



Looking for some great ways to keep your weight-loss efforts moving forward? Weight Watchers® has just what you're looking for.

10 WAYS TO KICK-START YOUR WEIGHT LOSS

- 1 Veg out**
Fill up on foods that give you the most bang for the least amount of calories.
- 2 “The Eyes Have It”**
Use smaller plates to make servings appear larger. You'll likely be satisfied with less.
- 3 Get active**
Go outside... walk, bike, garden. Just get moving.
- 4 Herb it up**
Stock up your spice rack. Herbs and spices add fantastic flavor to foods without adding fat or calories.
- 5 Add variety**
With fruits and vegetables becoming more plentiful at this time of year, take the opportunity to try something new and delicious for a nutritional boost.
- 6 Eat fresh fruit for dessert**
Need something sweet and satisfying at the end of the meal? Try a fruit parfait made with light yogurt or sherbet topped with berries.
- 7 Bring lunch to work**
Packing lunch helps you control portion sizes, make healthier choices, and is less expensive than eating lunch out.
- 8 Drink water**
Water is not only a thirst-quencher, it can be a satisfying treat. Try adding a packet of low-calorie lemonade or iced tea mix and you'll see what we mean.
- 9 Brush your teeth after eating**
This will be a signal to your mouth – and your mind – that it's time to stop eating.
- 10 Keep healthy snacks near**
By keeping healthy snacks close by, you won't be tempted to just grab anything if you get hungry.



Summary of Weight Watchers Services for the Commonwealth of Virginia

Local Meeting vouchers*

This pre-paid savings plan offers you the flexibility of attending Weight Watchers meetings in your community when and where it suits you best. You benefit from an experienced Leader and group support from fellow members. **To order Local Meeting vouchers call 1-866-614-9129.** Series length is 13 or 18 weeks. Vouchers are mailed to your home. You use them for admission to a local meeting. Vouchers come bundled with an exercise DVD (13 weeks - \$119.86) or a Walking Kit (18 weeks - \$165.96) at no additional cost to you.

Online subscription

You can follow Weight Watchers step-by-step online, with interactive tools and resources like a weight tracker, progress charts, restaurant guides, and hundreds of recipes and meal ideas. Plus, connect with our free online community, day or night, for inspiration and motivation. Series length is 3 months (\$55.00) or 12 months (\$166.70). Visit: www.DHRM.virginia.gov. The **Commonwealth promotion code for special pricing is: 14-551-1367-18860. Type this number into the online area when prompted.** This promotion code is required in order to receive the Commonwealth special pricing.

At Home kit – Corporate Edition*

The At Home kit – Corporate Edition gives you information and resources to follow our plan step-by-step at home. The kit includes weight-loss tools and bonus products that are conveniently delivered to your home, along with access to a toll-free Helpline with weekly progress reporting. The series length is 26 weeks (\$179.00). **To order call 1-866-614-9129.**

At Work meetings*†

A Weight Watchers leader comes to your workplace to provide experienced guidance at weekly meetings that fit perfectly into the busy workday. You benefit from the proven advantage of group support for successful weight loss with coworkers who understand the workplace environment best. The 13 week series is \$155.35, the 17 week series is \$186.00 and you pay in the meeting room. **To see if there is an At Work meeting already set up at your location visit www.dhrm.virginia.gov/WeightWatchers.html.** **To get a meeting started call 1-800-8-AT WORK.**

50% Reimbursement for Eligible State Employees

Special pricing is available to state employees, spouses and adult dependents for Weight Watchers services. Employees currently eligible for the state health benefits program may be reimbursed for half of the cost of Weight Watchers service fees. Reimbursement is not available to spouses and adult dependents and is valid for employee service fees only. To be reimbursed, employees must be eligible for the state health benefits program and complete the participation requirements of the Weight Watchers program. The reimbursement form is available at www.dhrm.virginia.gov/weightwatchers.html.

* Available only in participating areas in the U.S. † Minimum enrollment required.