



Gain Confidence. Lose Weight. Live Healthy.

Kurbo is a personal health coaching program that helps kids, teens and adults eat healthier, exercise more and feel better.

Here's how it works:



Personal coaching

One-on-one support via phone, video chat and text to help you set goals and stay on track.



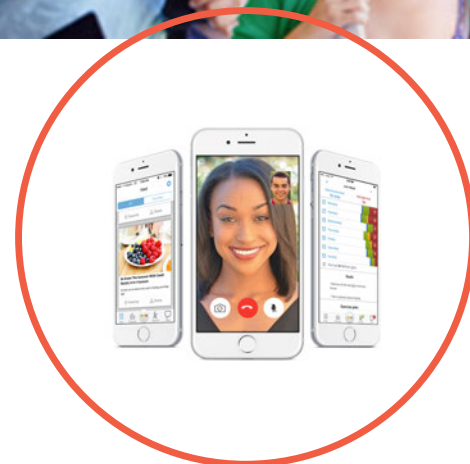
Mobile app

Our food and fitness tracker, games, and challenges make getting healthy fun!



Flexible & Convenient

Weekly 15-minute video coaching sessions can be scheduled around your activities.





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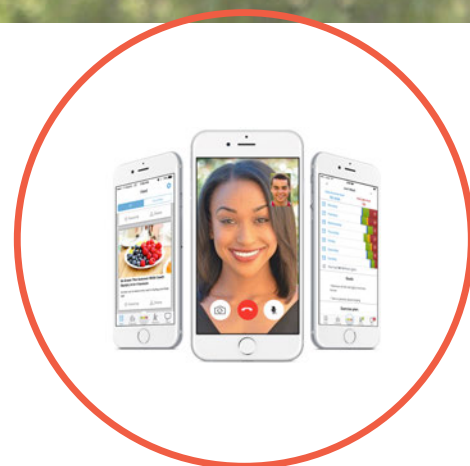
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BF&M