

**weightwatchers**

# Success story



## Elaine's Story

Retired NYC Department of Education Teacher

Carrying more than 235 pounds on her five-foot frame made every day a struggle for Elaine. As she put it, she was “on a downward spiral.” But even though her knees hurt, and she was often short of breath, Elaine continued to overeat. Until one day in 2010 when she looked in the mirror and was “horrified” to see “the fat over my knees sagging.” And that’s when Elaine joined Weight Watchers.

Today, Elaine lives her life “realistically.” She makes conscious decisions about everything she eats, and has learned to manage her spaces, uses the program’s tools, and develops routines that work for her. She exercises more, has participated in several 5K events, and enjoys playing in the park with her young grandson, Mason. After achieving a 77-pound loss and becoming a Lifetime Member, Elaine is now happily committed to continuing on her journey.

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

“On Weight Watchers I have exceeded my expectations and my wildest dreams.”