WEIGHT WATCHERS FOR BUSINESS

MEN'S HEALTH MONTH

LEVEL UP YOUR HEALTH

Improving your health shouldn't be a second job. This month, take control with a practical plan designed to fit your schedule, your appetite, and your goals.

01

WW gives you tracking on your terms.
Whether you prefer Points® or macros, WW lets you choose the approach that works best for you and your lifestyle.

02

Stay consistent, not perfect.
Small, repeatable habits—like logging meals or physical activity—add up over time and help you stay on track, even on busy weeks. Set your app to 'All-in' or 'Maintain' mode to fit your current goals.

03

Progress is easier when you're not doing it alone.
Connect with others working toward similar goals for accountability and support.

Tip: Get the accountability you need by joining specialized groups like **WW Bros**, **WW Dads**, or **Men of Weight Watchers** to share wins and strategies.

Enroll in your WW benefit today at
ww.com/getstarted

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