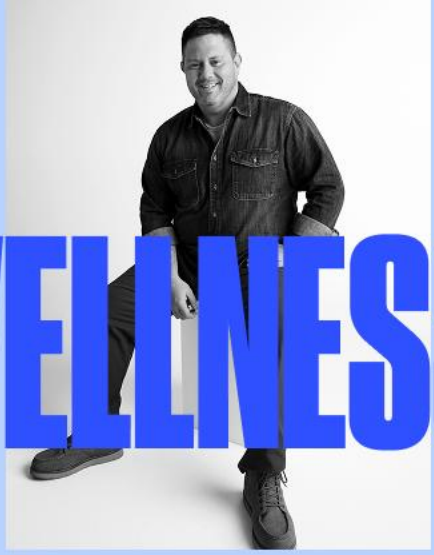
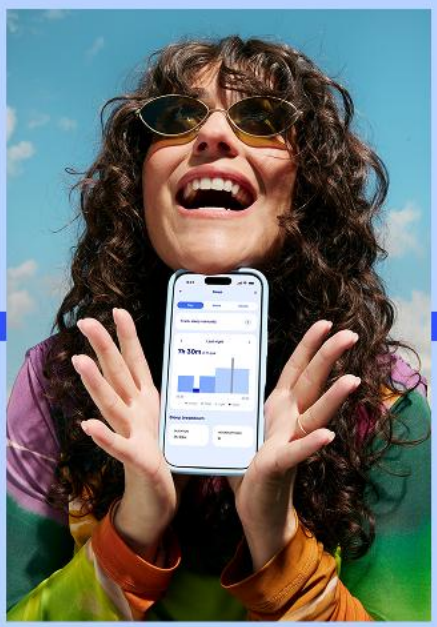


WELLNESS,



YOUR WAY

WEIGHT WATCHERS FOR BUSINESS

WELLNESS MONTH

A balanced approach is key to effective weight loss. This month, focus on these five areas to accelerate your results:

Sleep well.

Aim for 7–9 hours. Good sleep regulates hunger hormones, so you naturally feel more in control.

Eat for energy.

Prioritize whole foods, fiber, and lean protein to properly fuel your body.

Stay hydrated.

Water keeps your metabolism firing, reduces "false hunger" signals, and is essential for effective weight management.

Stress less.

Stress triggers cortisol, which stores belly fat. Simple actions like a 5-minute walk or guided breathing can lower cortisol and support healthy weight.

Move with purpose.

Activity isn't about crushing workouts. Find enjoyment—walking, dancing, or cycling. Movement builds muscle (which boosts metabolism) and improves mood.

Let WW help you focus on all sides of your wellness.

Sign up today by selecting your organization at **ww.com/getstarted**

Already a Weight Watchers member? Call customer service at 866-204-2885 to sync your account.