

Yvonne's Success Story:

How one change for Yvonne led to many more.

Yvonne Z.,
Business Technology Analyst
U.S. Bank

“Here at U.S. Bank, I used to have a job that kept me on my feet most of the day. When I changed to a desk job, I gained 40 pounds in the first year. I previously had a double knee replacement, and I could tell that my knees started to bother me more with my weight gain. To stay active, I began going to our worksite gym, only to still gain 20 pounds the next year. I started doing workout classes at the gym, but I was not able to do everything that I would have liked. I soon realized I needed to make a change.

I joined the WW workshop right here at U.S. Bank, which meant I had no excuse not to go. I started losing weight without ever feeling that I was dieting. Through WW, I learned portion control and how to decide what I wanted to use my Smartpoints® on. I've come to recognize the habits I've changed, and which ones to focus on in the future. Thankfully with WW, nothing is off the menu and I can still enjoy my ice cream, I just need to be more mindful of how much and how often.

In a little over a year, I've lost 66 pounds. I feel great at the gym, and I am able to do work out classes that I enjoy where my instructors push me in every class. Previously, my husband used to have to wait for me to catch up to him during our hikes together. Now, I'm the one who has to wait for my husband because he loves to stop and take pictures. I enjoy the extra exercise from long walks in the woods, and love seeing the beauty of nature. My journey isn't over, and I can't wait to see what I can accomplish.”

Start your health and weight-loss journey today!
Sign up for WW by going to: usbank.ww.com



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Yvonne, 66 pounds lost*

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

“I am able to
do amazing
things.”

**Wellness
that Works.™**



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