

# 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.

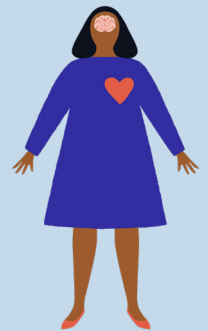
- 1 Imagine **your friend feels down** because she ate a lot more than she planned. What would you say? What tone would you use?
- 2 Now imagine **you feel down** because you ate a lot more than you planned. What would you say? What tone would you use?
- 3 Is there a difference between the two? Why? 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