WEIGHT WATCHERS FOR BUSINESS | Stress Awareness

Make healthy habits feel lighter

Your tools to help reduce the stress of weight loss

When we're stressed, sticking to healthy routines can feel overwhelming. Weight Watchers offers easy-to-use tools that support progress without overload or added pressure.

Achieving weight loss goals doesn't have to be stressful. Try this:

1. Take the pressure off of healthy habits.

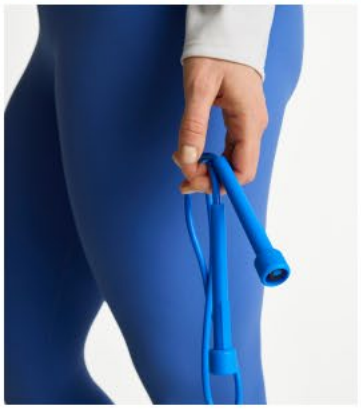
WW makes tracking food and physical activity straightforward, so you can keep tabs on progress without it feeling like a chore.

Tip: Track food, activity, and sleep all in one place in the WW app.

2. Choose a 'Mode' that fits your life right now.

Your routine doesn't always look the same — and your plan doesn't have to either. WW Modes let you adjust your approach based on where you are in your journey.

Tip: Pick 'All-In,' 'Lose Mode,' or 'Maintain' to match your current goals and stress level.



3. Take the guesswork out of meals and movement.

Planning can feel like a chore when you're under pressure. WW offers on-demand recipes and fitness content to help you stay consistent without added stress.

Tip: Browse quick, simple recipes and at-home workouts in the WW app.

All NY44 Trust members and their enrolled spouses and adult dependents can join Weight Watchers today at *no cost to you.**

Join now at ww.com/NY44.

Already a Weight Watchers member?
Call customer service at 888-204-2885 to sync your account.

*Pricing reflects the cost of an eligible WW membership plan through your organization. Pricing may adjust to the standard monthly rate if your relationship with your organization changes or terminates, or the agreement between your organization and WW terminates.