




weightwatchers

Weight Watchers
member

Introducing WW Freestyle™



“Thanks to Weight Watchers, I now see how to eat in a new light. I am more conscious about what I’m eating and drinking and yet still enjoying life to the fullest.”

Tiffany - 45, Chicago, IL
Lost 43.5 lbs*

*People following the Weight Watchers plan can expect to lose 1-2 lbs per wk. Tiffany lost weight on prior program and is continuing on WW Freestyle.

We’ve taken **Weight Watchers®** to a whole new level—giving you more flexibility and freedom than ever before. **WW Freestyle™** makes deciding what to eat much easier and encourages you to move for pleasure (not just because you *should*), and gives you the skills to help you think differently about yourself. It builds on our incredibly effective program and includes a wide range of go-to foods that you don’t need to track. Whether you follow the program through in-person meetings or completely online, you will have the guidance you need to succeed.

WW Freestyle makes it easier to:



Eat what you love. Everything is on the menu! You now have a wider range of zero Points® foods. You don’t have to weigh, measure or track them—so you can spend more time enjoying food and your life.



Do what moves you. Doing what you enjoy instead of what you think you *should* do is the key to sticking with physical activity. If walking or dancing to music makes you feel better, do what inspires you.



Shift your mindset. When you think differently, you act differently. A shift in your mindset helps you gain greater self-awareness to make different choices so you can achieve your goals and become a happier, healthier version of yourself.

ALL-NEW!


Freestyle™

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