

Introducing the NEW



weightwatchers  
*Beyond*  
the Scale



The **Weight Watchers® NEW Beyond the Scale** program delivers our most holistic and personal approach ever. We've taken our great program and made it even better with some huge, exciting changes. The new program moves beyond what you weigh, so you can **eat healthier, move more, live happier AND lose weight!**

**1 New SmartPoints™ plan makes healthy eating simple:**

The new system goes beyond counting calories and nudges members toward a pattern of healthy eating that includes more lean protein, less sugar and less saturated fat.

**2 New fitness approach that fits a busy life:**

You'll earn FitPoints for the activity you do and get a personalized goal to reach for.

**3 Designed to help find and fuel inner strength:**

We'll give you the support you need to start, the motivation to stay inspired, and the confidence to keep going.

**Change is in sight when you go *beyond the scale.***

DATE: **Wednesdays at Health Sciences Building**  
TIME: **Confidential weigh-in at 11:45 a.m. Group meeting from 12:00-12:30 p.m.**  
LOCATION: **Room location varies. Go to [www.uw.edu/admin/hr/benefits/events/events-calendar.html](http://www.uw.edu/admin/hr/benefits/events/events-calendar.html)**  
CONTACT: **Emily Brucker at [emilybrucker@yahoo.com](mailto:emilybrucker@yahoo.com)**

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