

Get inspired by Amy's success

Amy K.,

Assistant to Department Chair, Microbial Infection & Immunity, The Ohio State University

Lost 40.8 lbs*

“ Like so many of us, the pandemic took a toll on me. I was juggling endless virtual meetings, child care, and countless tasks. My activity level decreased, and my emotional stress was soothed with food. I knew it was time for change. I decided to join WW, and discovered that Ohio State's health benefits cover more than 50% of the membership cost.

The WW app's tools helped me get off to a strong start—especially the barcode scanner, which I used at the grocery store to quickly find packaged foods that fit my SmartPoints® Budget. I also added running into my routine. It took time, but I progressed and completed eight 5K races (and counting!). I slowly increased my confidence *and* hit my goal weight!

Before WW, I often thought, 'I don't have time to get healthy.' Today, I encourage everyone who feels unmotivated, but is seeking change, to find a support system like WW and set a goal. You are worth it! ”

Start your weight-loss journey!

Join WW through OSU for less than \$9/month**

Sign up or learn more at [WW.com/us/osu](https://www.com/us/osu)



Amy, -40 lbs*

*People following the WW plan can expect to lose 1 to 2 lbs per week.

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** "Less than" price reflects the Digital membership plan price for an employee. Monthly payment is required in advance. You will be automatically charged each month in accordance with company pricing until you cancel or your employment with your company terminates.

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