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WW member

10 reasons to love WW

1 Live your life!

Our totally flexible programme means life doesn't have to stop while you lose weight.

2 Achieve your goals

Whether you want to eat well, shift your mindset or find what moves you, we've got you covered with SmartPoints®, Headspace, Aaptiv and new Fitpoints® 2.0.

3 Be inspired in the kitchen

Discover over a thousand quick, easy and tasty recipes.

4 Top-rated WW app

Make life simple with the unique, easy to use WW app and handy barcode scanner.

5 Part of a community

Be inspired by people just like you in your Wellness Workshop and in our online community, Connect.

6 Powered by science

Lose weight using our proven, simple counting system – SmartPoints – that is smarter than calories.

7 Eat without tracking

Over 200 ZeroPoint™ foods that you can eat without counting or tracking.

8 Here to help – 24/7

We're always here to help – via Online Coach 24 hours a day or at a Wellness Workshop near you.

9 Everything's on the menu

Enjoy the food you love and make healthy choices, even when you're out and about.

10 It's worth it

For the price of a take-away coffee, WW is a worthwhile investment in your health.

But don't just take our word for it. Millions of people globally love WW. Read member stories and find your local WW Studio™ at [ww.com](https://www.ww.com)

