

weightwatchers



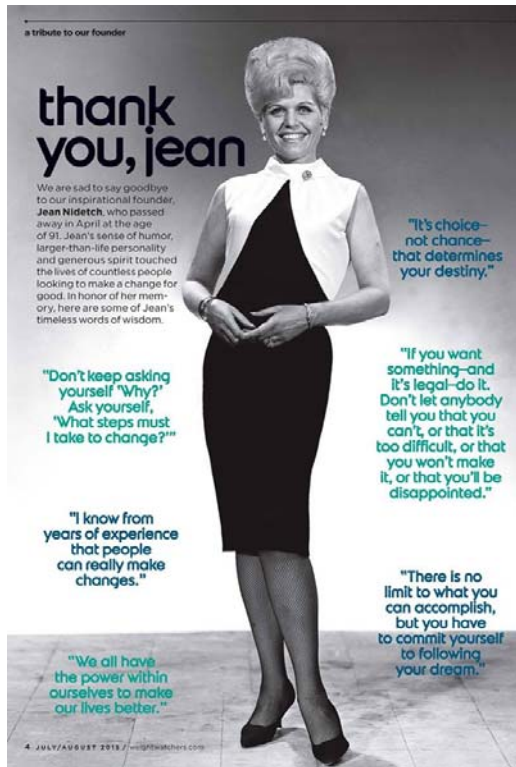
Kimberly Goodman

Weight Loss: 100 Pounds

- Joined WW 2007
- Achieved Lifetime in 2008
- On staff for 10 years
- Leader and Personal Coach



History of Weight Watchers – 55 Years!



1963

Weight Watchers Inc. founded by Jean Nidetch





January 2018



Freestyle™



What is WW Freestyle™?

Eat what you love!

Everything is still on the menu...

...plus more **freedom** and
flexibility...

...more foods with a
SmartPoints value of 0...

...and **rollovers** too!

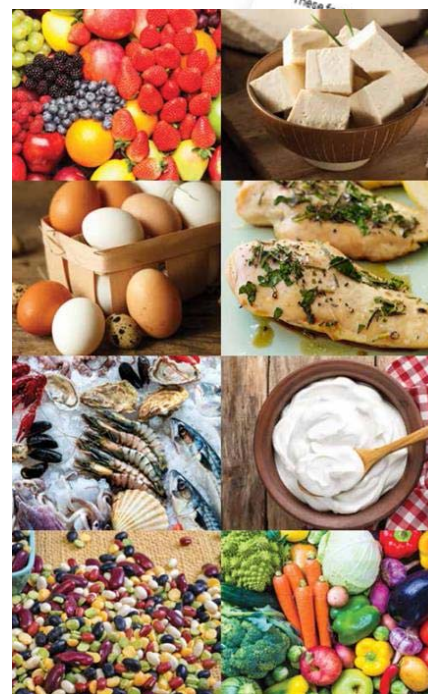




New for 2018

200+ zero Points foods!

These foods don't need to be tracked or measured so members can spend less time planning, tracking, and counting, and more time enjoying food and their lives.





Lemon Herb Roasted Salmon



5
SmartPoints
value™



2
SmartPoints
value™



Grilled Scallops with Corn and Asparagus



6
SmartPoints
value



1
SmartPoints
value



New Rollovers

Rollovers give members even more flexibility as they live their lives and enjoy their favorite foods

When it comes to eating, Mondays are usually pretty different from Saturdays. Rollovers offer the flexibility to use fewer SmartPoints one day and have them roll over for a day when they're needed.





Track, Explore & Succeed With Your Digital Tools



ACTIVITY
See how active you are each day

SEARCH
Find food or activities by typing them here

BARCODE SCANNER
See the SmartPoints value of prepackaged foods before they go home with you

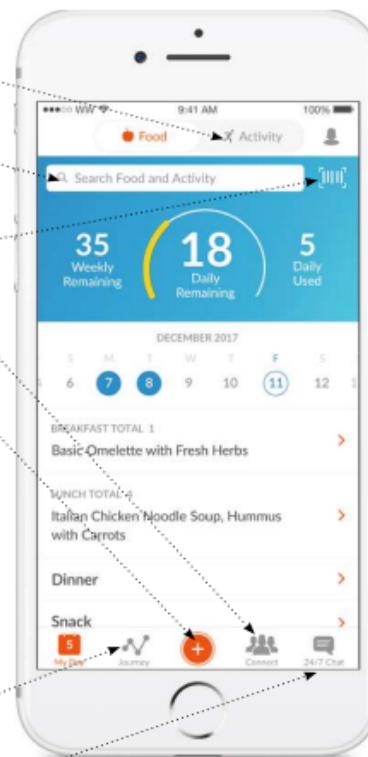
CONNECT
Click to get and share triumphs, tips, and inspiration with other members

TRACK
Tap to track food and activity

DISCOVER RECIPES AND BROWSE RESTAURANTS
Scroll down to find meal ideas tailored to your tastes (not shown)

WEIGHT
Record your weight and follow your progress with the Weight Tracker

24/7 EXPERT CHAT
Get answers and advice from people who've been in your shoes





Help, 24/7 Chat & Connect

stay inspired with

Connect

You have a community at your fingertips!

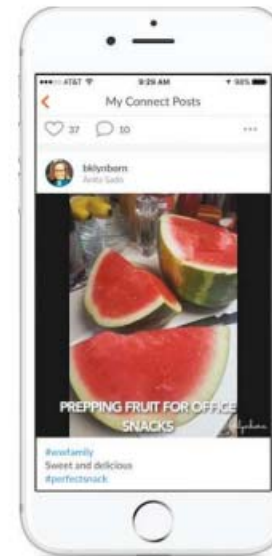
Connect is a space for you to feel safe, welcome, nurtured, and cheered on! Tap into the power of the Weight Watchers community between meetings with our super-social, super-supportive network on our mobile app and website (for Monthly Pass subscribers).



“Since I love to cook, I am constantly checking in for new, fresh and delicious recipes. Connect is an excellent resource for me. I get to talk to other members for tips and tricks that help me to stay on track and be successful.”

—SUSAN Follow on Connect in the app! @smcgreedy1923

See what members have to say!



I'm embracing that this is not a race—it's a #lifestylechange. I still eat all the foods I love, only now I'm #mindful about my choices and I try to really enjoy my food.

Follow on Connect in the app! @carolelala



Don't be hard on yourself. Try to find one thing each day that you did well and celebrate that.

Follow on Connect in the app! @eggrollunicom

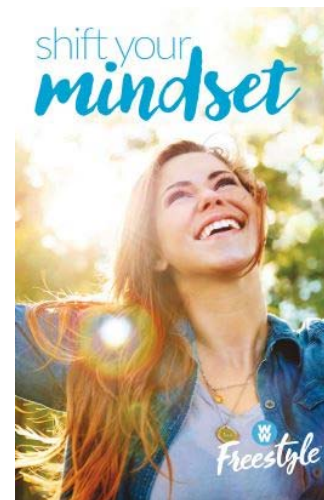


2018 Member Materials

Week 1 Materials



Meeting 4 & 5





Your Meetings Offer Flexibility



Traditional

- ❖ Community Meetings
- ❖ Attend with Family & Friends

Health Solutions

- ❖ At Work Meetings
- ❖ Convenience





Weekly Meeting

boost your skills and learn more with your

Weekly

At every weekly meeting you'll get a guide packed with great ideas and skills to help you through your week, accompanied by a simple, step-by-step, Weight Watchers recipe.



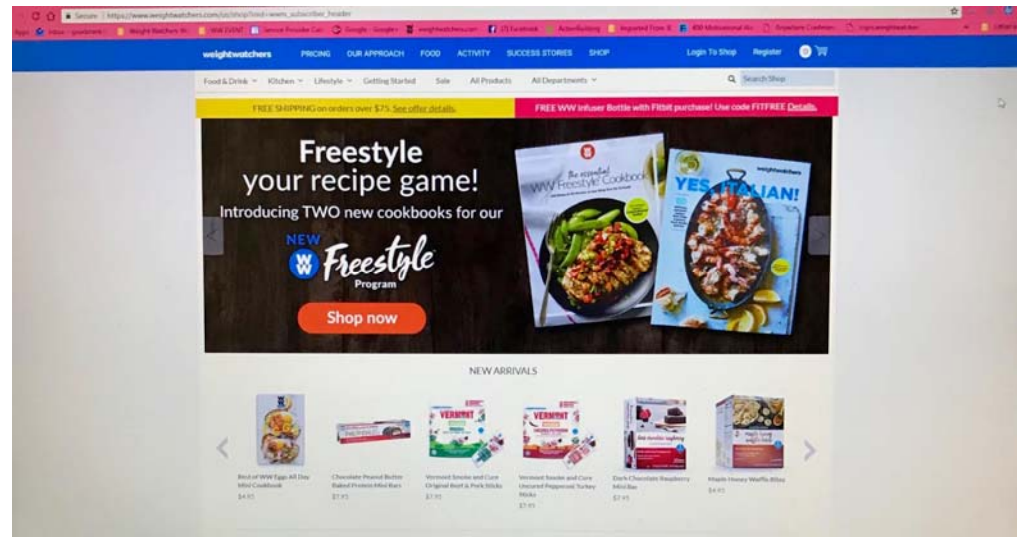
“The meeting room is a very special place. You are never alone and there are so many tidbits of advice that get released, you never know which one is going to be that thing you really needed at that specific moment.”

— JENNA Follow on Connect in the app! @turtleumd



Products

You can purchase your products at our online shop or at our local meeting location





March/April Promotion

Get up to
**Three Weeks
FREE**

with purchase of select
Weight Watchers®
At Work Meeting Series† plans
between **March 12 and April 20.**

GET
3 EXTRA WEEKS FREE*
with purchase of a
17-Week Series

OR

GET
1 EXTRA WEEK FREE**
with purchase of a
12-Week Series



NEW 
Freestyle
Program

Our new program has
over 200 zero Points® foods.
Now you can count less and **enjoy more.**

Get ready for Spring and a new season to enjoy life like never before!

Let's start a 17-Week Series OR 12-Week Series here today!†



Mid Series Deal Days!

weightwatchers

The best of both worlds
**losing weight and
saving money**

Weight Watchers member →

Weight Watchers has empowered me to take back control.

Meagan - 39, Cranberry Township, PA
Lost 62.8 lbs*

*People following the Weight Watchers plan can expect to lose 1-2 lbs per wk. Meagan lost weight on prior program and is continuing on WW Freestyle.

This special time of year doesn't come often. You can get 15% off when you sign up or renew your membership during **Weight Watchers® Deal Days**.** Our new program, **WW Freestyle™**, has an expanded list of zero Points® foods, giving you more flexibility with every meal. With less to track, there's more to enjoy.

ALL-NEW!
W
Freestyle

Sign up today! Good deals don't last forever.



17 Week Series **Bonus: 3 Free Weeks**

- **20 members minimum**
- **\$186** (\$9.30 week)
- Includes 21 weeks of **FREE** eTools (our online computer and smart phone companion)

20 onsite meetings





17 Week Series Payment Options

- 1 Check for full amount \$186
- Credit Card charge of \$186
- *Split payment:*
 - Payment 1:** Check or credit card for \$62, dated **today**, deposited **start date**
 - Payment 2:** Check for \$62, dated **today**, deposited **one month later**
 - Payment 3:** Check for \$62, dated **today**, deposited **two months later**



How Do I Register?

- Fill out and sign the registration form
- Make checks payable to Weight Watchers
- ***If Split Payment with checks:***
 - Date all checks for today
 - 3 Checks for \$62.00
- ***If Split Payment with Credit Card:***
 - 1 CC Payment of \$62 &
 - 2 Checks dated today for \$62 each



12 Week Series

BONUS: 1 FREE WEEK

- **15 member minimum**
- **\$156** (\$12.00 week)
- Includes 14 weeks of **FREE** eTools (our online computer and smart phone companion)

13 onsite meetings





12 Week Payment Plan

- 1 Check for full amount \$156.00
- Credit Card charge of \$156.00
- Check split payment:
 - **Payment 1:** Check or credit card for \$52.00, dated **today**, deposited **start date**
 - **Payment 2:** Check for \$52.00, dated **today**, deposited **one month later**
 - **Payment 3:** Check for \$52.00, dated **today**, deposited **two months later**



How Do I Register?

- Fill out and sign the registration form
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 - 2 Checks dated today for \$52.00 each

**If not
now,
when?**



We are almost there.....

We are almost there for your best value!!

12-week to 17-week series upgrade = \$30.00

Write a separate check/credit card slip for \$30.00

**If required membership is not achieved by week 2,
this payment will be returned to you.**



Already a member?

If you are currently a Monthly Pass or Online member, your membership can be transferred.

Once you receive your e-tools voucher, call 1-866-204-2885.

Tell the representative you are joining an At Work series and the unused portion of your membership will be credited to you.

You will need to pre-pay for your series to get your e-tools voucher.

**If not
now,
when?**



WW Freestyle Works!



— Success Stories —
Kristen and Paul:
A More Perfect
Union

Teaming their healthy lifestyle was the key to Kristen and Paul's weight-loss success and happy future.



Kristin Lost 72 Pounds & Paul Lost 41 Pounds

Brittany Lost 51 Pounds



— Success Stories —
Poster Mom
Brittany

She has become the healthy example she always wanted to be for her two children—and she's loving her life more than ever.



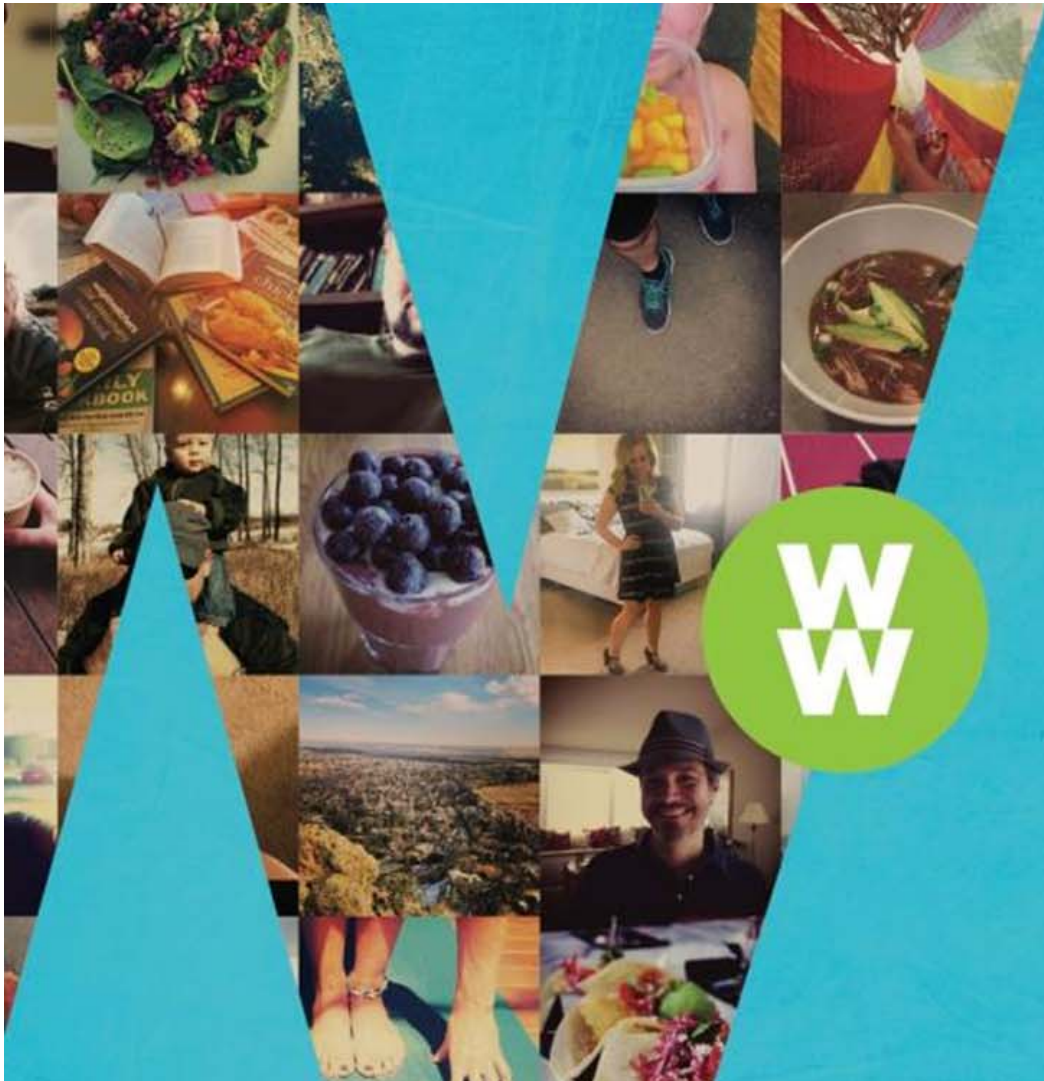


Questions

Major Keys: WW, Family & Health

The WW Freestyle™ program gives me balance between my busy lifestyle and health. I can go back-to-back from the studio to business meetings, be there for my son Asahd, and still keep my new habits. [Join me—let's be our best this year!](#)





Thank You!

weightwatchers