



Eat Right Now
by  sharecare

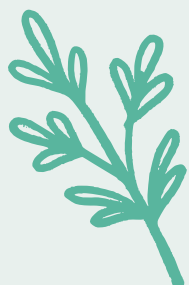
Form eating habits you
can feel good about.

PROVEN RESULTS

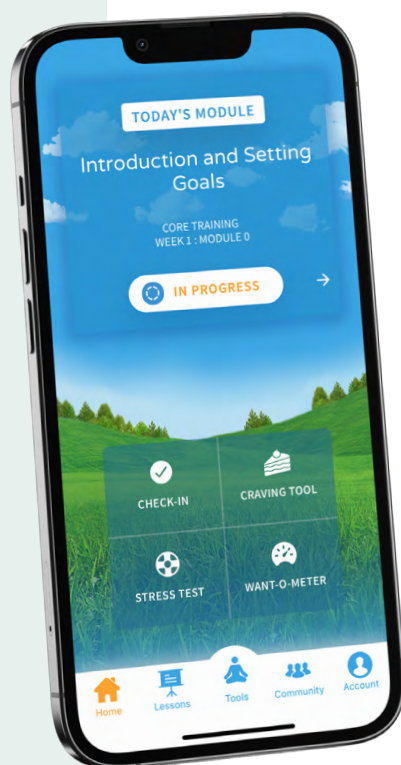
- **40%** reduction in craving-related eating*
- **88%** of users would recommend to friends
- Average **4.8** star rating (out of 5) in the App Store ★★★★★

KEY BENEFITS

- Emotional eating support, reduce craving-related eating.
- Learn to identify emotional triggers and recognize cravings.
- “Own” your progress - track your development through journaling.
- Join a peer community.
- Leverage expert support.
- Enjoy “on-the-go.”



* According to a 2017 study from University of California San Francisco.



WHO: Eat Right Now was developed for anyone who wants to sustainably change their eating habits to live a happier, healthier life.

WHAT: Short, daily exercises to help you work with craving-related eating in the moment and ultimately build long-lasting habits to reduce cravings over time. In ~10 minutes a day, learn how to identify your emotional triggers, recognize your cravings, and create long-term, positive eating habits through daily videos.

HOW: Start a free trial at **EatRightNow.com** then subscribe to a plan that fits your needs.

Go to **EatRightNow.com** to start your free trial.



I have a totally new healthy relationship with food. I enjoy it more yet I eat so much less of it. Have I lost weight mindfully eating? You bet I have!!

-LOUISTINE ★★★★★

Thinking about how a food makes you feel before, during and after you eat updates the information your brain has about how rewarding (or not) a food really is. And it can help break the hold a particular food has on you.

-THE NEW YORK TIMES ★★★★★