

**weightwatchers**

## At Work

# Success story

### Stuart's Story

NYC Transit Surface Line Dept.  
Surface Dispatcher (Retired)

Weighing 318 lbs. at 5'3" was a daily struggle for Stuart. As a surface dispatcher at NYC Transit it was difficult for him to stand a post and regulate bus service. He was also in constant pain and unable to sleep lying in a bed because of the pressure on his lungs. In addition, he was on daily medication for hypertension and worried that he "would not live long enough to enjoy my grandson."

In May of 2013 Stuart finally walked into his neighborhood Weight Watchers store and started on his weight loss journey. In a year and nine months he dropped 150 lbs.\* Now at 167 pounds Stuart sleeps in a bed again, goes on cruises, and has even parasailed. And although he is a Lifetime Member he still comes to his weekly meetings for weight ins.

Stuart lost weight on a prior Weight Watchers program.

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



“I’ve dropped 150 lbs...  
and literally have my  
life back.”