

Sara's success story:

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“ I have always been a runner. When I initially took up running in high school, I lost 40 pounds, only to regain the weight back once I quit sports and later attended graduate school. All this time, I kept on running with a focus on the half marathon distance and longing to run a second marathon. However, my speed had plateaued, and I began to develop foot and ankle injuries due to the extensive high-mileage training at my weight.

I decided to lose 32 pounds to become a faster and less injury-prone runner, and to make my clothes fit better. I tried counting calories and seeing a nutritionist before, with only temporary results, and permanently changing my habits and lifestyle was daunting. I was getting stronger through weekly appointments with an excellent personal trainer, but that alone was not enough to lose weight. My co-workers and family members sang praises about WW, so I decided to give it a shot!

When I started WW, I struggled for a week or two, until I started customizing the program for myself. I made friends from across the company in our convenient WW Workshops at Genentech, and I started cooking for myself more, mostly using recipes on the WW app. I even started bringing my lunch into work and planning other meals ahead of time.

I reached my goal of 32 pounds lost, 15 months after I began. To celebrate, I signed up for the NYC Marathon. I trained all summer, reaching higher mileage than ever before and ran with confidence because I knew I had shed weight that would've slowed me down. Because of my weight loss and the guidance of my personal trainer, I remained injury-free.

On November 3, 2019, I ran the NYC Marathon in over 1 hour and 45 minutes faster than my first marathon. I am so proud of that run and I'm so glad I decided to prioritize my health! The outcome is better than I could have ever imagined.”

Start your health and weight-loss journey today!

To learn more or enroll in WW today, visit [WW.com/us/Genentech](https://www.weightwatchers.com/us/Genentech)

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Sara, 32.6 pounds lost*

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

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