

# Weight-loss journeys are about a lot more than a number on a scale

Sustainable weight loss that leads to better health outcomes, reduced health risks, and improved quality of life depends on support every step of the way.

WeightWatchers® is grounded in nutrition and behavior-change science. From there, we provide the customized support your people need to help them achieve their goals, no matter where they are along their wellness journey.

## 3 practical strategies we teach

### 1. Embrace self-compassion

Weight management is a way for members to take care of themselves. Practicing self-compassion makes it easier to continue doing the things that are good for their health.

#### List 3 things\* that have changed in the past month

Here's how people fill in the blanks:

- Healthy habits, like starting a wake-and-walk routine
- "Yes!" moments, such as not being wiped out after work or clothes that fit better
- Health changes, like lower blood sugar or blood pressure
- New experiences, like trying a Zumba class or learning to cook

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

\*Not the number on the scale!

### 3. Focus on what the body can do

Moving away from an appearance-based focus takes practice. We help members shift to thinking about what their body can do and all it helps them accomplish.

1 *Imagine **your friend** feels down because she ate a lot more than she planned. What would you say? What tone would you use?*

2 *Now imagine **you** feel down because you ate a lot more than you planned. What would you say? What tone would you use?*

3 *Is there a difference between the two? Why? What would change if you talked to yourself like you would a friend? How would that sound?*



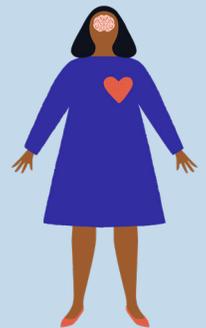
### 2. Reflect on non-scale victories

The scale is only one way to measure progress along a weight-loss journey. We encourage members to think more broadly—to focus on all the positive changes they're seeing related to physical and mental well-being.

1 *Visualize the part of the body you're focused on.  
"My arms are kind of bulky."*

2 *Think about how you use that body part and what's important to you.  
"My arms help me prepare food and hug people."*

3 *Create an affirmation that celebrates what the body part does for you. Repeat whenever an unsupportive thought comes up.  
"I appreciate my arms. They let me prepare healthy meals and hug my friends."*



We can help you provide support for your population along their wellness journeys. Find out more about what your organization gains from weight loss.

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WeightWatchers