

# They said *what?*

## 7 myths about Weight Watchers®



### 1 You won't be able to eat the foods you like.

Nope, everything is on the menu! One of the great things about Weight Watchers is that we show you how to **continue to enjoy all the foods you already love**.

### 2 You can only eat frozen or pre-packaged meals.

No way! You'll eat at restaurants, go to parties, and enjoy your favorite treats at the holidays – just in a more mindful way. That's what being on Weight Watchers looks like.

### 3 You have to count points (we call them SmartPoints®) – all the time.

New to the program are **200+ zero Points® foods** that you don't have to portion or track, including beans, corn, eggs, and chicken breast! By mixing and matching zero Points foods and other foods, you'll have complete freedom in your food choices. And with new rollovers, you can transfer extra SmartPoints values to another day, keeping the program flexible and livable.

### 4 You have to attend meetings every week.

How you live your life on Weight Watchers is up to you! Every element of our **WW Freestyle™** program includes our tight-knit community, either in person at meetings or on Connect, our safe space for support, inspiration, and victories.

### 5 You have to weigh yourself in front of everybody at the meetings.

Definitely not! Your weigh-ins at meetings are **extremely confidential**. (But as the number starts going down, you might have to stop yourself from yelling it out!)

### 6 The Weight Watchers program is only for women.

**Weight Watchers works equally well for both men and women**, and we have so many success stories to prove it!

### 7 Weight Watchers is just a food plan.

**WW Freestyle™ is our most flexible program ever and helps inspire healthy habits for real life!** To move more. To eat well. To connect with others. And to reach what you never thought was possible.



Raspberry, Orange, and Creamy Tartlets



Salmon with Roasted Potatoes & Asparagus

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NEW **W**  
**Freestyle™**  
Program