

Change happens

when you go *Beyond the Scale*



The **NEW Weight Watchers Beyond the Scale** program delivers our most holistic and personalized approach ever — so you can **eat healthier, move more, live happier AND lose weight!**

What's different?

- 1 Eat better with the SmartPoints™ Plan**
SmartPoints goes further than our previous plan, steering you towards less sugar, less saturated fat, and more protein. Every food is still on the menu — it's your choice!
- 2 Move more with FitPoints™**
Kick it all off with a quick assessment to determine your activity level. You'll get a personalized fitness goal and earn FitPoints for the activity you do. Plus, discover fun and easy ways to get in the game with activities that fit your life.
- 3 Find and fuel your inner strength**
We'll help you find ways to feel good every day and unlock your best self. After all, studies show that happier people tend to make healthier choices.

It gets even better because it's all about YOU

- **Customized** food and activity goals
- Emails with **content tailored** to your lifestyle
- Share photos, get inspired, and celebrate your wins with our new **Connect feature**

Sign up and see how Weight Watchers can help you.