

**weightwatchers**

## At Work story

### TeNiqka's Story

Assistant to the Bursar

TeNiqka had struggled with her weight since she was a child. She finally reached a point where, she says, she "could not function." She needed frequent breaks even during short walks, lacked energy and slept much of the time. She felt she was trapped in her body and wanted to escape. When TeNiqka joined Weight Watchers at her job, it helped to kick-start her journey. With the program's support and accountability, combined with the OSU health coaching and YP4H, she has not only lost weight but is able to run on a treadmill, take jazzercise up to five times a week, and do what she loves most...dancing. "I'm still a work in progress, but I tell folks, my life has completely changed."

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

Success



“ I’m healthier - mind,  
body and spirit! ”