



WEIGHT WATCHERS

ONLINE SUBSCRIPTION

...NE, AT YOUR OWN PACE, ON YOUR OWN TIME



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.

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