



# A Success story



## Artie

Assistant Commissioner  
NYC Department of Parks and Recreation

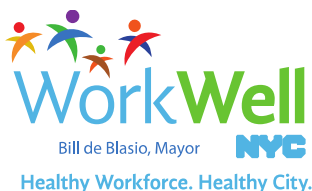
Lost **62.2 lbs.\***

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

At six feet tall and 315 pounds Artie felt uncomfortable “dragging an extra 70 pounds around all day.” So, when Weight Watchers came to his workplace, Artie joined. He wanted to learn to eat healthy, exercise and fit into clothes better. Artie knew it would be a challenge giving up the high calorie foods he loved. But he was determined to put the unhealthy treats he craved out of his mind and focus on making smarter choices. He also worked on getting his colleagues to join and enjoyed hearing their insights at the weekly meetings.

After just eleven months on Weight Watchers Artie has already lost 62.2 pounds and is on his way toward his goal weight. His doctor is pleased with his progress and Artie’s already “moving in the direction of less medicine.” His family and friends are very happy that Artie’s living a healthier lifestyle. And Artie’s glad that his dramatic weight loss has been inspiring many of his co-workers to join too.

“My weight loss has motivated many others to join.”



## weightwatchers

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To learn more visit <https://wellness.weightwatchers.com> and enter:

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Employee Passcode: **WW11612222**