

# Lose weight—without losing what you love

Sign up  
by 4/30 and  
get a free  
WW Mystery  
Box! \*\*

WW MEMBER  
AMBER T.  
-80 LB<sup>^</sup>

<sup>^</sup>People following the WW program can expect to lose 1–2 lb./wk.

## Wondering what's in the box?

Here's a hint: The program is designed to help you lose weight without physical activity, but regularly moving your body can lead to more success.<sup>†</sup>

### 3 WAYS TO MAKE MOVEMENT WORK FOR YOU

#### Expand your definition.

Gardening, dancing, strolling around a store—it all counts.

#### Pair it with what you love.

Podcast fan? Save new episodes for when you can fit in a walk.

#### Turn it into a social event.

Catch up with your BFF on a bike ride or after yoga class.

All Medical Mutual members are eligible for an upfront discounted WW membership. Learn more at [WW.com/mmomembers](https://www.weightwatchers.com/mmomembers)

#### Already a WeightWatchers member?

Sync your current account, or call WeightWatchers customer service at 866-204-2885.

\*Savings reflect WW's Core membership for your organization's employees. Monthly payment required in advance. You'll be automatically charged each month in accordance with company pricing until you cancel, cancel. Pricing will adjust to the standard monthly rate when your employment with your organization terminates, or the agreement between your employer and WW terminates.

\*\*Free WW Mystery Box offer: Get a free WW Mystery Box when you buy an eligible WW plan between 3/1/23 and 4/30/23. Available only where WW plans are offered through your employer/health plan and in participating areas only. One box per member. Redeem by 5/15/23. While supplies last. U.S. addresses only. Allow approximately 4 to 6 weeks for delivery. Offer not available to current members. Cannot be redeemed for cash. Nontransferable. Offer subject to change without notice.

<sup>†</sup>Johns DJ, Hartmann-Boyce J, Jebb SA, Aveyard P; Behavioural Weight Management Review Group. Diet or exercise interventions vs. combined behavioral weight management programs: a systematic review and meta-analysis of direct comparisons. J Acad Nutr Diet. 2014;114(10):1557–1568. DOI:10.1016/j.jand.2014.07.005

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