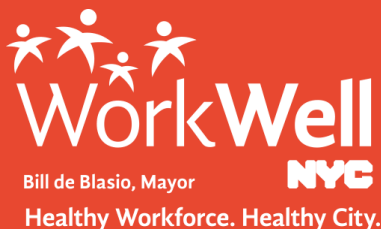




Sherry, 80.8 lbs lost\*

\*People following the WW plan can expect to lose 1-2 pounds per week.

“ I do not feel deprived at all, or hungry. ”



# Success story

Sherry, Administrative Manager  
John Jay College  
City University of New York

Prior to joining WW, Sherry was lethargic and suffered chronic knee pain to the point that she could hardly walk. As a busy Administrative Manager at a New York City based college, Sherry's work is all about being organized and thorough. So, when she became a WW member in January 2017, she found the program's planning and tracking were aligned with her skillsets and have been key to her remarkable success.

Sherry joined WW through the City of New York's partnership and immediately discovered she liked being part of a community of colleagues facing the same challenges with losing weight and keeping it off. Whenever she faced a setback, she knew she could rely on the support system to cheer her up and help her get back on track. She also loved that there was always someone in the Workshop (formerly called meetings) with a great recipe for a low SmartPoints® meal or a dessert idea to share. She got solutions to help her get through the holidays and special occasions like weddings and vacations, and learned about tips that worked for others that she could use in her own journey.

Over the next 15 months, Sherry lost more than 80 pounds and now has extra pep in her step. She brings her mobile app everywhere to track SmartPoints and plan meals when she's shopping or eating out. She loves the flexibility of the WW Freestyle™ program and being able to roll over SmartPoints so she can occasionally indulge in higher SmartPoints foods. And she's enjoying all the compliments from friends, family, and colleagues who now see a more energetic, happier Sherry every day.

## Start your journey today!

**City of New York employees and their spouses get a special discount on WW.**

To learn more, visit [nyc.join.weightwatchers.com](http://nyc.join.weightwatchers.com) and enter:

City of New York Employee ID: **11612222**

Employee Passcode: **WW1612222**

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