

Success story

Amy, Police Officer
City of New York

Between her busy career and family obligations, Amy felt there was little time to pay attention to anything else, including watching her weight.

Then, at the start of 2016, with encouragement from her mother who was already a WW member, Amy decided to sign up too. Her employer, the City of New York, made joining even easier with subsidized memberships. Before she knew it, Amy was using the same drive in her WW efforts that she brought to her work. Now Amy preplans her meals, diligently tracks her food, and is an enthusiastic participant at her weekly WW Workshops (formerly meetings), even attending when she's on vacation. She's made many new friends, and credits their support with helping her to stay on track. She also posts regularly on Connect, the WW in-app social network, drawing strength from the active online community.

With more than 51 pounds gone*, Amy has more energy to perform her job and work out regularly. What's more, she's hit her weight-loss goal and is proud to have become a WW Lifetime Member.

Start your journey today!

City of New York employees and their spouses get a special discount on WW.

To learn more, visit nyc.join.weightwatchers.com and enter:

City of New York Employee ID: **11612222**

Employee Passcode: **WW1612222**

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Amy, 51.8 lbs lost*

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

“WW has
changed
my way of
thinking.”


Bill de Blasio, Mayor
Healthy Workforce. Healthy City.