

# They said what?

## 7 myths about Weight Watchers®

1

**You won't be able to eat the foods you like.**

Nope, everything is still on the menu! One of the great things about Weight Watchers is that we show you how to continue to enjoy all the foods you already love.

2

**You can only eat frozen or pre-packaged meals.**

No way! What we really want is for you to eat the foods you love every day — just in a smarter way. Picture yourself dining at restaurants, going to parties, and celebrating your favorite treats at holidays, but just being more mindful about it. That's what being on Weight Watchers looks like.

3

**You have to attend meetings every week.**

Weight Watchers doesn't look quite the same as it did decades ago. Now, attending meetings is just one of the ways to follow the plan and great if you want to get support from others in the meeting room. Meetings not for you? With a mobile app (available on iPhone and Android), plus digital tools, like a Barcode Scanner, you can also follow the plan completely online, and get support through our members-only social community. How you use the plan is up to you and what works best in your life.

4

**You have to count points (we call them SmartPoints®) — all the time.**

Though tracking SmartPoints is the backbone of the Weight Watchers plan, we still think members should have another option in case they don't want to count. Our no-count option is called the Simply Filling technique, and is for members who would like to take a break from tracking or just don't want to track at all. But, if you do decide to try tracking, you may be surprised at how easily and quickly it becomes second nature and helps guide you to make smart choices.

5

**You have to weigh yourself in front of everybody at the meetings.**

Definitely not! Your weigh-ins at meetings are extremely confidential. Your information is kept private and you can choose to share as little or as much information about your successes as you'd like.

6

**The Weight Watchers program is only for women.**

The Weight Watchers program works just as well for men and women of all ages—and we have the results to prove it!

7

**Weight Watchers recommends that members work out 3-4 days a week.**

We believe in ramping up your activity, but that doesn't have to be about sweating for hours on the treadmill (unless that's your thing). We encourage you to start out by just moving more, however you define that. And an activity tracker is an excellent tool! You can even sync your activity tracking device right to your Weight Watchers online account and mobile app.

# weightwatchers