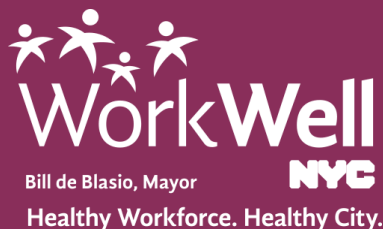




Tara, 48 lbs lost*

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

“I needed a lifestyle change, not a diet.”



Success story

Tara, NYPD Lieutenant

Overweight since she was five, Tara grew up using food for comfort as well as celebration. It always made her feel good, she said, “until one day, it didn’t anymore.” So, in November of 2016, the New York City police lieutenant and mother of three active boys, “decided to take control of my life and to learn how to love myself.” She joined WW Digital, taking advantage of the discount offered by the New York City Employee Benefits Program. A few months later, when her weight loss slowed, Tara decided it was time to attend a WW meeting (now called Wellness Workshops), and loved it! “I couldn’t believe that people were actually talking about being overweight and supporting each other. I felt welcomed and rejuvenated.”

After Tara got a few coworkers to come along, their Wellness Coach encouraged her to bring WW to her workplace. Tara helped to get it done, bringing Workshops to the largest police department in the country. As of today, Tara has achieved a loss of more than 48 pounds. One of Tara’s dreams came true when she participated in the New York City marathon and ran the entire way.

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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