



# See what the right mindset can do

**Heather,**  
Finance and Grant Administrator

“This wasn’t my first time trying to lose weight. I used to be a yo-yo dieter. I’d drop the pounds, but I could never change my mindset. The weight would always come back—and then some. I knew I needed a more sustainable solution.

I was looking for a sign, and found it in a work email about a WW partnership and discount. I signed up immediately—and am so glad I did.

I love that I can eat all of my favorite foods so that I never feel deprived. The food tracking and recipe features in the app have made the journey easier. But WW has taught me that losing weight is about more than food. The behavioral techniques I’ve learned have helped me reduce stress, improve my sleep, and get into a healthier mindset. This is truly a lifestyle, not a diet.

The benefits of my weight loss go far beyond the number on the scale! Now I can walk without feeling out of breath, cross my legs easily, wrap a towel completely around me, and enjoy life. I feel so much healthier and have found self-love!”

**Ready to achieve your wellness goals?**

Join WW today at [IU.WW.com](http://IU.WW.com)



**Heather lost 85 pounds\***

\*People following the WW plan can expect to lose 1-2 pounds per week.

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