




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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