

This is your fresh start

WW's **NEW myWW+**, the holistic weight-loss program that's made for you, gives you the tools to make healthier choices—and reach your wellness goals—so you don't have to rely on willpower alone.

With **myWW+** you'll get...

- + **A customized, science-backed action plan** based on how you eat, move, sleep, and think
- + **9,000+ delicious recipes** so that you can eat what you love
- + **New app features** including workout videos and meal planning tools
- + **And so much more** to help you stay on track!



Join by May 15 to get a

FREE Fresh Start Kit*

with your purchase of a
WW membership!

over
\$100
value

WW Fresh Start Kit includes: myWW+ Starter Guide, \$50 coupon booklet, *The WW Mediterranean Table* cookbook, food chopper, cookbook/tablet holder, set of tea towels, and set of flex chopping mats. While supplies last. Kit contents may vary.

Take the first step to a **healthier you** today!

1. By May 15, sign up for WW at [WW.com/us/Norfolk](https://www.weightwatchers.com/us/Norfolk) *Employees and spouses get an exclusive discount of 50% off the retail price and join now for as low as \$8.48 per month.*
2. Get your WW Fresh Start Kit at [WW.com/freshstart](https://www.weightwatchers.com/freshstart)

***FREE WW FRESH START KIT OFFER:** To get a free kit, you must purchase a WW membership plan between April 1 and May 15. Available only where WW membership plans are offered through your employer or health plan, and in participating areas only. One kit per member. Kit must be redeemed by May 31. While supplies last. Over \$100 in value includes \$50 worth of coupons. U.S. addresses only. Please allow at least 3 to 4 weeks for delivery. Offer not available to current members. Offer may be revoked at any time and may not be redeemed for cash. Nontransferable. Void where prohibited.

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We're the #1
Best Weight Loss Diet
for 11 years in a row!

