Get a jumpstart on your New Year’s resolution! **Weight Watchers** and **WorkWell NYC** are here to support you through the holiday season with some tips to stay happy and healthy.

1. **Plan ahead!** Invited to a holiday party? Offer to bring a healthy dish (low in SmartPoints™) to contribute – your friends and family will thank you!
2. **Stay Active!** Every little bit counts. Schedule events that revolve around activity and trade in the annual holiday movie for a walk in the park or building a snowman.
3. **Celebrate Smart!** As your calendar fills up with social events, it’s hard to stay on track. Have a bite to eat before you leave the house or carry a bottle of water or seltzer at parties so you don’t mindlessly pick at food.

By enrolling through the City’s Weight Watchers program, employees can take advantage of a subsidy that reduces the cost of membership by **more than 50%** off the regular membership price*. Additionally, benefit-eligible dependents, including spouses, dependents (ages 18-26), and retirees** also have access to discounted membership—making health a family affair!

<table>
<thead>
<tr>
<th>Weight Watchers Offering</th>
<th>NYC Employee Special Pricing</th>
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<tbody>
<tr>
<td>Meetings (Includes OnlinePlus) at work or in your local community</td>
<td>$15.00 per month</td>
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<tr>
<td>OnlinePlus</td>
<td>$7.00 per month</td>
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* The dollar value of this contribution/benefit will be included as taxable income to the employee.

** Spouses and dependents of retirees are not eligible for the discount.
Try these butternut squash fries for a delicious and healthy holiday treat:

**Butternut Squash Fries recipe**

**INGREDIENTS**

- 3 spray(s) olive oil cooking spray
- 1 pound(s) uncooked butternut squash, peeled, seeded, long “neck” cut into sixteen ⅛-inch-thick sticks
- 1 tsp table salt, or to taste
- ½ tsp chili powder, or to taste (optional)

**INSTRUCTIONS**

Preheat oven to 450°F. Coat a baking sheet with cooking spray.

Arrange squash fries on prepared baking sheet and sprinkle with salt and chili powder; liberally coat with cooking spray.

Roast, turning once, until desired crispness, about 14 to 18 minutes. Yields 4 fries per serving.

Start with a large squash. You will end up using about 1 lb of squash and have the “bulb” of the squash left over.

For more holiday recipes and support go to [nyc.join.weightwatchers.com](http://nyc.join.weightwatchers.com) and join today!