



Seyi, 61.6 lbs lost
Debby, 51.8 lbs lost*

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

“We both feel healthy and energetic.”

Success story

Seyi, Schoolteacher, City of New York
Debby, Computer Programmer

Weight-loss inspiration can come from anywhere. In Seyi and Debby’s case, they found theirs in April of 2017 when they ran into a neighbor they hadn’t seen in a while. She had lost a lot of weight and looked, as Debby put it, “amazing.” When Seyi and Debby asked her how she did it, she told them that she and her husband had joined WW and lost the weight together.

That was all the couple needed to hear. They found a WW Workshop (then known as meetings) and dove in, determined to get on track together. Debby, a computer programmer, and Seyi, a New York City schoolteacher, discovered that joining as a couple not only provided support, but made them accountable to each other. And because Seyi is a City of New York employee, they even received a discount.

As the weight started to come off, Seyi and Debby discovered their energy levels shot up. They were able to keep up with their active five-year-old son, participate in sports, and take long walks—activities they couldn’t imagine doing before.

In January of 2018, with a loss of more than 60 pounds*, Seyi reached his weight goal. Debby has already taken off more than 50 pounds* and is getting closer to her own goal every week. They feel healthy and energetic and are enjoying all the compliments they receive. And when people ask them how they did it, they’re excited to tell them it was with WW.

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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