

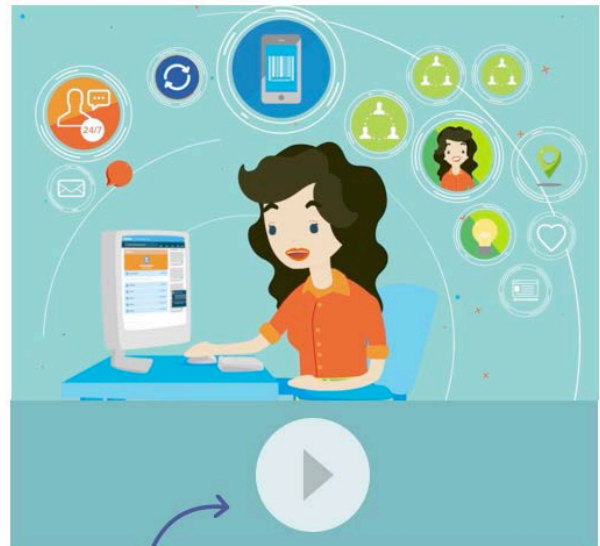
Millions of people make resolutions at the beginning of each year to improve their health.

This New Year's, **Weight Watchers** and **WorkWell NYC** have you covered with a few tips on staying healthy throughout the year:

Stay positive: Even if you overdid it during the holiday season, don't get down on yourself. Think of 2017 as a blank slate – it's never too late to make healthy changes.

Break it down: Big goals are great, but they can be daunting at times. Shift your mindset from one big goal to several smaller goals. Small goals such as swapping from soda to water or taking the stairs instead of the elevator will add up quicker than you realize!

Use your support system: Whether that is your family, coworkers or friends from your Weight Watchers meeting, don't be afraid to lean on them for support during the times that you're feeling frustrated and discouraged.



Click here to learn more about how Weight Watchers can help you!

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!

Weight Watchers Offering	NYC Employee Special Pricing
Meetings (Includes Online <i>Plus</i> at work or in your local community)	\$15.00 per month
Online<i>Plus</i>	\$7.00 per month

Visit nyc.join.weightwatchers.com to learn more about Weight Watchers and sign up today!

* 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.