Weight Watchers Online makes it easy to stay connected anywhere, anytime. It’s built on a proven approach and includes customized sites for men and women to meet everyone’s specific needs.

With Weight Watchers Online you get:

• Interactive tools to find over 30,000 Food options, keep track of food and activity and see your progress as you lose weight.

• Access to over 1,500 recipes, including a Recipe Builder to create healthier versions of your favorite recipes.

• Video demos from food preparation to step-by-step fitness.

• Access to Plan information and weight loss tools from anywhere with Weight Watchers Mobile.*

Enjoy the benefits of Weight Watchers today.

*Weight Watchers Mobile is supported by most Blackberry, Windows Mobile 6 and iPhone devices.
© 2010 Weight Watchers International, Inc., owner of the WEIGHT WATCHERS registered trademark. All rights reserved.