



i work well

I AM SHERISE PORTER



"It is especially important for me to maintain my weight, because I had heart surgery as a child. In 2017, I joined WW (formerly Weight Watchers®) and lost 50 lbs within 11 months."

- Sherise Porter
WorkWell Ambassador, NYC Parks & Recreation

I'm a mom and I work full time. My boys play basketball and my daughter is in gymnastics. I live upstate, commute an hour and a half back and forth to work, and still have to get to basketball practices. So, I understand how other parents may feel about the idea of adding a workout to their plate. But I know that even with all that, I still have to work out. I still have to make healthy meals. I still have to maintain a healthy lifestyle.

I had heart surgery when I was 9 years old, and if I am too heavy, it can affect my heart. I decided to join WW (formerly Weight Watchers®) in April 2017. I lost 50 pounds within an 11-month span. It was super exciting, but I did work very hard, exercising about four to five times a week and changing my eating habits. This is my second time losing 50 pounds – the other was right after giving birth to my twins – and I use that story to strongly encourage co-workers to take their health seriously. When I lost my weight this time, I received a lot of compliments from co-workers, which became a chance for me to encourage them to join WW, too. They could see the change. They could see the way my clothes fit, my new energy level and my overall excitement.

We have a great opportunity to influence the people we work with and encourage them to take care of their health. That's why I helped bring WW to my worksite. WW meetings are held at work, before lunch or immediately after lunch. It's convenient and doesn't take up extra time. You're doing it while you're at work, so you don't have any excuses not to attend. So, go ahead. You won't regret it.



For resources to help you lead a healthy lifestyle, visit
nyc.gov/workwellnyc

