

Welcome.

We're so glad you're here! Now comes the exciting part.

At Weight Watchers®, we think you're amazing. We know you have what it takes to live a happy, fulfilling life. Not only when you fit into a certain pair of pants or hit a number on the scale, but always. Whatever you want to do along with losing weight—eat better, be your best self, find a new sport—we'll help you get there! First step: Treat yourself with respect, patience, and kindness. Because when you change the way you think, you change the way you feel.

Together we'll come up with a customized food and activity plan to help you feel better, look better, and have more energy. You'll get weekly motivation from an actual human who's been in your shoes and succeeded, expert answers and advice 24/7, a like-minded community, handy food and activity trackers, thousands of meal ideas, and practically every healthy-living tool you can imagine.

OK, enough talking. Let's do this!

How do I get started? Simple.

- ➔ Keep track of what you eat and drink. (You don't need to be perfect; a guestimate is OK if you're not sure.)
- ➔ Get in some activity. A walk around the block, a swim... whatever makes you feel good.
- ➔ Go to your meeting each week and use our online and mobile tools.* Showing up actively and sticking close to the plan will support your weight loss!
- ➔ Take care of your whole self. Pick one thing you love to do and do it. (It doesn't have to be big—calling a friend counts!)

People who get off to a strong start do better in the long run, and the first four weeks are particularly important!

 Personalize your food and activity plan to fit your life with a quick, 2-minute quiz. Go to weightwatchers.com to get started!

*For subscribers. App available for iOS and Android™ devices.

Introducing Smart Points™

The SmartPoints food plan works harder for you than simply counting calories by nudging you toward nutritious foods that fuel you. The result? You look better, feel healthier, have more energy—and lose weight. (Now that's what we call smart!)

Here's how it works

Every food is assigned its own SmartPoints value—one, easy-to-use number based on four components: calories, saturated fat, sugar, and protein.

- 1 Calories establish the baseline of how many SmartPoints values the food is worth.
- 2 Protein **lowers** the amount of SmartPoints that something "costs." (Thumbs up!)
- 3 Sugar and saturated fat **increase** the SmartPoints. (Thumbs... not so up.)

Let our innovation

be your motivation

Join us at our upcoming **Information Session!** Learn about our new **Beyond the Scale** program from a trained Leader who has walked in your shoes. Come by and get the information to start your transformation.

**Beyond
the Scale**

Informational Meeting: Thursday, May 12 4pm Card Room
Register and Pay at this meeting. We need a minimum of 15 to register this night to begin the weekly meetings.

Weekly Meetings: (begin Tuesday, May 17) **Tuesdays – 10:30am**
12 weeks session for \$156 per person with 15 or more participants
See Maggie for more information.

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At Work Meetings Series is available in participating areas only. Pre-payment of series required and further restrictions may apply. Minimum enrollment required to start an At Work meeting. WEIGHT WATCHERS is the registered trademark of Weight Watchers International, Inc. SmartPoints and FitPoints are the trademarks of Weight Watchers International, Inc.

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