

Get a jumpstart on your New Year’s resolution! [**Weight Watchers**](http://nyc.join.weightwatchers.com/) and [**WorkWell** **NYC**](http://www.nyc.gov/workwellnyc) 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 Online**Plus**) at work or in your local community** | $15.00 per month |
| **Online**Plus | $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:**





**For more holiday recipes and support go to** [**nyc.join.weightwatchers.com**](http://nyc.join.weightwatchers.com) **and join today!**