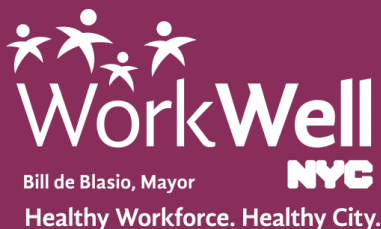




Sherise, 39.2 lbs lost*

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

“Losing weight has positively affected my life and made me a healthier me.”



Success story

Sherise, Benefits Coordinator
NYC Department of Parks and Recreation

When she weighed 221 pounds back in May of 2017, Sherise was having trouble fitting into her clothes, felt frequently short of breath, and was coping with other health issues. Though she had lost weight before, in recent years she had gained it back. What’s more, a rare heart condition that had been surgically corrected in 1996 made Sherise realize that to stay healthy she would have to find a way to lose weight and keep it off.

When Sherise saw that all of the other weight loss techniques she tried were not working, she decided to head in a different direction. That’s when she joined WW in her workplace. Less than a year later, Sherise was 39.2 pounds lighter and had her goal weight in sight. In the past, she never thought she’d enjoy working out, but now she really looks forward to going to the gym and on long walks. She’s delighted with the changes she’s made and feels that she’s become a better person overall. Now, Sherise says, “life is beautiful, and my goal is to live more of it for as long as possible.”

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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