

# Write Your Own Success Story With At Work Meetings<sup>†</sup>

**NAME** Brad

**LOCATION** Charlotte, NC

**COMPANY** MedCath

**WEIGHT LOSS** 99 lbs\*

*“My cholesterol dropped from 220 to 140 in three months...”*



**BEFORE**

“I had been on diets that worked for a while, but I never seemed to get over ‘the wall.’ So I was skeptical when Weight Watchers At Work meetings were offered at my office. After a bit of prodding, I

decided to join. Well, after learning the benefits of eating right and increasing my activity level, I lost 99 pounds\*. My cholesterol dropped from 220 to 140 in three months, and the acid reflux I had struggled with for years was gone within the first week. I can’t tell you how good it feels to be running 5 and 10Ks and to have the stamina to keep up with my boys. I can even jump and touch a basketball rim again! Thanks to my success, I have inspired multiple family members to join Weight Watchers. They, too, are well on their way to success.”



**AFTER**

\*RESULTS NOT TYPICAL

<sup>†</sup>Available only in participating areas in the U.S. Minimum enrollment required.

<sup>§</sup>Heshka S, et al. Weight Loss With Self-help Compared With a Structured Commercial Program: A Randomized Trial. *JAMA*. 2003; 289(14):1792-1798.

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Weight Watchers At Work meetings are conducted weekly by experienced Weight Watchers leaders to serve the needs of working men and women. The meetings—held in the morning, at lunchtime or after work—fit perfectly into a busy employee’s day.

Our Weight Watchers staff understands the challenges of weight management, having achieved success with the plan themselves. They are Lifetime Members who are here to help employees reach their goals.

Our At Work meetings are built around your schedule and offer customized support tailored to the specific needs of the working person. They take advantage of the convenience of the office setting and the camaraderie of co-workers to create a healthy, inspirational environment for weight loss.

More than 10,000 corporations have hosted At Work meetings in the U.S. because they work. Research shows that people who attend Weight Watchers meetings lose three times more weight than people dieting on their own<sup>§</sup>. And with more than 100 million Americans spending the bulk of their day on the job, the workplace is an ideal setting to learn how to live a healthy life.

**For more information  
about At Work meetings,  
call 1.800.8.AT.WORK  
1.800.828.9675**