food. Instead, the program focuses on a handful of simple principles related to how much and when to eat.

Our partnership with Naturally Slim has resulted in participating members reporting that they have:

- Lost more than 3,795+ pounds
- Gained improvements with indigestion (100% of participants)
- Improved self-confidence (86% of participants)
- Increased energy levels (76% of participants)

> *"Holy cow! My 10th day of this wonderful concept, and I am down 8.5lbs! And all while eating normal food that I actually like... I'm learning that **how** and **when** are more important than **what**. Thank you Naturally Slim for the easiest thing I've ever done."*

We currently offer complimentary enrollment in Naturally Slim twice a year, with classes beginning in March and September annually. Notices are sent to both employers and employees.

For more information about our partnership with Naturally Slim, contact the League at 919-715-4000 or visit www.naturallyslim.com/MITofNC.

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