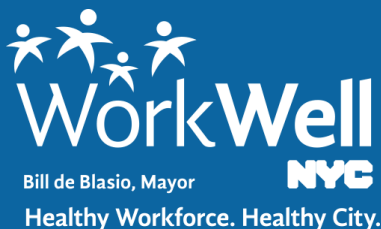




Alyson, 26.8 lbs lost*

*People following the WW plan can expect to lose 1-2 pounds per week.

“Joining WW has truly changed how I think about food and my overall health and well-being.”



Success story

Alyson, Kindergarten Teacher
City of New York

In July of 2017, Alyson’s best friend asked her to marry him. This inspired her to focus on losing weight and living a healthier lifestyle. But in truth, by September the summer had come and gone, her work as a New York City kindergarten teacher had started again, and nothing had changed.

In December, Alyson received an email from a coworker asking if anyone would be interested in having a WW meeting group at work (now called Wellness Workshops). To Alyson, this felt like a sign! She knew it was time to take action to get fit and healthy.

Joining WW has truly changed how Alyson thinks about food and her overall health and well-being. Since starting the program in January 2018, Alyson now goes to the gym three to five days per week and makes much better choices about the food she eats. Since losing weight*, Alyson has more energy and confidence than ever before. And she’s very proud of the hard work she’s done on the WW Freestyle™ program.

As she prepared for her wedding last summer, Alyson found that the sample wedding dress that fit her perfectly before she joined WW was now too big. Thanks to all her hard work, Alyson walked down the aisle feeling beautiful and strong, and in a smaller size dress.

Start your journey today!

City of New York employees and their spouses get a special discount on WW.

To learn more, visit nyc.join.weightwatchers.com and enter:

City of New York Employee ID: **11612222**

Employee Passcode: **WW1612222**

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