



Member Success Stories



Sharon



Tara



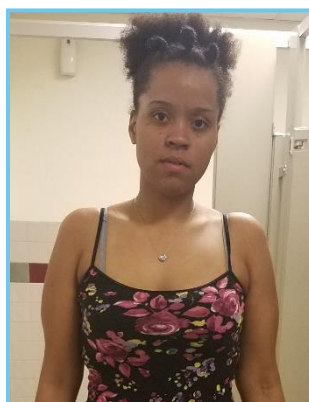
Artie



Sherry



John



Sherise



Amy



Seyi and Debby



Alyson



Olga



Roberta

Sharon's success story:

WW at her workplace was a win-win for Sharon.

Sharon R.,
Higher Education Administrator
City University of New York, Baruch College Campus

“Over the past 15 years I watched my weight increase year after year, until I got to a place I never thought I would – 300 pounds. To me though, it was much more than a number; it represented hypertension, prediabetes, and the knee pain that greeted me each morning.

“At a doctor's visit in May 2018 I was at my highest weight. My doctor wanted to prescribe medicine for diabetes. I left the office and cried. I had to do something. This was not living my best life.”

“In June 2018 I signed up for WW. I tracked EVERYTHING and I mean EVERYTHING. In the beginning I was hungry, but I got myself into a routine. The first month I had a weight loss, and it was such a motivator. I was already feeling better so in July I joined a boxing gym. WW and the gym, this was going to be my ticket to better health.”

“Then I found out that WW was being offered in my workplace and at a discount. The discounted price and the convenient location is great! I tell everyone who asks about my weight loss to check out WW.”

“Losing the weight has given me so much more energy. I can trot up the stairs without losing my breath. I even joined a spin class. Losing the weight, working out in the gym, and my food choices have led me to new and exciting places and experiences. In June 2019, when I hit the scale at below 200 pounds I celebrated - not just the number, but the journey.”

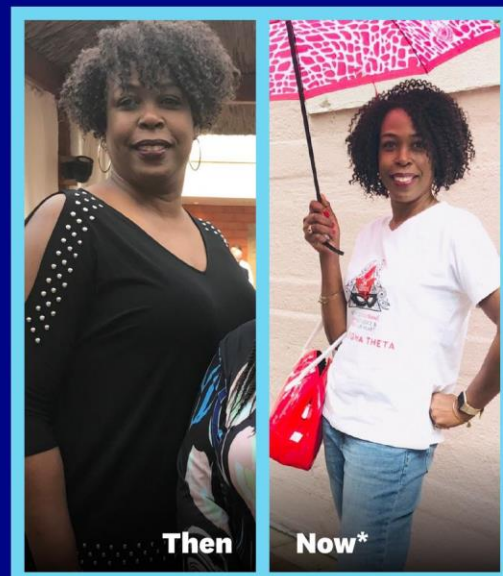
Start your health and weight-loss journey today!

To learn more or sign-up, visit [WW.com/us/NYC](https://www.com/us/NYC)



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Sharon, 115.4 pounds lost*

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

“I am happier because I am healthier and feel better about myself.”

**Wellness
that Works.™**





Tara, 48 lbs lost*

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

“I needed
a lifestyle
change, not
a diet.”



Bill de Blasio, Mayor
Healthy Workforce. Healthy City.

Success story

Tara, NYPD Lieutenant

Overweight since she was five, Tara grew up using food for comfort as well as celebration. It always made her feel good, she said, “until one day, it didn’t anymore.” So, in November of 2016, the New York City police lieutenant and mother of three active boys, “decided to take control of my life and to learn how to love myself.” She joined WW Digital, taking advantage of the discount offered by the New York City Employee Benefits Program. A few months later, when her weight loss slowed, Tara decided it was time to attend a WW meeting (now called Wellness Workshops), and loved it! “I couldn’t believe that people were actually talking about being overweight and supporting each other. I felt welcomed and rejuvenated.”

After Tara got a few coworkers to come along, their Wellness Coach encouraged her to bring WW to her workplace. Tara helped to get it done, bringing Workshops to the largest police department in the country. As of today, Tara has achieved a loss of more than 48 pounds. One of Tara’s dreams came true when she participated in the New York City marathon and ran the entire way.

Start your journey today!

City of New York employees and their spouses get a special discount on WW.

To learn more, visit nyc.join.weightwatchers.com and enter:

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Artie, 62.2 lbs lost*

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

“My weight loss has motivated many others to join.”


Bill de Blasio, Mayor
Healthy Workforce. Healthy City.

Success story

Artie, Assistant Commissioner
NYC Department of Parks and Recreation

At six feet tall and 315 pounds Artie felt uncomfortable “dragging an extra 70 pounds around all day.” So, when WW came to his workplace, Artie joined. He wanted to learn to eat healthy, exercise and fit into clothes better. Artie knew it would be a challenge giving up the high calorie foods he loved. But he was determined to put the unhealthy treats he craved out of his mind and focus on making smarter choices. He also worked on getting his colleagues to join and enjoyed hearing their insights at the weekly meetings (now called Workshops).

After just eleven months on WW, Artie has already lost 62.2 pounds and is on his way toward his goal weight. His doctor is pleased with his progress and Artie’s already “moving in the direction of less medicine.” His family and friends are very happy that Artie is living a healthier lifestyle. And Artie’s glad that his dramatic weight loss has been inspiring many of his co-workers to join too.

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Sherry, 80.8 lbs lost*

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

“I do not
feel deprived
at all, or
hungry.”



Bill de Blasio, Mayor
Healthy Workforce. Healthy City.

Success story

Sherry, Administrative Manager
John Jay College
City University of New York

Prior to joining WW, Sherry was lethargic and suffered chronic knee pain to the point that she could hardly walk. As a busy Administrative Manager at a New York City based college, Sherry's work is all about being organized and thorough. So, when she became a WW member in January 2017, she found the program's planning and tracking were aligned with her skillsets and have been key to her remarkable success.

Sherry joined WW through the City of New York's partnership and immediately discovered she liked being part of a community of colleagues facing the same challenges with losing weight and keeping it off. Whenever she faced a setback, she knew she could rely on the support system to cheer her up and help her get back on track. She also loved that there was always someone in the Workshop (formerly called meetings) with a great recipe for a low SmartPoints® meal or a dessert idea to share. She got solutions to help her get through the holidays and special occasions like weddings and vacations, and learned about tips that worked for others that she could use in her own journey.

Over the next 15 months, Sherry lost more than 80 pounds and now has extra pep in her step. She brings her mobile app everywhere to track SmartPoints and plan meals when she's shopping or eating out. She loves the flexibility of the WW Freestyle™ program and being able to roll over SmartPoints so she can occasionally indulge in higher SmartPoints foods. And she's enjoying all the compliments from friends, family, and colleagues who now see a more energetic, happier Sherry every day.

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Health and wellness success story

John, Educator City of New York

When he weighed more than 330 pounds, working on the third floor of a NYC middle school with no elevator and no air conditioning was hard for teacher John. He explained, "Going up and down the stairs was so arduous that I used to plan my day around going down to the first floor as infrequently as I needed to. As soon as September rolled around, I'd sweat the whole day and look forward to the coming winter months for relief."

John was also taking five medications for high blood pressure, high cholesterol, and acid reflux. And while his life, as he put it, "wasn't miserable"—he was happily married, had a young son and a fulfilling career—John also felt he wasn't living life to its fullest. He felt anxious at parties and restaurants, and he dreaded going to the beach.

Finally, in January of 2015, soon after his wife had gone to her morning WW Wellness Workshop. John decided he would attend the next one of the day. It was a decision that turned out to be life changing. Said John, "The hardest part is getting to a Workshop the first time. Once you walk through that door you find a world of weight loss resources and lots of support! After my first Workshop I asked myself, 'what took you so long to go?'"

That first WW Workshop turned into many, helped by New York City's subsidy of his WW membership. John also found that being on WW along with his wife really helped. He explained, "The Workshops provide an enormous amount of support, but it is only for that one hour once or twice a week. When you join with your spouse you get that support 24/7—you're on a journey with your partner and your chances for success are that much better."

In less than two years, John has lost 165 pounds*. He can run and play with his young son without losing his breath. John's health is much better too, "I am off all meds. My cholesterol and blood pressure are ideal, and my reflux is gone," exclaimed John. What's more, his confidence is up, and his anxiety has disappeared. And today, getting around school is a breeze. Said John, "Now I fly up and down stairs with ease and I don't break a sweat doing it!"

Start your health and wellness journey today!

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John, 165 lbs lost*

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

“After my first Workshop I asked myself, ‘what took you so long to go?’”


Bill de Blasio, Mayor
Healthy Workforce. Healthy City.





Sherise, 39.2 lbs lost*

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

“Losing weight has positively affected my life and made me a healthier me.”



Bill de Blasio, Mayor
Healthy Workforce. Healthy City.

Success story

**Sherise, Benefits Coordinator
NYC Department of Parks and Recreation**

When she weighed 221 pounds back in May of 2017, Sherise was having trouble fitting into her clothes, felt frequently short of breath, and was coping with other health issues. Though she had lost weight before, in recent years she had gained it back. What's more, a rare heart condition that had been surgically corrected in 1996 made Sherise realize that to stay healthy she would have to find a way to lose weight and keep it off.

When Sherise saw that all of the other weight loss techniques she tried were not working, she decided to head in a different direction. That's when she joined WW in her workplace. Less than a year later, Sherise was 39.2 pounds lighter and had her goal weight in sight. In the past, she never thought she'd enjoy working out, but now she really looks forward to going to the gym and on long walks. She's delighted with the changes she's made and feels that she's become a better person overall. Now, Sherise says, "life is beautiful, and my goal is to live more of it for as long as possible."

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Success story

Amy, Police Officer
City of New York

Between her busy career and family obligations, Amy felt there was little time to pay attention to anything else, including watching her weight.


Then, at the start of 2016, with encouragement from her mother who was already a WW member, Amy decided to sign up too. Her employer, the City of New York, made joining even easier with subsidized memberships. Before she knew it, Amy was using the same drive in her WW efforts that she brought to her work. Now Amy preplans her meals, diligently tracks her food, and is an enthusiastic participant at her weekly WW Workshops (formerly meetings), even attending when she's on vacation. She's made many new friends, and credits their support with helping her to stay on track. She also posts regularly on Connect, the WW in-app social network, drawing strength from the active online community.

With more than 51 pounds gone*, Amy has more energy to perform her job and work out regularly. What's more, she's hit her weight-loss goal and is proud to have become a WW Lifetime Member.

Amy, 51.8 lbs lost*

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

“WW has
changed
my way of
thinking.”


Bill de Blasio, Mayor
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Seyi, 61.6 lbs lost
Debby, 51.8 lbs lost*

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

“We both feel healthy and energetic.”



Success story

Seyi, Schoolteacher, City of New York
Debby, Computer Programmer

Weight-loss inspiration can come from anywhere. In Seyi and Debby's case, they found theirs in April of 2017 when they ran into a neighbor they hadn't seen in a while. She had lost a lot of weight and looked, as Debby put it, “amazing.” When Seyi and Debby asked her how she did it, she told them that she and her husband had joined WW and lost the weight together.

That was all the couple needed to hear. They found a WW Workshop (then known as meetings) and dove in, determined to get on track together. Debby, a computer programmer, and Seyi, a New York City schoolteacher, discovered that joining as a couple not only provided support, but made them accountable to each other. And because Seyi is a City of New York employee, they even received a discount.

As the weight started to come off, Seyi and Debby discovered their energy levels shot up. They were able to keep up with their active five-year-old son, participate in sports, and take long walks—activities they couldn't imagine doing before.

In January of 2018, with a loss of more than 60 pounds*, Seyi reached his weight goal. Debby has already taken off more than 50 pounds* and is getting closer to her own goal every week. They feel healthy and energetic and are enjoying all the compliments they receive. And when people ask them how they did it, they're excited to tell them it was with WW.

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Alyson, 26.8 lbs lost*

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

“Joining WW has truly changed how I think about food and my overall health and well-being.”



Success story

Alyson, Kindergarten Teacher
City of New York

In July of 2017, Alyson's best friend asked her to marry him. This inspired her to focus on losing weight and living a healthier lifestyle. But in truth, by September the summer had come and gone, her work as a New York City kindergarten teacher had started again, and nothing had changed.

In December, Alyson received an email from a coworker asking if anyone would be interested in having a WW meeting group at work (now called Wellness Workshops). To Alyson, this felt like a sign! She knew it was time to take action to get fit and healthy.

Joining WW has truly changed how Alyson thinks about food and her overall health and well-being. Since starting the program in January 2018, Alyson now goes to the gym three to five days per week and makes much better choices about the food she eats. Since losing weight*, Alyson has more energy and confidence than ever before. And she's very proud of the hard work she's done on the WW Freestyle™ program.

As she prepared for her wedding last summer, Alyson found that the sample wedding dress that fit her perfectly before she joined WW was now too big. Thanks to all her hard work, Alyson walked down the aisle feeling beautiful and strong, and in a smaller size dress.

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Health and wellness success story

Olga, Teacher Assistant City of New York

In 2017, when she weighed close to 225 pounds, the biggest challenges Olga faced were health problems. She struggled with asthma when she walked long distances, and had aches in her back and knees. As a teacher assistant in a New York City elementary school, Olga found keeping up with the kids exhausting. And though she had tried many different workouts and diets over the years, she said “the results were negative time and time again.”

So when the principal where she works announced that WW Wellness Workshops were coming to the school, and that as an employee of the City of New York she was eligible for a subsidy, Olga knew it was time to make a change and she immediately signed up. Explained Olga, “My motivation to join WW was finally realizing I needed to take control of my life and start living again.”

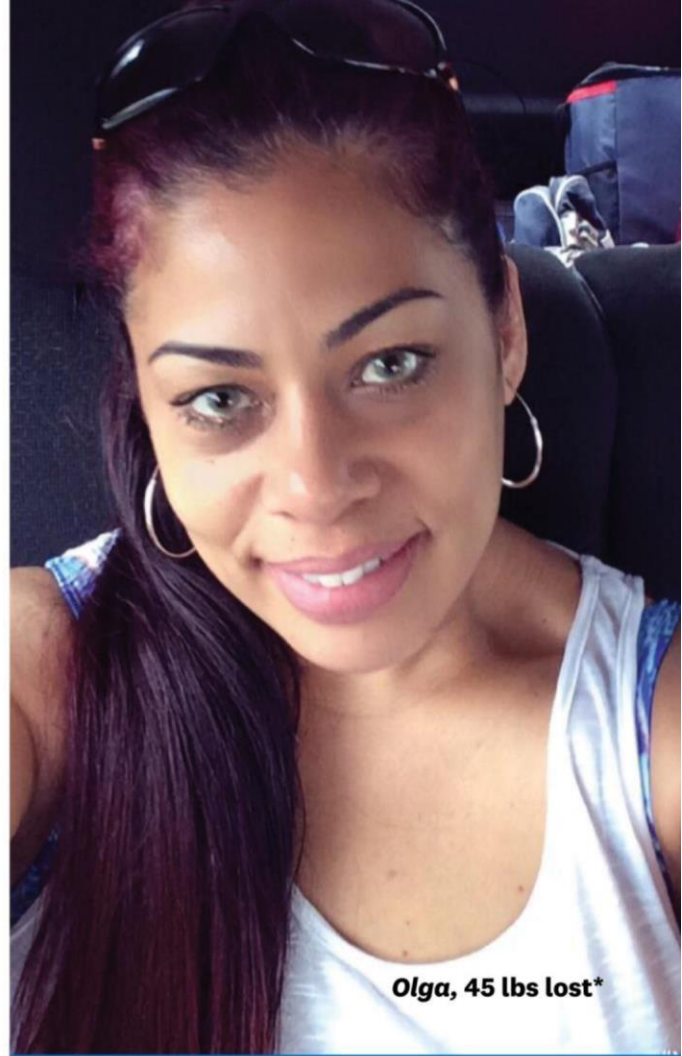
Olga has lost more than 45 pounds and gained a new, positive outlook. She goes to the gym regularly and her asthma symptoms and pains are gone. Now working with the children at her job has become easier, and her energy has “gone through the roof.” According to Olga, joining WW “was definitely an answer to my weight-loss struggle and ended up being the best decision I’ve made to get my life back.”

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Olga, 45 lbs lost*

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

“I truly believe that WW has given me a second chance.”


Bill de Blasio, Mayor
Healthy Workforce. Healthy City.



Health and wellness success story

Roberta, Paraprofessional City of New York

She tried the fad diets and the pounds came off fast. But they always seemed to leap back on just as quickly. So after reaching more than 172 pounds, Roberta, a paraprofessional for the New York City public schools, was ready for something different. Then she found out that as an employee of the City of New York her WW membership would be subsidized. "When I heard that there was a chance that WW would be coming to my school, I jumped at the privilege to become a member." What motivated Roberta was knowing that she'd have "full support of the WW team" along with the backing of co-workers who joined too.

Jumping in really paid off. In less than a year Roberta lost more than 35 pounds*. "I now weigh 136 pounds. I feel great and I definitely love what I see when I look in the mirror!" But even though she reached her goal weight, Roberta continues to attend meetings. "Each day is a journey, but it's my journey. Thank you, WW!"



Roberta, 35 lbs lost*

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

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“My success story
is my greatest
accomplishment.”


Bill de Blasio, Mayor
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