WEIGHT WATCHERS FOR BUSINESS

SELF-CARE STARTS TODAY

Expert tips for staying mentally healthy

Focused on improving your mental health?

Here's some great tips from our friends at WeightWatchers for Business

01

Prioritize sleep hygiene

You can outsmart stress and get ample shut-eye with a relaxing bedtime ritual, consistent wakeup and lay-down times, and by staying away from caffeine and alcohol before bed.

02

Maintain your regular routines

Try sticking to a schedule to feel more in control and avoid increasing cortisol and other stress hormones.

03

Amp up your physical activity

Follow the CDC's guidelines by getting 150 minutes of moderate-intensity physical activity every week.

All NY44 Trust members and their enrolled spouses and adult dependents can join WeightWatchers at **no cost**!* Learn more at WW.com/NY44.

Already a Weight Watchers member?

Call customer service at 866-204-2885 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.