



A Success story



Sherry

Administrative Manager

John Jay College – City University of New York

Lost 80.8 lbs.*

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

Prior to joining Weight Watchers®, Sherry was lethargic and suffered chronic knee pain to the point that she could hardly walk. As a busy Administrative Manager at a New York City based college, Sherry's work is all about being organized and thorough. So, when she became a WW member in January 2017, she found the program's planning and tracking were aligned with her skillsets and have been key to her remarkable success.

Sherry joined WW through the City of New York's partnership and immediately discovered she liked being part of a community of colleagues facing the same challenges with losing weight and keeping it off. Whenever she faced a setback, she knew she could rely on the support system to cheer her up and help her get back on track. She also loved that there was always someone in the meeting with a great recipe for a low SmartPoints® meal or a dessert idea to share. She got solutions to help her get through the holidays and special occasions like weddings and vacations, and learned about tips that worked for others that she could use in her own journey.

Over the past 15 months, Sherry has lost more than 80 pounds and has extra pep in her step. She brings her mobile app everywhere to track SmartPoints and plan meals when she's shopping or eating out. She loves the flexibility of the WW Freestyle™ program and being able to roll over SmartPoints so she can occasionally indulge in higher SmartPoints foods. And she's enjoying all the compliments from friends, family, and colleagues who now see a more energetic, happier Sherry every day.



“I do not feel deprived at all, or hungry.”

Start Your Journey Today!

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

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

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

Employee Passcode: **WW11612222**

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