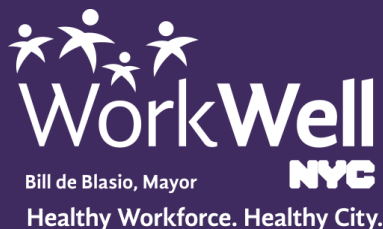




Artie, 62.2 lbs lost\*

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

“My weight loss has motivated many others to join.”



# Success story

Artie, Assistant Commissioner  
NYC Department of Parks and Recreation

At six feet tall and 315 pounds Artie felt uncomfortable “dragging an extra 70 pounds around all day.” So, when WW came to his workplace, Artie joined. He wanted to learn to eat healthy, exercise and fit into clothes better. Artie knew it would be a challenge giving up the high calorie foods he loved. But he was determined to put the unhealthy treats he craved out of his mind and focus on making smarter choices. He also worked on getting his colleagues to join and enjoyed hearing their insights at the weekly meetings (now called Workshops).

After just eleven months on WW, Artie has already lost 62.2 pounds and is on his way toward his goal weight. His doctor is pleased with his progress and Artie’s already “moving in the direction of less medicine.” His family and friends are very happy that Artie is living a healthier lifestyle. And Artie’s glad that his dramatic weight loss has been inspiring many of his co-workers to join too.

## 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](http://nyc.join.weightwatchers.com) and enter:

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

Employee Passcode: **WW11612222**

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