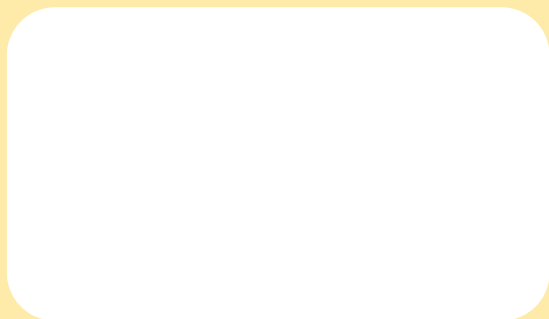




Weight Watchers offers a multifaceted way to learn how to achieve, and then maintain, a healthy body weight for the long term. It incorporates healthful eating, physical activity, behavior modification, and for those who attend Weight Watchers meetings, group support. It is designed to meet your individual needs, and you can take advantage of it at work, at local meetings, online, or at home*.

Get started today!
Call
1-800-8-AT-WORK Now!



*At Work Meetings, Local Meeting vouchers and the At Home Kit are available only in participating areas in the U.S.

¹Heshka S, et al. Weight Loss with Self-help Compared With a Structured Commercial Program: A Randomized Trial. *JAMA*. 2003;289(14):1792-1798.

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5 simple reasons

WHY WEIGHT WATCHERS® IS YOUR BEST WEIGHT-LOSS SOLUTION



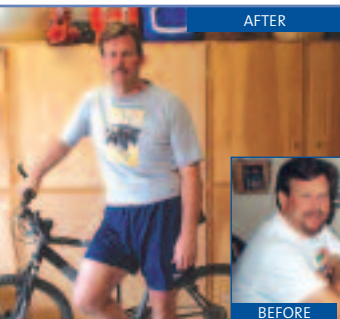


1 REAL FOOD CHOICES.

The Weight Watchers plan incorporates the essentials for sustainable weight loss: healthy nutrition, effective calorie control, livability, and so much more ... you'll learn how to make wise choices, eat healthy, enjoy food, and be more active. With its two food plans, the Flex Plan and the Core Plan, Weight Watchers recognizes that there can be different approaches to losing weight in a healthy and satisfying way. So you can choose the one that fits you best.

2 REAL LIFE.

With over 40 years of experience, Weight Watchers is America's trusted name in weight loss and the global leader in weight-loss services. Whether you work full time or part time, travel often or stay close to home, eat out regularly or prefer home-cooked meals, you can feel confident with Weight Watchers. Our success can be your success.



Russ
**LOST
52.6 LBS.***
Kaiser Permanente
in Fresno, CA



3 REAL RESULTS.

Research shows that people who attend Weight Watchers meetings lose three times more weight than people dieting on their own.¹ So join in on the success of people like Russ and become your own Weight Watchers success story!

*Results not typical.

4 REAL CONVENIENCE.

Weight Watchers gives you access to healthy, sustainable ways to lose weight. You choose when and where it's convenient for you—at work, at local meetings, online, or at home. It doesn't get any easier than that.



5 REAL SAVINGS.

If your physician has prescribed the Weight Watchers program as treatment for obesity or an obesity-related disease, the Internal Revenue Service (IRS) may allow you to use funds from your Flexible Spending Account (FSA)* to pay with tax-free dollars. This can add up to significant savings! See www.irs.gov or consult your tax advisor.

*The IRS allows the use of a Medical Savings Account (MSA), Health Savings Account (HSA), or Health Reimbursement Arrangement. (HRA).



To learn more about Weight Watchers®, visit WeightWatchers.com