Published on *University of Colorado* (https://www.cu.edu)

Change your mind to change your weight: Introducing Naturally Slim [1]

October 8, 2018 by Employee and Information Services [2]

If you don't believe it, you can't achieve it. Whether you think you can or think you can't, you're right. What you think, you become.

The sayings may be commonplace but the mind is indeed a powerful thing and when it comes to losing weight, it can be your best ally or worst enemy. CU Health Plan's new weight-loss program, Naturally Slim [3], is based on that notion.

If you're looking for a new approach to weight loss, join the very first class starting Nov. 12. Sign-up during the registration window from Oct. 15-28.

So how does it work exactly? Naturally Slim is a digital weight-loss program that helps you lose weight by changing how you eat instead of what you eat. It's not a fad diet. You don't have to sacrifice your favorite foods. Instead, you'll learn to revamp your relationship with food.

Thoughts lead to actions and sometimes those actions aren't helpful. When it comes to losing weight, the right frame of mind can have a positive impact on your success. Naturally Slim is inspired by behaviorism psychology [4], so it's designed to help you replace harmful habits with helpful habits.

Naturally Slim is free for CU Health Plan members. It's a 10-week, online course that's supplemented with support from a community of peers, access to professional counselors and ongoing education for the year following the course.

Register from Oct. 15-28 [3]

Display Title:
Change your mind to change your weight: Introducing Naturally Slim
Send email when Published:
No

Source URL:https://www.cu.edu/blog/work-life/change-your-mind-change-your-weight-introducing-naturally-slim

Links
[1] https://www.cu.edu/blog/work-life/change-your-mind-change-your-weight-introducing-naturally-slim
[2] https://www.cu.edu/blog/work-life/author/23 [3] https://www.becolorado.org/program/naturally-slim/
[4] https://www.goodtherapy.org/learn-about-therapy/types/behaviorism