

Healthy bodies start with happy minds

Powered by behavioral science, Monj Health provides a mix of coaching, skills-based learning, and rich digital curriculum to address and reverse the largest causes of lifestyle-related imbalance and disease.

24 lbs.

Average weight loss
when using Monj

360°

Support with 1:1 coaching

500+

Cooking lessons, meals, and
skill-building

Guiding members to better health, joyfully

The unique Monj “learn by doing” curriculum promotes positive and sustained behavior change based on the science of Self Determination Theory. Monj guides participants to joyfully build new skills and insights – benefitting from long term positive behavior change through a curriculum centered on developing autonomy, competence, and relatedness.

Backed by science to deliver results

Monj dug into years of scientific research to develop programs that are designed to help get lasting results – and bring happiness every step of the way. Through simple, small actions and tapping into inner joy, members will make healthy changes that they love and that stick.

Monj Health program features:

- Personal 1:1 coaching, skills-based learning, & rich digital curriculum
- Inspiring live & on-demand workouts
- Support teams and groups with a social network
- Sustained weight loss & health risk reduction
- Simple steps & tools to overcome obstacles
- Delicious chef designed food plans and cooking lessons

