

# weightwatchers

## A healthier you starts here



“Having Weight Watchers at work makes it so simple to attend and it’s one less thing I have to fit into a busy schedule.”

Mindy - 41, Mineral, VA  
Lost 39.4 lbs\*

\*People following the Weight Watchers plan can expect to lose 1-2 lbs per wk. Mindy lost weight on prior program and is continuing on WW Freestyle.



**Weight Watchers® At Work Meetings** make losing weight convenient, right at your workplace. Our new **WW Freestyle™** program gives you even more freedom and flexibility to fit healthier choices into your lifestyle. And with hands-on weekly guidance from a meeting Leader, you can stay focused on achieving your wellness goals—whether you’re on or off the clock.

### Benefits of At Work Meetings:

- ✓ Convenient meeting location
- ✓ Personalized food and fitness goals
- ✓ Digital tools\*\* to make tracking food, activity and weight easier
- ✓ Power of shared learning strategies from people with similar challenges and encouragement to keep going

#WWAtWork

WW  
Freestyle™

Please note, Meetings available in participating areas only. Minimum enrollment required to start meetings in the workplace.

\*\*Digital tools and apps available only with subscription products.

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