



Get a jumpstart on your New Year’s resolution! [Weight Watchers](#) and [WorkWell NYC](#) are here to support you through the holiday season with some tips to stay happy and healthy.

1. **Plan ahead!** Invited to a holiday party? Offer to bring a healthy dish (low in SmartPoints™) to contribute – your friends and family will thank you!
2. **Stay Active!** Every little bit counts. Schedule events that revolve around activity and trade in the annual holiday movie for a walk in the park or building a snowman.
3. **Celebrate Smart!** As your calendar fills up with social events, it’s hard to stay on track. Have a bite to eat before you leave the house or carry a bottle of water or seltzer at parties so you don’t mindlessly pick at food.

By enrolling through the City’s Weight Watchers program, employees can take advantage of a subsidy that reduces the cost of membership by **more than 50%** off the regular membership price*. Additionally, benefit-eligible dependents, including spouses, dependents (ages 18-26), and retirees** also have access to discounted membership—making health a family affair!

Weight Watchers Offering	NYC Employee Special Pricing
Meetings (Includes OnlinePlus) at work or in your local community	\$15.00 per month
OnlinePlus	\$7.00 per month

* The dollar value of this contribution/benefit will be included as taxable income to the employee.

** Spouses and dependents of retirees are not eligible for the discount.

Try these butternut squash fries for a delicious and healthy holiday treat:

The image shows a recipe card for Weight Watchers Butternut Squash Fries. On the left, a blue background features the 'weightwatchers' logo at the top, followed by the title 'Butternut Squash Fries' in a bold, sans-serif font, and 'recipe' in a large, white, cursive font. Below the title is a circular icon with the number '0' and the text 'SmartPoints value'. At the bottom left of this section, it says 'COOK TIME: 18 min | SERVINGS: 4'. On the right side of the card is a photograph of a white bowl filled with golden-brown, roasted butternut squash fries, some with visible seasoning.

INGREDIENTS

- 3 spray(s) olive oil cooking spray
- 1 pound(s) uncooked butternut squash, peeled, seeded, long “neck” cut into sixteen $\frac{3}{4}$ -inch-thick sticks
- 1 tsp table salt, or to taste
- $\frac{1}{2}$ tsp chili powder, or to taste (optional)

INSTRUCTIONS

- Preheat oven to 450°F. Coat a baking sheet with cooking spray.
- Arrange squash fries on prepared baking sheet and sprinkle with salt and chili powder; liberally coat with cooking spray.
- Roast, turning once, until desired crispness, about 14 to 18 minutes. Yields 4 fries per serving.

Start with a large squash. You will end up using about 1 lb of squash and have the “bulb” of the squash left over.