

Weight Loss Buddy Empowers Healthier Hearts This February

~ Weight Loss Buddy highlights vital link between healthy weight and heart disease prevention — and how community support fuels long-term success. ~

TENAFLY, NJ, UNITED STATES, February 2, 2026 /EINPresswire.com/ -- February is American Heart Month, and in recognition, Weight Loss Buddy (WLB) — the supportive community-driven weight-loss app — is highlighting how healthy weight is a foundational strategy in preventing cardiovascular disease, and how the app can be a useful channel in their weight-loss journey.

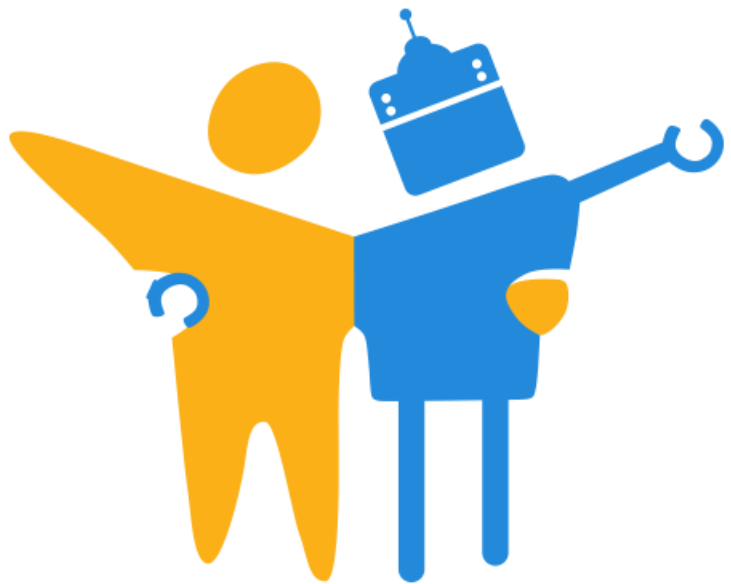
According to the Centers for Disease Control and Prevention, heart disease remains the leading cause of death in the United States, and maintaining a healthy weight is a scientifically supported way to reduce risk factors such as high blood pressure and high cholesterol.

“

You can't help someone up a hill, Without getting closer to the top yourself”

Joey Dweck

Medical research consistently shows that achieving and maintaining a healthy weight lowers risk factors for cardiovascular disease. Excess body weight is associated with elevated blood pressure, unhealthy cholesterol levels and insulin resistance — all of which are contributors to the disease.



Weight Loss Buddy — The supportive community-drive weight loss app

Weight Loss Buddy Helps

WLB is a digital support ecosystem that combines social accountability, peer connection and positive reinforcement. Users can: track weight and progress, share milestones with an encouraging community, form or join support groups with shared goals and receive encouragement and motivation from peers.

This emphasis on community support differentiates WLB from traditional apps focused exclusively on tracking or metrics, aligning the platform with the social-behavioral needs that underlie successful long-term change. The efficacy of WLB's approach is underpinned by robust scientific evidence. Numerous studies in the field of behavioral health have consistently shown that individuals with strong social support networks demonstrate significantly higher rates of success.

A Community Built for Long-Term Success

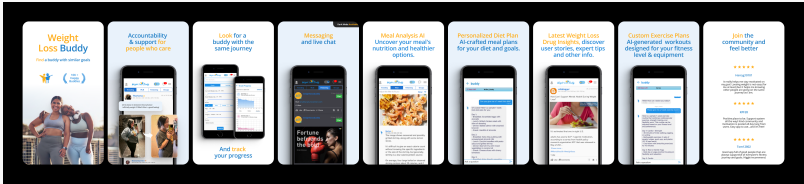
The app recently introduced artificial intelligence, offering groundbreaking personalized support: "We believe in the transformative power of combining cutting-edge AI with community-driven support," explains Joey Dweck, the creator of Weight Loss Buddy ... "This app is designed to provide users with the guidance and motivation they need to lead healthier lives" — underscoring the company's belief that support systems significantly improve outcomes and sustain healthy behaviors.

In honor of American Heart Month, WLB is reminding individuals that sustainable weight management — supported by community, encouragement and daily accountability — can be a heart-protective lifestyle choice that pays dividends well beyond the scale.



Weight Loss Buddy is available for download on [\[App Store\]](#) and [\[Play Store\]](#). For more information, visit: www.weightlossbuddy.com.

About Weight Loss Buddy:

WLB is dedicated to empowering individuals on their health and wellness journeys. By combining advanced technology with a focus on community and personalized support, the app aims to make healthy living accessible and sustainable for everyone.



Use WLB on your smart device!



Download WLB from the Apple App Store and Google Play Store!

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