



Success story



Elizabeth's Story

Educational Administrator, University of San Francisco

Though she knew about Weight Watchers, Elizabeth said she could never imagine herself becoming a member. But after a friend started attending neighborhood meetings, Elizabeth's perception changed.

Elizabeth's weight had been steadily rising for a number of years and she was unhappy with the extra pounds. Tying her shoelaces was uncomfortable. Having her photo taken was something to avoid. And shopping for clothing was demoralizing.

So, when her employer, the University of San Francisco, decided to host Weight Watchers meetings a few years ago, Elizabeth jumped on board. She loved the convenience of lunch-hour at-work meetings and enthusiastically bonded with an office colleague each morning over food choices and points.

Week by week, month by month, the pounds began to drop. By the end of the first year Elizabeth had lost more than 50 pounds*. She took up biking again, an activity she once loved, and went out of her way to add more activity to her daily routine.

Today, more than five years later, Elizabeth is still a member, still attending meetings, and still tracking points. She's maintained her weight loss and stays close to her goal. Now it's a pleasure for her to buy attractive clothes. And her satisfaction with the WW program? It's off the charts.

*People following the Weight Watchers plan can expect to lose 1-2 pounds per week.

Start Your Journey Today!

University of San Francisco benefits-eligible faculty and staff can join Weight Watchers® for more than a 50% discount from standard pricing!

For more information, visit:

myusf.usfca.edu/human-resources/current-employees/benefits/wellness-benefits/go-usf/weight-watchers

“The convenience of attending meetings during my lunch hour was irresistible.”



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