

*Sophia's Slender*

WeightWatchers®

# REFLECTIONS

"FOR FRIENDS OF WEIGHT WATCHERS"

WINTER 2005 • VOLUME 25 • NUMBER 1

**Get Energized**

**Making the  
Wise Choice**

**Lift Weight,  
Lose Weight**

**The Little  
Things**

**The Perfect Fit**

**Back to the  
Basics**

**Ready,  
Set, GO!**

Weight-loss success can be yours this year with help from Weight Watchers NEW TurnAround™ Program

# Welcome to Weight Watchers

We're here for you!



Since its inception over 40 years ago, Weight Watchers has taught more than 25 million members how to lose weight. Now, we are losing even more with our greatest program yet.

When you're ready to lose weight, you want choices...you want freedom...you want results! And now Weight Watchers gives you all that and more. Our program provides you with a choice of two different approaches, our flexible **POINTS**® approach and our new no-counting approach, for healthy weight loss. Each maximizes good nutrition and minimizes roadblocks, so you can live life to the fullest while losing weight!

## THE WEIGHT WATCHERS PROGRAM

### TURNAROUND™ WEIGHT-LOSS PLAN

Weight Watchers knows that in order to be successful, you need enough structure so you can lose weight, yet the flexibility to accommodate your own needs and preferences. The TurnAround program delivers both. It's based on two unique healthy-eating strategies, each tested by Weight Watchers to support realistic, long-term weight loss: the Flex Plan is based on the popular **POINTS** Food System, while the Core Plan focuses your attention on a specific group of nutritious foods. These versatile plans offer you more freedom than ever in losing weight, so that choosing a healthy lifestyle is easy!

Weight Watchers Flex Plan is based on the revolutionary, proprietary and patented **POINTS** Food System. Every food is given a **POINTS** value based on three nutritional factors: calories, fat and fiber. Every Weight Watchers member is assigned a **POINTS** Target, the number of **POINTS** they can spend each day based on their current weight. With Flex Plan, tracking and controlling your food intake allows you to lose weight while having the entire variety of foods available.

The Core Plan is another terrific approach that helps you to lose weight by limiting those foods which provide "empty" calories and also those that may trigger overeating. The foods on the Core Food List have been specifically researched and tested for weigh-loss benefits and will satisfy you with fewer calories than other food choices. You'll have an easy-to-use list of wholesome, nutritious foods to choose from without tracking or counting. You can

eat foods on the Core Food List until you're satisfied and still achieve weight loss safely and effectively.

Each plan delivers a weekly **POINTS** Allowance of 35 giving you the freedom to spend them anyway, anytime and anywhere! Enjoy the plan that best fits your personal preferences and get the results you've been looking for.

### REALISTIC ACTIVITY PLAN

The TurnAround program offers three distinct workouts in conjunction with the 5-Step **POINTS** Activity System, and the option to swap Activity **POINTS** for additional Food **POINTS**. Weight Watchers members are provided with a **POINTS**booster™ to calculate activity **POINTS** on their own, based on body weight, time and intensity. Recommendations about the types and amounts of physical activity to be included are consistent with the guidelines advocated by the Centers for Disease Control and Prevention, and the American College of Sports Medicine.

### BEHAVIORAL SUPPORT PLAN

Weight Watchers knows that healthy weight loss isn't just about what we eat. How we think and behave regarding food and what we do in terms of physical activity also influence it. The TurnAround program brings all of these components - nutrition, behavior modification and exercise - together in a weight-loss program that's healthy and realistic.

### GROUP SUPPORT

Our group support system remains the cornerstone of the Weight Watchers program. Weekly meetings offer friendly support and encouragement from other Weight Watchers members and from a trained meeting Leader who cares about you and your weight-loss goals. Weight Watchers meetings remain the "Gold Standard" in weight loss. You'll learn practical skills for dealing with common weight-loss obstacles. Just one meeting a week is all it takes to help you stay motivated and in control. Meetings are interactive, contemporary, and encourage hands-on

learning through group activities and discussions. You can join in the discussions, ask questions, or just listen—it's entirely up to you.

### THE AT WORK PROGRAM®

Short of time? Experience the benefits of weight-loss support at the workplace with Weight Watchers The At Work Program! Meetings are held at your workplace, before or after hours, or during your lunch break. It's simple! All that's needed is a meeting room, and we'll do the rest! You'll receive the same individualized, personal attention for which we are famous, at a time and place convenient for you! For more information, contact the At Work Department at 1-800-968-0097.

### WHAT YOU CAN EXPECT

Your needs are important to us! Our staff will work with you on an individual basis to help you determine your best healthy weight goal and the food plan to reach that goal. Each week you'll receive a confidential weigh-in to help you track your progress. In addition, you'll receive all the tools you need to be successful at losing weight: informative program materials, recipes, and a variety of brochures to help keep you motivated.

### ATTENDING MEETINGS

Simply choose the time and location that's most convenient for you—no appointment is necessary. Weekly meetings will give you a sense of belonging and provide motivation to get you through the week, and ultimately to your goal. For additional support, after weighing in at your first paid meeting, you may attend unlimited free meetings for the rest of that week.

Current members may weigh-in before or after meetings. Weigh-in is available one half-hour prior to the scheduled starting time, and immediately following the meeting.

Weight Watchers membership is recognized worldwide. Simply present your membership attendance booklet, and enjoy attending a meeting while away from home! (Restrictions and fees may apply.)

### FREE LIFETIME MEMBERSHIP

All Weight Watchers Leaders and Receptionists are Lifetime Members, and you

can be, too! One of the many benefits of being a Lifetime Member is the ability to attend meetings FREE! See your meeting Leader or Receptionist for more details.

**LOW WEEKLY FEES**

- The weekly meeting fee is \$12 for unlimited visits during the week. On your first visit, your weekly fee plus registration will be \$30.
- We gladly accept cash, Visa, MasterCard, Discover, personal checks and money orders. You can even register conveniently over the telephone or website and save time!
- All prices and meeting schedules are subject to change. Please call to verify times and locations. A new meeting may be opening near you!

**SPECIAL SAVINGS**

- We often have special offers for joining and current members. Please ask your Leader or call for information.
- New for this January, Select Health Network members can also receive special savings! Members can purchase a 13-Week Joining Package or a 12-Week Commitment Plan for just \$129!
- Blue Cross Blue Shield of Michigan and Indiana Anthem members are eligible to receive special savings! Receive a 13-Week Joining Package for just \$129, or a great 12-Week Commitment Plan for just \$119!
- Now PHP, Preferred Choices, ConnectCare, M-Care, and Denso members can also receive special savings! Members can purchase a 13-Week Joining Package or a 12-Week Commitment Plan for just \$129!
- Blue Cross Blue Shield of Delaware cardholders may be eligible for reimbursement; contact your insurance representative for details.

**SPECIAL NEEDS**

**NEW MEMBERS**

Plan to stay after your first meeting to register and attend a "Getting Started" session,

**In Loving Memory of Sophia Branoff**



Sophia Branoff founded Weight Watchers of Western MI, Inc. in 1967 after experiencing personal success with the Weight Watchers program. Soon after, she founded Weight Watchers Europa, Inc. which holds meetings throughout Greece and Italy. Her legacy continues to inspire members today.

designed to address the needs and questions of new members, and provide the tools needed to immediately begin losing weight. To find a meeting near you, please refer to pages 23-27 of this publication for meeting times and locations.

**NURSING MOTHERS**

The Weight Watchers weight-loss program is not designed for women who are pregnant. If a continuing member of Weight Watchers becomes pregnant, we will excuse her from active membership for the duration of her pregnancy.

Nursing moms are welcome to follow the Program. If you are nursing, there are specific guidelines for you to follow until your infant is six months old or you stop nursing, whichever comes first, unless directed otherwise by your physician.

**FOR MORE INFORMATION**

For further inquiries about the Weight Watchers program, please visit us online at [www.ww-wmi.com](http://www.ww-wmi.com) or contact Member Services at 1-800-572-5727.

**Winter 05**  
**WHAT'S INSIDE**

**healthy living**

**Ready, Set, Go!**  
Get your year started off right with Weight Watchers NEW TurnAround™ Program, the complete solution to weight-loss success ..... **4**

**Get Energized**  
Learn how to jump start your resolution and make exercise a habit this year ..... **7**

**Making the Wise Choice**  
Studies show that opting for foods high in water and fiber content is key ..... **11**

**Lift Weight, Lose Weight**  
Lifting weight can help boost your metabolism and aid in your weight-loss goals ..... **12**

**success stories**

**The Little Things**  
Member Laura Hooley tells us in her own words how Weight Watchers changed her life ..... **8**

**The Perfect Fit**  
Member Aaron Smith shares how Weight Watchers was a perfect fit for his lifestyle ..... **10**

**on your plate**

**Back to the Basics**  
Savory meal ideas help keep meat and vegetables on your plate throughout the year ..... **13**

**IN EVERY ISSUE**

**Program Information** ..... **2**  
**Products for Success** ..... **15**  
**Lifetime Members** ..... **17**  
**At Your Service** ..... **22**  
**Meeting Times** ..... **23**

**SUBSCRIBE TO SOPHIA'S SLENDER REFLECTIONS**



**YES!** Please send me 4 issues of *Sophia's Slender Reflections* for just \$4. I will also receive as a free gift, \$4 in Weight Watchers Bucks good toward any Weight Watchers product!

Name: \_\_\_\_\_ (Please Print)

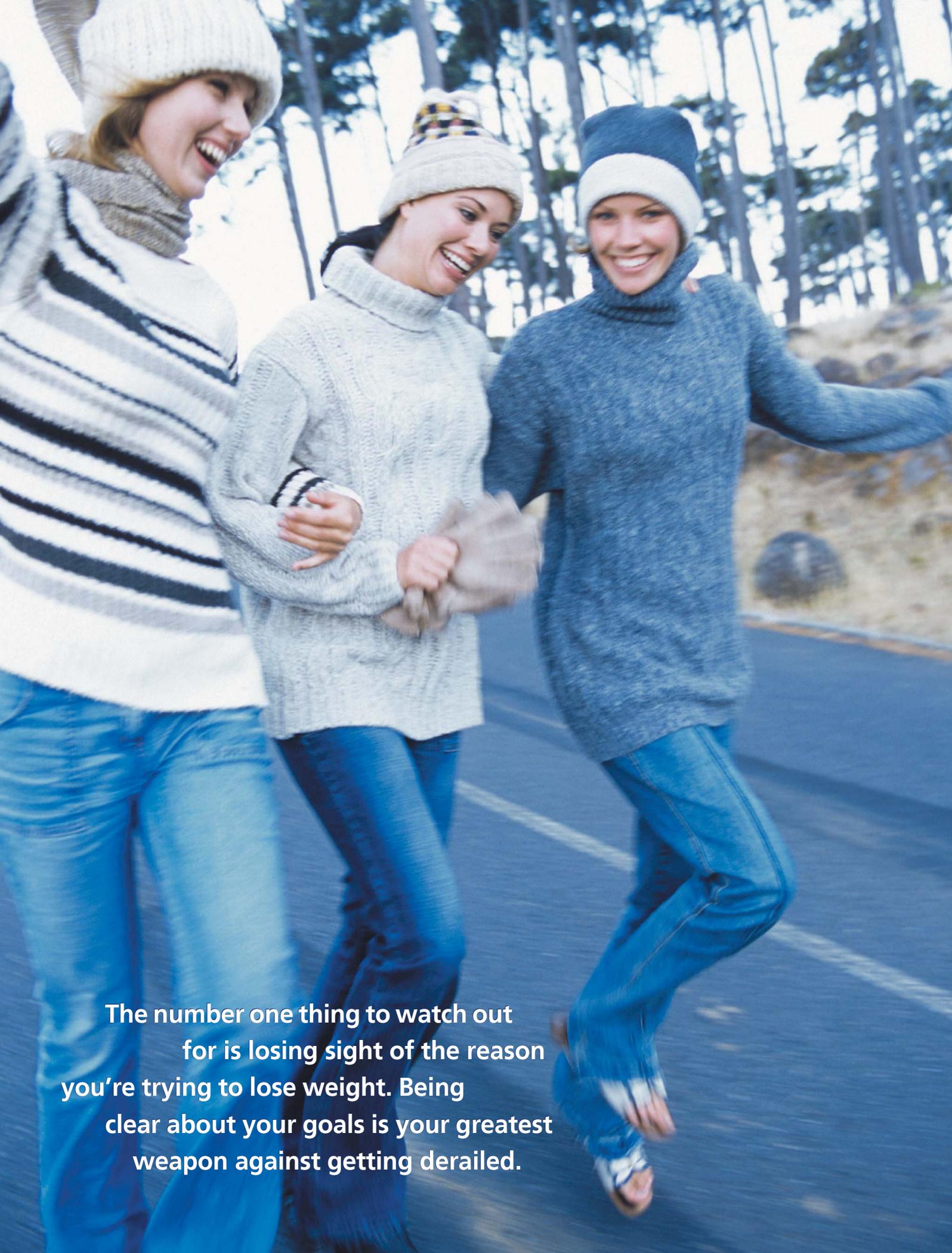
Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ Email: \_\_\_\_\_

*Your Guide to Weight Watchers and Weight-Loss Success!*

Mail your check or money order with this coupon to: Weight Watchers, 9404 Maltby Rd., Brighton, MI 48116. DO NOT SEND CASH! Sorry, this subscription is non-refundable.



**The number one thing to watch out for is losing sight of the reason you're trying to lose weight. Being clear about your goals is your greatest weapon against getting derailed.**

# Ready Set Go!

## Weight-loss success can be yours this year with help from Weight Watchers NEW TurnAround™ Program

**W**herever you stand at midnight, the chiming in of the New Year gives you a new lease on life. What better time to leave behind old weight and health issues, and begin again. Team up with Weight Watchers to help take that first step toward a healthier and more productive 2005.

Every year, when “Auld Lang Syne” is old news again and the New Year’s celebration is kaput, we make a resolution. For many of us, this resolution is to lose weight. Maybe you chose this resolution to start fitting back in your clothes or maybe you made it because your health depended on it. Whatever your reasons, Weight Watchers and our new TurnAround™ program can help make your resolution a reality in 2005.

As part of its new TurnAround™ program, Weight Watchers offers people a choice of two different food plans, both of which are healthy, realistic, and livable ways to achieve lasting weight-loss success. People can discover weight-loss freedom by choosing the flexible **POINTS®** plan, or the new no-counting plan, which focuses on wholesome, nutritious foods from all the food groups with

no counting or tracking. Both approaches provide eating satisfaction, fit into a busy lifestyle, and help people make wise food choices. According to Karen Miller-Kovach, Chief Scientist at Weight Watchers International, Inc., “You choose the plan that fits your needs and preferences best so you can stick with it and lose.”

Starting a new diet – especially a plan you’ve never tried before – can be overwhelming. The number one thing to watch out for is losing sight of the reason you’re trying to lose weight. Being clear about your goals is your greatest weapon against getting derailed. Weight Watchers can help you set your goals and stay on track with these goals in 2005.

### **PUT IT IN WRITING**

The difference between weight-loss success and forgotten by February is a plan. To help make your resolution stick, put your resolution in writing. Whatever you want to be NEW about your weight-loss journey this year, put it in writing. Maybe you’re just starting and have quite a bit of weight to lose, or you’ve been at it awhile but you want to learn to be comfortable with food. Figuring out the whys and hows of your 2005 weight-loss

journey can make all the difference in whether you actually do it.

Use the Winning Outcomes from Weight Watchers Tools for Living to picture exactly how your life will change for the better when you’re at your weight goal. You can also use this helpful tool to picture mini-goals along the way. Then, write down your plan to achieve weight-loss success and post it where you can see it on a daily basis. By having clearly defined goals, you’ve made the first step to achieving your goals and weight-loss success.

### **GROUP EFFORT**

For many people, a New Year’s resolution is a highly personal, private goal that, if fulfilled, becomes a private victory. On the other hand, you are more likely to follow through with your resolutions if you share them with significant people in your life. Whether you keep things quiet by accident or by design, you are giving yourself an out. By refusing to let others in on your resolution, you can fall off track, and no one will be the wiser.

By the same token, studies show that surrounding yourself with support makes you more successful at your weight-loss efforts. The



Exercising portion control is one way to get yourself on track in the new year. Read labels to verify portion sizes or use the handy guide found in your Weight Watchers materials.

## The combination of a sensible diet and a sound exercise plan is a winning combination.

use their support to make your dream a reality. See what a difference support can make for you in 2005.

### A FEW SMALL STEPS

Sometimes, just by making small changes you can create a big difference. To help

walk wherever you need to go. Lose the deep fryer, too, and steam, bake or microwave your food.

Each time you make a small lifestyle change aimed at reaching your goal, like adding five minutes to your daily walk or trying a new fruit, put a star on your calendar to mark your achievement. Looking back at the stars you've already added to your calendar will keep you motivated towards your goal. As months go by, you will find yourself with a calendar full of stars and a mirror that reflects your new, thinner image.

### SOME ADVICE FROM THE EXPERTS

For over 40 years, Weight Watchers has helped people like you meet their weight-loss goals, whether they were 10 pounds or fifty. Weight Watchers staff understands what it takes to make your New Year's resolution a reality. To help you achieve your

support of your friends and family can make the difference between a new you in 2005 and another year of wishing you followed through with your resolution.

This year, make your resolution public. Share it with one or more people so they can help you stay on track. If you let your friends and family in on your dream, you can

you achieve your weight-loss goals and develop a healthier lifestyle, put a bowl of fruit or vegetable pieces front and center in the fridge, and hide the cookie jar behind the oatmeal. Each week, try a new low-fat cereal, like the six new varieties from Weight Watchers, or an exotic fruit or a vegetable you haven't tasted before. Stash away your car keys for a weekend and challenge yourself to

## 12 Ways to be Healthier by This Time Next Year

As 2005 kicks off, take a look at your life and decide what changes you might like to make in the New Year. Weight Watchers offers our top twelve tips to help you make 2005 your happiest and healthiest year ever.

Get your cholesterol tested.	Limit your consumption of alcoholic beverages.
Power up your diet with produce.	Talk to your doctor about getting tested for type 2 diabetes.
If you smoke, quit.	Watch your portion sizes.
Boost your brain power by doing a wide range of activities from reading to writing to painting.	Take aim at breast cancer, get a mammogram.
Go with whole grains.	Take a calcium supplement.
Seek out foods with soy.	Keep stress at bay by scheduling downtime for yourself.

resolve, Weight Watchers offers the following tips:

- Concentrate on getting started; don't worry about every detail of your weight-loss program. Remain focused on the steps immediately before you. Don't be overwhelmed by the weight you feel you must ultimately lose. Remember that just getting started is an important achievement.
- Make your first major goal to lose 10 percent of your current body weight. Not only has a 10 percent weight loss been proven to be medically significant by the National Institutes of Health, but it's also an achievable goal. Sustaining a 10 percent weight loss has multiple health benefits, including lowering blood pressure and cholesterol.
- Get the benefit of coaching and real-life insights from meetings. Research published in the "Journal of the American Medical Association" comparing structured commercial weight-loss programs to self-help efforts shows that people who diet together do better than those who go it alone. By joining a meeting, you gain valuable encouragement and knowledge from others going through the same situation.
- Choose a comprehensive weight-loss program. The combination of a sensible diet and a sound exercise plan is a winning combination. While eating fewer calories is critical to weight-loss success, exercise is a key factor for keeping lost weight off.
- Forget your setbacks and focus on your successes! Making fundamental changes in your lifestyle is no easy task. If you make a mistake, don't quit! It's what you do about the mistake that's important. Also, be sure to celebrate every pound you lose. Each pound brings you one step closer to your weight-loss goals.
- Recognize that new behaviors take practice. Practice them until they become your own. Give yourself time for lifestyle changes to feel natural and automatic. Keep stress at bay by scheduling downtime for yourself. 



# GET ENERGIZED

## How to jump start your New Year's resolution and make exercise a habit

Here we go again. Some of us are dusting off treadmills, while others are on a mad hunt for the gym pass at the bottom of our gym bag. And then there are those of us who are rookies in the sporting goods department trying to decide which set of hand weights is the right one.

No matter what your choice of exercise may be, you should be proud of yourself for taking the first step to living a healthier lifestyle. But let's take it one step further and create a plan to keep the New Year's resolution all year through.

For many, exercise makes its way to the bottom of the to-do list each year, with the occasional rise to the top for two- or three-day bouts of good will. You know you have to do it. You know it would help you lose weight faster. You know you need it for good health.

But, at the risk of sounding like a whining five-year old, exercise requires effort and you just *don't like it*.

So let's clear out those myths and misconceptions about exercise that may be holding you back from keeping up with your resolution 365 days out of the year.

### Myth #1 - Exercise is never fun.

Not only can exercise be fun, but it can also fill gaps in your life. Do you hate playing catch with your kids? Do

you hate walking through the woods? Find something that works for you on a personal level and stimulates your interest. You'll be more likely to do it if you look forward to it. If you're already exercising and not enjoying it, it's possible you're working too hard and overdoing it. Getting a good workout does not mean you have to "sweat blood and tears".

### Myth #2 – Exercise is a major disruption.

Let's face it. Exercise is something that you have to make yourself do. But there is a bonus to working out that you won't notice until you do it. When you exercise, you get more energy. And when you stop (like many of us yo-yoers do), your energy level starts to drop, making it even harder to jump back in. Sticking with it helps, even if it causes scheduling conflicts in the short term.

Once you've made the commitment to exercise, try the following strategies to sustain your motivation all year long:

- Start slowly
- Find an exercise buddy
- Choose exercises that you enjoy
- Keep a diary to monitor your progress
- Read a motivational book on fitness
- Investigate different activities by taking classes

You can make anything stick for the long term – including exercise! All you have to do is make it a habit by tailoring it to what works for you and your lifestyle.

# The Little Things

Lifetime Member Laura Hooley tells us in her own words how Weight Watchers® changed her life

I decided to join Weight Watchers because I had come to a turning point in my life. It dawned on me one evening that I was going down a road in my life that I didn't want to be on. Why it took me so long to figure this out, and why a light bulb came on during that particular evening, I don't have an answer for. It could have been the summation of a lot of "little things".

Like when I was getting into my vehicle earlier that week and thought there was something on the back of the seat that was hindering me from getting in. It was one of the rolls on my back. That was one of those "little things".

Or it could have been the feeling I got when I looked at a recent photo of myself at a family reunion. I do specifically remember not being able to zip up my pants all the way that day and was glad that the shirt hung over far enough so no one could tell. Just another one of those "little things".

And then, finally, after a routine doctor visit, I learned that I had gained 15 pounds since the last time I had been in to see her. That visit was only five months prior, and that was just about enough for me.

However, I think the icing on the cake was when the doctor pulled out the BMI chart. After computing the calculations of my 5'5½" frame and cross-referencing it with my weight of 179 pounds, she looked at me and said, "Oh Laura. According to this chart you are obese".

Obese! Me! And then I got mad. And as the day wore on, I got sad. I didn't want to add another 15 pounds to the kitty before the end of the year. Then I was determined. The overwhelming amount of "little things" had finally pushed me to do something about my weight.

Anyway, that particular evening I was lying in bed and turned to my husband and said, "Honey, I'm going to call Weight Watchers tomorrow and see about joining". At first, he was in disbelief, but added that he would support me in my quest. The next morning, I called Weight Watchers and attended my first class later that day.

What I like most about the Weight Watchers program is the "road map" it has given me. It has re-taught me how to eat. I used to think I was eating healthy because I didn't eat that many sweets. But it was the sheer



**Lost:**  
30.25  
pounds

**Gained:**  
A set of  
manicured  
nails to go  
with her  
fabulous,  
new look

quantity of food I was consuming that was doing the damage. Once I learned the portion sizes, I had half the battle conquered.

Even more, I love the balance and ratios it lays out for me. For instance, on a typical day, I allow myself a third of my *POINTS*® values for breakfast and a late morning snack. I use another third for my noon meal and then the final third for a late afternoon snack and dinner. It's perfectly balanced for my lifestyle and me.

The Weight Watchers meetings are also important to me. Not only do I enjoy our Leader and all the positive things she shares with us, but I also enjoy meeting so many others that share the same issues that I face every day.

I look forward to the meetings and have even gone so far as to turn meeting day into my own "personal" day. After the meetings, I run errands,

grocery shop and fill the day with things that I want to do. Sometimes I will meet a friend for lunch, or on occasion, go shopping for clothes – when clothes just start getting too baggy! I had never taken a weekly personal day for myself before I joined Weight Watchers.

It took me exactly one year to lose my 30.25 pounds and reach my goal weight. The first 15 pounds came off fairly rapidly and that was my biggest boost to keep going.

One of my most memorable moments was when my necklace that I wear everyday started becoming “longer”. You see, the weight around my neckline was shrinking, and it wasn’t long before I had to purchase a new and shorter chain. Before it was all said and done, I had my rings sized down too!

Halfway through my weight loss, I decided I was going to treat myself by getting my nails manicured when I reached my goal weight. I could hardly wait, as I had never had this done before. I think it’s important to come up with a reward to give yourself when you finally make it. It’s a much-deserved gift.

But I can’t let this story end without telling you what role exercise has played in all of this because it is a

big one. I had always been a part-time walker. What does that mean? It means I walked when it was relatively nice out, when I felt like it or had time, or when I had the right walking gear on.

However, when I joined Weight Watchers, I made it a goal to start walking at least 20 minutes five days a week. And that’s what I did for

## What I like most about the Weight Watchers program is the “road map” it has given me.

about nine months – rain or shine. It’s very peaceful to walk in the rain, with an umbrella of course. And all this time I never knew what I had been missing!

I made a point to always keep my walking shoes, extra hat and gloves, headphones and umbrella in the vehicle at all times. A walker should always be prepared! I set mid-afternoon as my time for walking,

as that is the time I would usually find myself eating unnecessarily.

Now, one year later, I am walking six and sometimes seven days a week for 30-45 minutes at a very fast pace while carrying weights to swing at the same time. I also lift arm weights, do 200 crunch sit-ups and a few other exercises everyday. Right now, this exercise plan works for me, but at some point in the future, I look to add more exercises and extend my walking distance.

I am very proud of myself and so is my husband. If I had to say what anchor kept me on task, it would have to be the combination of those two things – being proud of myself and sharing it with someone else. Plus I feel so much better – and my nails look great!



Weight Watchers member Laura Hooley before she lost 30.25 pounds on the Weight Watchers program.

I’m not saying that I don’t ever have the same past struggles with food cravings, and on occasion I still find myself eating

more than I should, but I feel “cured” from my past eating habits and now in control of the “little things”. Once again, I have been blessed and it is through Weight Watchers that I have a new lease on life!

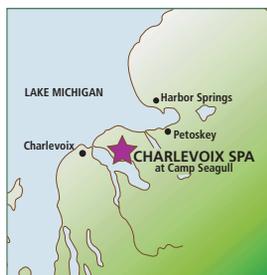
*Results are individual and not typical.*

# THE Charlevoix Spa

## AT CAMP SEA-GULL

### Reward Yourself This Summer with a Week of Relaxation!

Located in the heart of Northern Michigan on beautiful Lake Charlevoix, The Charlevoix Spa offers the perfect retreat for the health conscious adult. Our program was created by professionals, and is designed to help you take a healthful approach to life. In addition to nutritious, low-fat meals, you’ll enjoy a variety of supervised activities geared towards helping you reach your physical and personal best.



#### You choose how to spend your week:

- Enjoy activities like aerobics, tennis, yoga, dance, golf, sailing, and sunbathing
- Shopping in nearby towns of Charlevoix, Petoskey, and Harbor Springs
- Massages available
- For adult women only

Join us Saturday, August 20 through Thursday, August 25, 2005 for only \$450 per person. Register by March 1, 2005 and receive a 10% discount!

For more information or to register visit us at our website [www.campseagull.com](http://www.campseagull.com) or call us at 231-547-6556

## share your success

Interested in sharing your story of success with weight loss with other members? We’d love to hear from you and celebrate your success. If you are interested in submitting your story for publication in this magazine, ask your Leader for a publicity release form or log on to our website at [www.ww-wmi.com](http://www.ww-wmi.com) to download the form. Completed forms should be sent to:

Weight Watchers of Western MI, Inc.  
9404 Maltby Rd.  
Brighton, MI 48116

# The Perfect Fit

**Lost:**  
108.75 pounds

**Gained:**  
Father-daughter time



**Aaron Smith finds Weight Watchers to be the perfect fit for his lifestyle in more ways than one**

**B**oy, it's great when everything fits! You look better, you feel better and let's face it... shopping is much easier. But how easy is it to find the perfect fit? Easier than you may think...

In more ways than one, Lifetime Member Aaron Smith found the perfect fit with Weight Watchers. He found a program that fit his lifestyle, a wardrobe that fit his closet and a new beginning that fit his future.

We got up close and personal with Aaron about his weight-loss journey and asked him to share the behind-the-scenes of his success.

**Why did you decide to join Weight Watchers?**

"My weight was on the verge of causing serious health problems and I needed to do something about it."

**What do you like most about Weight Watchers and the TurnAround™ program?**

"I really liked how easy it was to integrate Weight Watchers into my everyday life. Plus, with the new TurnAround™ program and its Flex Plan, I was able to enjoy my favorite foods and still lose the weight."

"Another great tool I used were the meetings. Each meeting represents

a brand new week, so even if you happen to fall by the wayside, you can put it behind you and start over with a brand new week!"

**Many members have something to keep them focused on their goal. Describe an anchor you used to keep on track.**

"Actually, I had a couple of anchors. The first was the idea of once again being able to shop in "normal" stores instead of "big men's" stores. The other anchor was the thought of having a good excuse for buying RenFaire Garb!"

**Did you join with a friend? If so, how has following the Program with a friend help you stay motivated?**

"I was lucky enough to join with my wife. However, when she became pregnant with our first child, she had to put Weight Watchers on hold. Even though she wasn't on the Program, she was always there to offer her support to me, which helped immensely."

**At what moment did you know that Weight Watchers had made a difference in your life?**

"Before I started Weight Watchers, I could only shop at the "big men's" clothing stores. So the first time I went out to buy new clothes (after losing the weight) and realized that I could go into ANY store and find something that would fit... I was exhilarated!"

**How has your approach to life, food and activity changed since you began Weight Watchers?**

"The biggest thing I've learned from

Weight Watchers is the fact that really fattening foods are so unnecessary. There are so many tricks and alternatives to making dishes that are just as delicious – or even more delicious – that eating healthy becomes downright easy!”

**Is there anything else you would like to share about your Weight Watchers experience?**

“Yes there is. The most significant outcome of my weight-loss success is the improvement of my health. Before

**Plus, with the new TurnAround™ Program and its Flex Plan, I was**



Weight Watchers member Aaron Smith before she lost 108.75 pounds on the Weight Watchers program.

**able to enjoy my favorite foods and still lose the weight.**

Weight Watchers, I had trouble with sore knees and backaches whenever I would walk. I also had trouble with really bad heartburn, which until it was diagnosed, showed itself as chest pains...scary stuff.”

“It was these discomforts that caused me to join Weight Watchers in the first place, and now that I’ve lost the weight, all of those problems have disappeared. Sure they were minor aches and pains, but I see them as “pre-cursors” to what I was headed for if I didn’t do something about my weight. The importance of this has greatly increased now that I’ve become a father. The added bonus is that now that I am lighter, I should have an easier time keeping up with my daughter when she becomes more mobile.”

*Results are individual and not typical.*



## Making the Wise Choice

Studies show that opting for foods high in water and fiber content is key

As many people search labels for low amounts of everything from fat grams to calories, a recent scientific review says there are two nutrients that serve them well in high quantities of water and fiber—the main characteristics of low-energy density foods.

Recent news is consistent with Weight Watchers communication: eating foods with fewer calories per volume scientifically termed “low-energy density” foods may actually help achieve sustainable weight loss. While the term low-energy density sounds scientific and complicated, the concept is quite simple: make “smarter” food choices, and one can eat enough food to not feel deprived and still lose weight. The secret weapon of these foods is their ability to provide eating satisfaction and to create a feeling of fullness without a lot of calories.

How? First of all, low-energy density foods tend to be loaded with water, air or fiber, which adds calorie-free volume to food, and has a big impact on how much of a food one eats. In other words, it makes one feel satisfied with fewer calories. Secondly, these foods are typically lower in fat, a notorious source of “hidden” calories.

A common example of where one can make wise choices is breakfast foods. Grapes are a better choice than raisins because they contain more water and have a lower energy density; and a cup of hot oatmeal has a much lower energy density than a cup of granola due to its higher water content.

Other examples of foods low in energy density are:

- Vegetables such as celery, cucumbers,

lettuce and tomatoes

- Fresh fruits such as pears, berries and melons (not dried or dehydrated fruits)
- Non-creamy soups such as bean soups, veggie soups, broths
- Cooked grains such as oatmeal, brown rice and couscous

Examples of foods with a high-energy density include:

- Pretzels, chips and crackers
- Fried foods
- Nuts
- Sugary snacks

“Focusing on low-energy density foods increases eating satisfaction with fewer calories, an important element in achieving sustainable weight loss,” said Karen Miller-Kovach, M.S., R.D., Chief Scientist at Weight Watchers International, Inc. “And, in addition to the weight-loss benefits, incorporating wholesome, less-processed foods is good for your overall health and well-being.”

Weight Watchers has put its years of experience and scientific study into learning what works for healthy, maintainable weight loss, and the new TurnAround™ program is the result. With TurnAround, people can achieve healthy weight loss through a comprehensive weight-loss approach that incorporates individual needs and preferences.

Members can now choose between two food plans: our flexible **POINTS®** plan, or our new no-counting plan that focuses on a list of wholesome foods from all the food groups. Both plans can help one make wise food choices while fitting comfortably in your life, so you can stick to it and lose. **W**



# Lift Weight, Lose Weight

Pumping iron can pump up your metabolism

**B**y now you may have heard one of the great things about muscle: it burns more calories than fat does. In fact, you'll experience this benefit even while at rest—whether you're sleeping, fishing, or even on the couch watching a good ball game. Your muscles are at work burning calories even when the rest of your body seemingly isn't.

And that's only the tip of the weight training iceberg. On top of increased metabolism, pumping iron can also inhibit the loss of strength, bone density and muscle mass that typically comes with age; by and

large, most inactive people may lose about 10 percent of their lean muscle mass for each decade after age 30. Weight training helps to slow or reverse this process. What's more, it can stimulate and strengthen bones, helping to avoid osteoporosis. As with running and other aerobic exercises that help strengthen your heart—which is a muscle itself—your body adapts to the stress of weight training and ultimately becomes stronger as a result.

Another piece of good news is that you don't have to spend 3 hours at the gym every day to improve your health through weight or strength

training: as little as 20 or 30 minutes of moderate activity a few times a week may be enough to help speed up your weight loss.\*

Universal weight machines can be a great way to begin weight training. These devices feature a variety of different exercises and encourage proper form through a series of bars, cables, and weights. This stability also reduces the risk of injury, which in most cases results from poor technique. They also offer you the chance to either isolate certain muscle groups or work several together, depending on which type of equipment you use.

One helpful rule of thumb is to start out with a weight that you can comfortably lift eight times ("repetitions"). Once you can lift it for twelve repetitions, try increasing the weight by about 10 percent, but no more than that. Studies have shown that a single set of 12 repetitions with the proper weight can build muscle just as efficiently as three sets of the same exercise. This bodes well for those with a tight schedule!

After you've become familiar with weight training and your body's strength, you may also want to try working with "free weights" like dumbbells and barbells. Dumbbells in particular are a great option for working out at home, as they require much less space and are more affordable than a machine or weight bench. Speaking with your doctor or a professional trainer can help you determine which exercises will be best for your ongoing goals and needs.

As with other health and nutrition information, Weight Watchers is a great resource for understanding the "big picture" of weight loss and how it fits into your overall lifestyle. Ask your meeting room Leader or check your membership materials for more information on Activity *POINTS*® and their role in losing weight successfully.

*\*Always consult your physician before beginning any exercise program.*

**Stay tuned for more articles especially for men coming soon in this publication and on our website, [www.ww-wmi.com](http://www.ww-wmi.com)!**

# Back to the Basics



Savory meal ideas that keep meat and vegetables on your plate all year through

**W**e have turned the corner into the New Year and left the hustle and bustle of the holidays behind. Remember the hours of shopping, the late-night parties, the juicy turkey, and of course all the sweet treats...but just because the holidays are over does not mean that all the good eating has to end too.

This year Weight Watchers is giving you more to sink your teeth into featuring recipes that are high in energy and tastes that are off the charts. Perfect for any meal, these recipes go back to the roots of what a good, hearty meal is all about—meats and veggies. Meats and vegetables are good sources of low-energy dense foods that leave you feeling satisfied, while at the same time contributing to a healthy weight loss.

As you look to bring more to your table in the new year, be sure to include these fabulous recipes: **Moroccan Carrots and Sugar Snap Peas, Thyme-Roasted Chicken with Sherry Gravy and Tandoori Chicken Skewers.**

A great choice for the Core Plan member, Moroccan Carrots and Sugar Snap Peas make a delicious main dish any night of the week. Just add brown rice for even more flare. Make it for dinner one day and carry it as a hot lunch the next.

Thyme-Roasted Chicken with Sherry Gravy and Tandoori Chicken Skewers are perfect for those who like a little meat in their meal. Flavored with the spices and produce found right in your very own garden, these recipes are sure to become a family favorite



## moroccan carrots and sugar snap peas

Cumin, curry powder, and lemon juice infuse this easy vegetable dish with great flavor.

- 1 (½-pound) package baby carrots (about 2 cups), halved lengthwise
  - ¼ pound fresh sugar-snap peas (about 1½ cups)
  - 1 teaspoon olive oil
  - 1 teaspoon ground cumin
  - ½ teaspoon curry powder
  - 2 teaspoons fresh lemon juice
  - ¼ teaspoon salt
1. Bring 1 inch of water to a simmer in a medium skillet. Add the carrots and cook 5 minutes. Add the sugar-snap peas and cook until both vegetables are crisp-tender, about 2 minutes longer. Drain the vegetables in a colander.
  2. Heat the oil in the skillet over medium-high heat. Add the cumin and curry powder; cook, stirring constantly, until fragrant, 15-30 seconds. Add the vegetables, lemon juice, and salt; cook, stirring constantly, until heated through, 2-3 minutes.

Makes 4 servings. **POINTS®** value per serving: 1 (about 1 cup), 48 Cal, 2 g Fat, 0 g Sat Fat, 0 g Trans Fat, 0 mg Chol, 169 mg Sod, 8 g Carb, 2 g Fib, 1 g Prot, 35 mg Calc.

Recipe from Weight Watchers TurnAround Program Cookbook: 125 Easy Recipes for Both the Flex and Core Plans ©2004 Weight Watchers International, Inc.

 Indicates Core Plan recipe

## thyme-roasted chicken with sherry gravy

- 1 (4½-pound) roasting chicken
  - 1 (½-ounce) bunch fresh thyme, leaves removed
  - 1 large garlic clove
  - ½ teaspoon salt
  - 2 large carrots, finely chopped
  - ½ fennel bulb, finely chopped
  - 2 shallots, finely chopped
  - ⅔ 1¼ cups low-sodium chicken broth
  - ¼ cup dry sherry
  - 1 tablespoon all-purpose flour
  - 2 tablespoons cold water
1. Preheat oven to 350°F. Spray a roasting pan with nonstick spray.
  2. Remove the large fatty flaps from around the neck cavity of the chicken, being careful not to cut into the skin covering the breast. Finely chop the thyme, garlic, and salt on a chopping board. Carefully rub the mixture under the skin of the chicken, over the breast and legs. Tuck the wings behind the chicken and tie the legs together with kitchen twine.
  3. Combine the carrots, fennel, and shallots in the center of the roasting pan. Place the chicken, breast-side up, on the vegetables; roast 20 minutes. Pour 1/3 cup of the broth over the chicken; roast 30 minutes. Pour another 1/3 cup broth over the chicken; roast until an instant-read thermometer inserted in the thigh registers 180°F, 20-25 minutes more. Transfer the chicken to a board; let stand 10 minutes. Discard the twine and skin, then transfer the chicken to a platter and carve.
  4. Meanwhile, add the sherry to the juices and vegetables in the roasting pan; bring to a boil, scraping up the browned bits from the bottom of the pan. Strain through a fine strainer into a 2-cup measure, pressing the vegetables to extract their liquid. Add broth (if necessary) to equal 2 cups. Let the gravy stand 1-2 minutes until the fat rises to top; spoon off all fat (3-4 tablespoons). Blend the flour and water in a saucepan; gradually stir in the gravy. Cook, stirring constantly, until the mixture boils and thickens. Serve with the chicken.

Makes 8 servings. **POINTS®** value per serving: 4 (1/8 of chick with ¼ cup gravy), 176 Cal, 6 g Fat, 2 g Sat Fat, 74 mg Chol, 225 mg Sod, 3 g Carb, 0 g Fib, 26 g Prot, 27 mg Calc.

Recipe from Weight Watchers Entertains with chefs from The Culinary Institute of America ©2002 Weight Watchers International Inc.

## tandoori chicken skewers

What's the secret of great tandoori? The spices. Selecting and toasting whole spices, instead of relying on ground spices or using a commercial curry blend, makes all the difference. For our spice blend, we choose whole cumin, coriander, and cardamom seeds.

- Juice of 1 lemon
  - ½ teaspoon salt
  - 1½ pounds skinless boneless chicken breasts, cut into chunks
  - ½ teaspoon saffron threads, crushed
  - ¼ cup boiling water
  - 1 cup plain fat-free yogurt
  - 2 tablespoons grated peeled fresh ginger
  - 4 garlic cloves, minced
  - 1 teaspoon cumin seeds, toasted
  - 1 teaspoon cardamom seeds, toasted
  - 1 teaspoon coriander seeds, toasted
  - ½ teaspoon cayenne
1. Combine the lemon juice and salt in a large bowl; add the chicken and toss to coat.
  2. Place the saffron threads in a cup; add the boiling water and let the mixture come to room temperature. Add the saffron mixture to the chicken; toss again to coat. Cover and refrigerate at least 30 minutes or up to 3 hours.
  3. Combine the yogurt, ginger, garlic, cumin, cardamom, coriander, and cayenne in a large zip-close plastic bag; mix well. Add the chicken, seal the bag, and turn several times to coat. Refrigerate the chicken, turning the bag occasionally, 2 hours or overnight.
  4. Soak 12 (6-inch) wooden skewers in enough water to cover for 30 minutes.
  5. Spray a broiler rack with nonstick spray. Preheat the broiler.
  6. Remove the chicken from the yogurt marinade; discard the marinade. Thread the chicken onto the skewers, leaving about ¼ inch between the pieces. Broil the skewers 5 inches from the heat, turning frequently, until browned and cooked through, 5-7 minutes.

Makes 6 servings. **POINTS®** value per serving: 3 (2 skewers), 150 Cal, 2 g Fat, 0 g Sat Fat, 65 mg Chol, 290 mg Sod, 6 g Carb, 0 g Fib, 28 g Prot, 92 mg Calc.

Recipe from Weight Watchers Entertains with chefs from The Culinary Institute of America ©2002 Weight Watchers International Inc.

# Products for Success

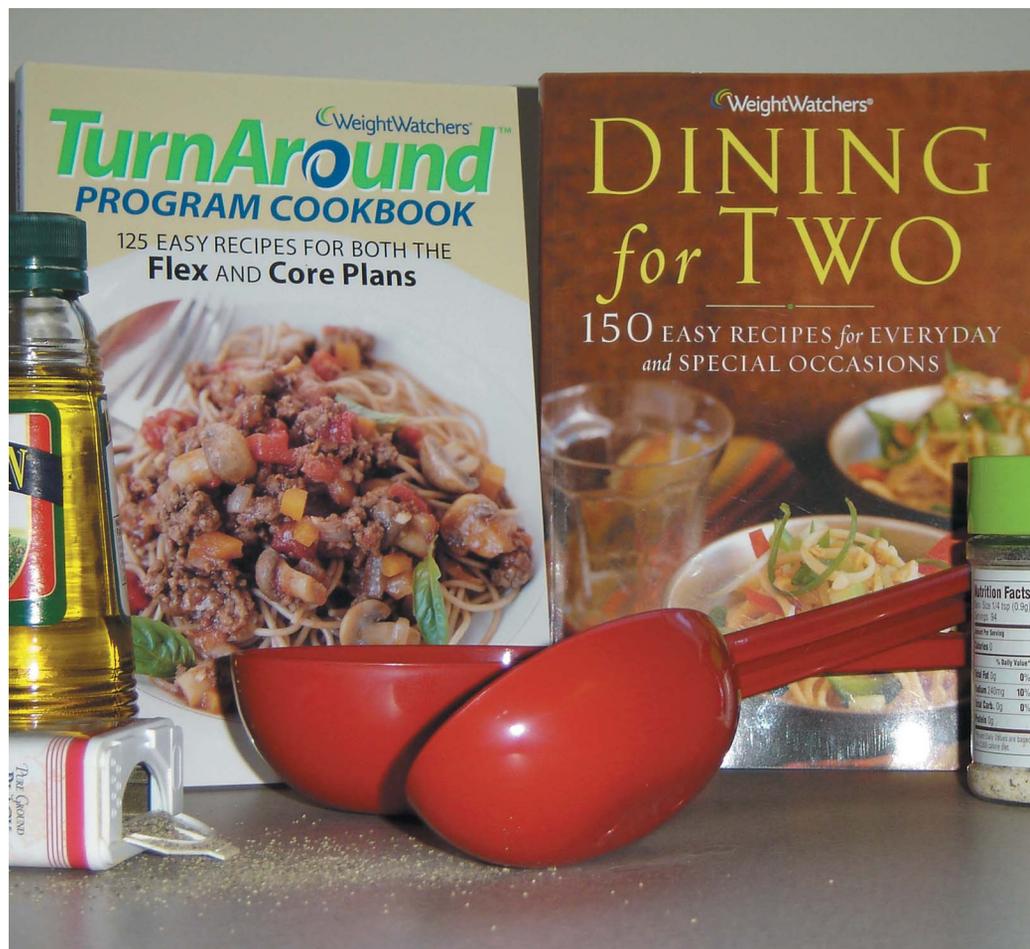
Weight Watchers offers two new cookbooks for both our Flex and Core Plan members stock full of even more delicious recipes

We have two new additions to our cookbook collection just for you. Both cookbooks are designed for our Flex and Core Plan members.

Our TurnAround™ Program Cookbook offers 125 easy recipes. Inside this exciting new cookbook you'll find all the meal ideas you'll ever need with tasty dishes that satisfy both Core and Flex Plan members. Tempt your taste buds with dishes like Roast Chicken with Garlic Potatoes, Broccoli-Cheese Soup and Veggie Stuffed Peppers.

Flying solo tonight or planning a romantic rendezvous? With Weight Watchers Dining for Two, our newest collection of 150 recipes, there's no need to fall off your weight-loss plan. In Dining for Two, you'll find simple, speedy, delicious recipes that make just enough for two. Try tasty recipes like Caribbean Pork Rolls, Grilled Shrimp Caesar Salad and Tortilla Bean Soup.

Try one of these exciting new cookbooks today and try one of these mouth-watering recipes tonight!



## ESSENTIALS

### Dining Out Companion

Step out for breakfast, lunch or dinner on the town, *POINTS*® values and all. Over 100 nationwide menus listed to stay on track.

Cost: \$8.00

### Complete Food Companion

Cuisine meets confidence in this guide containing over 17,500 foods for *POINTS*®-conscious meal preparation.

Cost: \$8.00

### My QuikTrak Diary

Spiral-bound and ready for 12 weeks of progress, this handy "pocketbook" also features weekly Notes and Action Steps sections.

Cost: \$4.00

### Member Organizer

A place for everything, even success. Holds program materials and Food Companions, with an outside zipper pocket for keys or cash.

Cost: \$7.00

## COOKBOOKS

### Dinner Tonight Cookbook

The options in this special edition are endless, from weeknight meals to plenty of recipes with *POINTS* values of 5 or less.

Cost: \$13.00

### Easy Pickings Cookbook

Indulge yourself with new ways to work fruits and vegetables into your diet. Don't be surprised to find some new family favorites here.

Cost: \$13.00

### In Good Time Cookbook

If patience is one of your many virtues, you may find all the meals you need here: healthy, slow-cooking recipes to have dinner ready right when you get home.

Cost: \$13.00

### Meals in Minutes Cookbook

Put more time on the clock with over 150 quick, yet delicious and satisfying recipes—all your favorites in one handy guide.

Cost: \$13.00

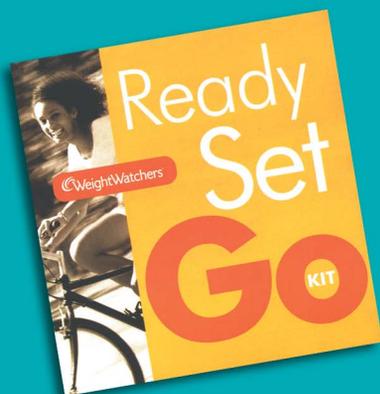
### TurnAround™ Program Cookbook

The best of our new TurnAround program: 125 mouth-watering, super-easy, low *POINTS* values recipes that work for both those following the Core Plan as well as the Flex Plan.

Cost: \$13.00

# Ready, Set, Go!

Jump-start the year  
with our NEW  
TurnAround™ Program!



Choose the approach that fits you best with TWO great ways to lose weight - our Flexible **POINTS®** Plan or our NEW no-counting Plan. With these two eating plans, the TurnAround Program gives you maximum flexibility and control to handle every life - plus those unexpected cravings - and still lose weight.

Join before January 29, 2005 and receive your very own "Ready, Set Go!" Kit for FREE while supplies last! Offer valid only in area 044.

## TurnAround™ Program Cookbook

The best of our new TurnAround program: 125 mouth-watering, super-easy, low **POINTS** values recipes that work for both those following the **Core Plan** as well as the **Flex Plan**.

Cost: \$13.00

## Two's Company Cookbook

Two seats at the dinner table mean there's still plenty of room for this collection of recipes, indexed by **POINTS** values. This cookbook features 131 recipes perfectly proportioned for a pair.

Cost: \$13.00

## Winner's Circle Cookbook

Looking for delicious recipes that taste great and can help you lose weight? Your search is over! Weight Watchers Winner's Circle includes 145+ tasty prize-winning recipes compiled from Weight Watchers leaders, members, and others who have lost weight.

Cost: \$13.00

## DELICIOUS DELIGHTS

### Fruities

All of the taste to satisfy your sweet tooth, none of the guilt. Great sugar-free flavors include Lemon, Blackberry, Cherry, Strawberry and Orange with a **POINTS** value of only 1 per pack!

Cost: \$3.00 per tripack

### Just 2 **POINTS**! All Day Breakfast Bars

It's easy to find time for breakfast when it tastes this good! Start your day right with the delicious flavor of bananas and toffee plus 17 vitamins and minerals.

Cost: \$5.00 (box of 5)

### Just 2 **POINTS**! Nutritional Snack Bars

All the rich, nutritious flavor you can get for 2 **POINTS**. Take six varieties with you anywhere, including Fudgy Peanut, Oatmeal Raisin, Chocolate Caramel, Chocolate Crisp, Chocolate Mint, and Peanut Caramel.

Cost: \$5.00 (box of 4)

### Smoothies

What a delicious, creamy way to get a healthy dose of calcium! If you're tired of plain milk and nonfat yogurt, you can get flavors like new Caramel Cappuccino, Creamy Chocolate, or French Vanilla for a **POINTS** value of only 1 per serving.

Cost: \$7.00 (box of 7 servings)

## TOOLS FOR SUCCESS

### Day Tracker

Once you've chosen a plan, be sure to choose the right tools—including this durable folder to help track and journal.

Cost: \$4.00

### Gulp Mug

This unbreakable mug is translucent so you can gauge your water intake! Features include: spill-proof lid, flexible straw, and holds 4 full glasses of water.

Cost: \$5.00

### Measure•Rite™ Pre-Measured Serving Spoons

Pre-measured to one cup and half cup increments for perfect portioning at the dinner table! Available in red and white.

Cost: \$8.00

### Measure•Rite™ Measuring System

This 6-piece set includes four double sided measuring spoons with built-in levellers and flat bottoms, and the original pre-measured 1 cup and half cup serving spoons. Available in black.

Cost: \$12.00

### POINTS Bracelet

Keeping track of your daily **POINTS** values has never been easier or more convenient. Slip this stylish beaded bracelet on and forget the pencil and paper!

Cost: \$8.00

## EXERCISE VIDEOS & DVDS

### Complete Workout Series

These three 30-minute workout videos can be purchased as a set. Featured in varying intensities and available in VHS or DVD (set only) format.

Cost: \$30.00

### Get Started! Workout Video

There's no better place to begin your exercise program than here. A 30-minute, total body light-intensity program available in VHS format.

Cost: \$13.00

### Get Moving! Workout Video

Keep the activity going with the second of three videos. Moderate intensity, 30-minute workout available in VHS format.

Cost: \$13.00

### Get Fit! Workout Video

Ready to step your workout? If so, try this high-intensity workout video filled with new ways to lose. Available in VHS format.

Cost: \$13.00

# Congratulations

We would like to celebrate the achievement of our newest Lifetime Members. Cheers!



Dear New Lifetime Member,

**Congratulations!** You've reached your goal weight! The rules for FREE Lifetime Membership are on the back of your new Weight Watchers Lifetime Book.

Sophia Branoff, our founder, was an inspirational woman who often repeated that the success of our members comes not just from the Weight Watchers food plan, but in large part from the support of our meeting Leaders and friends losing along with us. She reinforced the need to stay in touch with the original reasons you lost your weight, and to keep coming to meetings. We've found through more than 40 years of experience that Lifetime Members who maintain their weight loss are the ones who come to meetings at least once per month.

Share your success by becoming a Weight Watchers staff member. If you're interested in helping others, call 1-800-572-5727. We'd love to have you on our staff!

Again, our congratulations and best wishes for continued success in everything you do!

With warmest regards,

Dennis Branoff  
CEO and Area Director  
Weight Watchers of Western MI, Inc.



Kathleen Abbott .....	Holland	Dorothea Barr .....	Portage	Joy Boger .....	Lake Odessa
Sharon Adams .....	East Lansing	Bridget Barratt .....	Mulliken	Cheryl Bontreger .....	Goshen
Michelle Albaitis .....	Grand Rapids	Kathleen Baxter .....	Jenison	Shirley Brackman .....	North Adams
Judie Albarella .....	Granger	Kathy Beard .....	Wyoming	Mary Braman .....	Lansing
Kelly Ales .....	South Bend	Mary Becker .....	Wyoming	Karla Brenneman .....	Elkhart
Cindy Allan .....	Grand Rapids	Stephanie Becker .....	Freeport	Billie Brocht .....	Adrian
Tony Ames .....	La Porte	Terri Bedell .....	Bristol	Jane Brooks .....	Three Rivers
Traci Anderson .....	Comstock Park	Amy Beebe .....	Kalamazoo	Jean Brouwer .....	Grand Rapids
Ora Mae Angell .....	Battle Creek	Phyllis Beehler .....	Niles	Cheryl Brouwers .....	Allendale
Jamie Ardis .....	Muskegon	Jenny Bellman .....	Osceola	Janet Brown .....	Adrian
Kathleen Augustine .....	Jackson	Tom Belson .....	Nashville	Rebecca Brown .....	Richland
Cindy Aven .....	Haslett	Linda Berry .....	Shepherd	Ruth Brown .....	Middleville
Debra Bach .....	Belding	Nakia Betz .....	Lansing	Karen Bruening .....	East Lansing
Barbara Backus .....	East Lansing	Sandra Billingsley .....	Dewitt	Susan Brunetz .....	Tecumseh
Erin Baker .....	Dewitt	Barbara Bishop .....	Granger	Julie Burns .....	Wyoming
Yvonne Balk .....	Dorr	Melony Bishop .....	Kalamazoo	Lori Burrow .....	South Bend
Danielle Balsitis .....	Morley	Connie Blain .....	Middleville	Joyce Bushard .....	Grand Ledge
Angie Banister .....	Mason	Stephanie Blauwkamp .....	Grandville	Jerry Bushong .....	Elkhart
Sherry Baril .....	Manitou Beach	Lisa Bly .....	Eaton Rapids	Roe Capizzo .....	Coloma
Tammy Barnett .....	Battle Creek	Valerie Blyskal .....	Britton	Sharon Cardosa .....	Dorr

## Top Ten Post-Goal Success Tips

Keep your motivation going strong with just 10 easy strategies

### 10. Celebrate the here and now!

Don't look too far ahead. As long as you're committed to your plan, you're succeeding, because you're taking charge of your life.

**9. Change your language.** Leave behind those negative remarks such as, "No" "I can't" or "I'll try," and substitute them with "Yes!" "I can" and "I will".

**8. Create visual inspiration.** Take a photo of yourself before you started a weight-loss plan and tack it on the refrigerator, bedroom or bathroom mirrors, or inside the food cupboard.

**7. Weigh in.** Weigh in at and attend your Weight Watchers® meeting at a minimum on a monthly basis, and keep a chart of the results.

**6. Believe in buddy power.** Exercising with friends is always more fun. Schedule days you can meet, and if one of you tries to bow out, act as the other's conscience.

**5. Steer clear of sabotage.** Avoid people who have a negative attitude towards your healthy lifestyle.

**4. Set mini goals.** Small goals are easier to achieve, which in turn make you feel more successful and motivated. In other words, keep each day doable.

**3. Reward yourself.** When you've reached a goal (remember they can be anything) you deserve a reward.

**2. Keep it out.** Don't store your exercise gear under the bed. Treadmills, bicycles, weights, even sneakers and exercise outfits should be left in plain view.

**1. Read success stories!** Inspiration often comes from reading about the way others have found success.

Carolyn Carlson .....	Bailey	Julie English .....	Granger
Shirley Carpenter .....	Morenci	Denise Fairbrother .....	Holland
Geraldine Cawthra .....	Holland	Kim Fairleigh .....	Mishawaka
Alida Cerny .....	Granger	Christine Fase .....	Rockford
Barbara Chapman .....	Mason	Nancy Feenstra .....	Wyoming
Natalie Church .....	Jenison	Kim Feldt .....	Big Rapids
Susan Clark .....	South Bend	James Fenney .....	South Bend
Tina Cobb .....	Big Rapids	Patricia Fenney .....	South Bend
Karen Cook .....	Alto	Berti Ferree-Young .....	South Haven
Carolyn Council .....	Muskegon	Linda Finch .....	Concord
Jane Courtney .....	Grand Rapids	Nancy Fleck .....	Lansing
Dawn Cousino .....	Holt	Jennifer Fletcher .....	Knox
Becky Cowley .....	Portage	Cindy Folkert .....	Zeeland
Linda Craig .....	Battle Creek	Dana Ford .....	St. Joseph
Daniel Crampton .....	Kalamazoo	Sally Franklin .....	Elkhart
Diana Crawford .....	Harrison	Michelle Freel .....	South Bend
Yvonne Creamer .....	Lansing	Linda Teresa From .....	Jerome
Donna Cressman .....	Lansing	Roxann Fry .....	Shepherd
Judy Crup .....	Hudson	Amy Furstenberg .....	Tecumseh
Peggy Cushard .....	Paw Paw	Patricia Galey .....	Holt
Melissa Cutcliffe .....	Elkhart	Shirley Gardner .....	Zeeland
Sharon Cymes .....	Tipton	Phyllis Garrow .....	Nunica
Dianne Dandino .....	South Bend	Amy Gephart .....	Holt
Cathy Darnell .....	Coldwater	Jill Gilbert .....	Lakeview
Teri Datte .....	Parma	Doris Godbold .....	Big Rapids
Tina Davis .....	Grand Haven	Char Goldstein .....	Schoolcraft
Patricia Davison .....	Farwell	Melody Goltz .....	Grand Rapids
Sheila Davison .....	Cement City	Luane Goodman .....	Portland
Danielle Debroka .....	Edwardsburg	Thomas Gottschalk .....	Grand Rapids
Jason Deckard .....	North Liberty	Gayle Greeley .....	Grand Haven
Barb Dehoop .....	Jenison	Karyle Green .....	Mishawaka
Bonnie Dekoning .....	Wayland	Barb Groenendyk .....	Comstock Park
Sandra Delavergne .....	Holland	Sara Gulker .....	Hudsonville
Anita Demps .....	Lansing	Sheila Guston .....	Grand Rapids
Anne Marie Desantis .....	Rockford	Debbie Haggai .....	Grand Rapids
Kristina Devries .....	Allendale	Barbara Hall .....	Kalamazoo
Amy Dickman .....	Grandville	Carol Hall .....	Three Rivers
Polly Diehl .....	Holland	Eileen Handley .....	Swartz Creek
Betty Doenges .....	Angola	Sandra Hanford .....	Big Rapids
Joel Dorgelo .....	Zeeland	Colleen Haning .....	Three Rivers
Tracy Doyle .....	Marne	Shirley Harris .....	Spring Lake
Liz Drechnowicz .....	Jackson	Julie Harrison .....	Lawton
Jennifer Driver .....	Mulliken	Lindsay Heckman .....	La Porte
Roger Duguid .....	Jackson	Tania Helm .....	St. Joseph
Shirley Dunbar .....	Constantine	Eva Jane Hemminger .....	Jackson
Steven Durren .....	Adrian	Jane Henrickson .....	Shelby
Joanne Dutcher .....	Eaton Rapids	Sandy Herman .....	Coloma
Lawrence Dykema .....	Zeeland	Lena Hibma .....	Holland
Becky Dykstra .....	Brooklyn	Ryan Hield .....	Holland
Kirsten Edlund .....	Fruitport	Louise Hill .....	Adrian
Judy Edwards .....	Belding	Marj Hirt .....	Jenison
Jamie Eggleston .....	Osceola	Hanh Hoang .....	Fennville
Sheila Egts .....	South Bend	Dorothy Hoffman .....	Bellevue
Kerry Eldred .....	Lawton	Kim Hoffmeyer .....	Wayland
Dolores Elenbaas .....	Elkhart	Cherri Holden .....	Hastings
Michele Elms .....	St. Johns	Robert Hollenberg .....	Osceola
Amanda Emmet-Vincich .....	Jackson	Candi Hook .....	Grand Rapids
Connie Engle .....	Jackson	Isabel Horton .....	Vestaburg

Beth Hotelling ..... Grand Rapids  
 Susan Hughes ..... Adrian  
 Denise Humphrey ..... Nunica  
 Donna Humphreys ..... Hersey  
 Angela Hutchins-Ellis ..... Portage  
 Denise Jacobs ..... Holland  
 Karen Jako ..... Lawrence  
 Donnah Jakubowski ..... Wayland  
 Wendy Jakus ..... St. Johns  
 Joni Jeffrey ..... Bronson  
 Janette Johnson ..... Grand Junction  
 Richard Johnson ..... Alto  
 Susan Johnson ..... Plymouth  
 Carol Jones ..... Scottville  
 Cindy Jones ..... Elkhart  
 Kim Junkins ..... Battle Creek  
 Debra Jura ..... Six Lakes  
 Luanne Kantor ..... Rockford  
 Deb Karasinski ..... Jenison  
 Gary Keller ..... Holland  
 Elmer Keyes ..... Gladwin  
 Elaine Kiekintveld ..... Holland  
 Luann Kindem ..... Grand Haven  
 Louis King ..... Lansing  
 Barbara Kleaveland ..... Muskegon  
 Kerry Klee ..... Grass Lake  
 Pam Klok ..... Kalamazoo  
 Cindy Knight ..... Muskegon  
 Deborah Koppers ..... Schoolcraft  
 Karen Kragt ..... Grand Rapids  
 Carolyn Kreiser ..... Ada  
 Amanda Kronemeyer ..... Kalamazoo  
 Juel Kruse ..... Granger  
 Thomas Kuhar ..... South Bend  
 Debra Kulka ..... Union Pier  
 Joellen Kush ..... Nashville  
 Susan Kuzee ..... Allendale  
 Judy Lacks ..... Grand Rapids  
 Patty Lagrand ..... Grand Rapids  
 Sheran Lahndorf ..... Watervliet  
 Marietta Lalonde ..... Muskegon  
 Heather Lancaster ..... Augusta  
 Kelly Landgren ..... Ada  
 Daryl Larsen ..... Grand Rapids  
 Janis Lathrop ..... Fremont  
 Laurie Lee ..... Fruitport  
 Sha-Ron Lee ..... Spring Lake  
 Helen Leggett ..... Argos  
 Kathleen Lemieux ..... Stuart  
 Lana Lewis ..... Wheeler  
 Esther Lichte ..... Dewitt  
 Paula Lishewski ..... Elkhart  
 Mary Lovik ..... Okemos  
 Kathy Lubeznik ..... Michigan City  
 Catherine Lynch ..... Kalamazoo  
 Guy Lynch ..... Lansing  
 Janice Lynch ..... Lansing  
 Bette Lyon ..... Battle Creek

## RULES FOR LIFETIME MEMBERSHIP

### Lifetime Members...

- Are asked to check in at the receptionist desk each time they attend a Weight Watchers meeting.
- May attend Weight Watchers meetings at no charge, providing they: a) show proof of Lifetime Membership; b) weigh-in once each calendar month at a traditional group meeting; and c) weigh-in within 2 pounds of goal weight. If these requirements are not met, the current weekly fee for the meeting attended will be charged. Fees vary in different areas. Members are subject to the fees at the meeting(s) they attend.
- Aren't required to pay a registration fee or a missed weekly meeting fee for a Weight Watchers traditional meeting.
- Who are at free status and meet the above requirements may attend At Work® meetings throughout a 10-week series without being required to weigh-in at a Weight Watchers location. (Subject to company restrictions.)

Amy Lytle ..... Grand Rapids  
 Priscilla Macgraw ..... Hudsonville  
 Mandy Machovsky ..... Montague  
 Debra Magsig ..... Pleasant Lake  
 Linda Maiorana ..... Stanwood  
 Victoria Manning ..... East Lansing  
 Jennifer Marley ..... South Bend  
 Amy Marsh ..... Grand Rapids  
 Tina Marshall ..... Adrian  
 Selene Marsteiner ..... Cedar Springs  
 Marlene Martens ..... Casnovia  
 Colleen Martindale ..... Osceola  
 Lynn Martinelli ..... Grand Rapids  
 Kristina Mater ..... Sandusky  
 Dana Mathes ..... Lansing  
 Sue Matteson ..... Jackson  
 Kim McBride ..... Tecumseh  
 Millie McCarthy ..... Portage  
 Maryann McCollough ..... New Carlisle  
 Aliesha McDonald ..... Rockford  
 Arletta McDonald ..... South Bend  
 Phyllis McDowell ..... Muskegon  
 Jennifer McGraw ..... Grand Rapids  
 Judy McHugh ..... Jackson  
 Marilyn McKenna ..... Harrison  
 Nancy McQueen ..... Grand Rapids  
 Carol McVicker ..... Lansing  
 Michelle Medsker ..... Lawton  
 Deb Meeter ..... Grand Rapids  
 Iris Meinema ..... Zeeland  
 Ann Meinke ..... Ada  
 Lisa Melville ..... Kalamazoo  
 Sheri Meppelink ..... Hudsonville  
 Mariya Meyers ..... Kalamazoo  
 Janet Mezykowski ..... South Bend  
 Lana Miersen ..... Laingsburg

Ann Mikek ..... Okemos  
 Carol Miller ..... Muskegon  
 Laura Miller ..... Freeport  
 Carolyn Mills ..... Elkhart  
 Michelle Mireles ..... Holland  
 Leonard Mitchell ..... Ovid  
 Sandra Moll ..... Grand Rapids  
 Brenda Monroe ..... Charlotte  
 Dawnetta Montague ..... Reed City  
 Sarah Morlock ..... Paris  
 Lynn Morrell ..... Byron Center  
 Carmen Moschke ..... Shelby  
 Ruth Moyers ..... Grand Rapids  
 Darlene Myers ..... Waldron  
 Nicole Nass ..... Grand Haven  
 Sonja Navarro ..... Greenville  
 Janine Nelson ..... Lake Odessa  
 Marylyn Nitz ..... St. Joseph  
 Carol Noffsinger ..... Osceola  
 Deborah Nykamp ..... Holland  
 Larry O'Connor ..... Jackson  
 Sherri O'Connor ..... Holland  
 Karen O'Dell ..... Williamston  
 Jackie Offringa ..... Hudsonville  
 Mary Oiler ..... Elkhart  
 Maryann O'Neill ..... Vandalia  
 Susan Ortiz ..... South Bend  
 Susan Otey ..... Lansing  
 Mary Jane Otten ..... Jackson  
 Sandra Owens ..... Grand Rapids  
 Sue Owens ..... Middleville  
 Sally Palmer ..... Holland  
 Sandy Patton ..... Grand Rapids  
 Richard Peck ..... Chesaning  
 Karen Pender ..... Adrian  
 Barbara Penick ..... Pleasant Lake



# Shakin' Things Up!

Adding spontaneity to your routine brings a sense of freshness to each day

While you're losing weight, you have the gratification of watching the numbers on the scale get smaller and of hearing compliments from friends and family. Maintaining weight loss is less glamorous, however, and you have to figure out ways to replace that outward gratification and praise from others with an internal reward system. Instead of being motivated by the numbers on the scale, motivation has to start coming from how you feel—stronger, more energetic and optimistic.

Weight Watchers has a multitude of members who are successful at maintaining their weight loss, namely Lifetime Members, and they have fine-tuned their techniques for staying at goal. Now you, too, can help keep it off by keeping your success at the forefront of each day. Remembering what you've accomplished and how far you've come are great motivators when maintaining your weight.

Another great way to tap into your enthusiastic, determined alter-ego is by keeping your routine fresh and

original. Add some spice to your day and deter from getting stuck in a rut with these great suggestions:

- Wear bright red today.
- Try cooking a new cuisine, such as Chinese, Spanish or Cajun.
- Call your partner just to say, "I love you."
- Splurge on flowers for the office or dining room.
- Hit the slopes for a weekend ski trip with your friends.
- Go window-shopping with a friend.
- Wear a bold new lipstick color.
- Dance in the moonlight on a balcony or terrace.
- Push two armchairs together and give your partner a foot massage while he or she reciprocates.

It is important to not let the fear of change settle in as you look to make a new start with the new you. Keep things spontaneous and reward yourself for the mini successes along the way.

Louis Perez	Pleasant Lake
Sylvia Perkins	Kalamazoo
Heidi Peterson	Hudsonville
Dawn Petzak	Zeeland
Marian Phillips	La Porte
Mary Phillips	Lansing
Anna Pooters	Middlebury
Sharon Power	Grand Rapids
Maureen Price-Zalba	East Lansing
Darci Prins	Holland
Catherine Puetz	Grand Rapids
Kelly Purdue	Grand Rapids
Sandra Pyne	Vicksburg
Sharon Rachilla	Charlotte
Teresa Rakowsky	Kalamazoo
Darcy Ranshaw	St. Johns
George Ransome	Hastings
Jordan Raterink	Holland
Rosemary Redinger-Valli	Gladwin
Cindy Reed	Blissfield
Sean Regts	Grand Rapids
Molly Reno	Janison
Janet Richmond	Reed City
Jana Ring	Rockford
Kim Roberts	Mount Pleasant
Debby Robinson	Janison
Candace Roesch	Adrian
Kurt Romig	Holt
Diana Romsek	Fowlerville
Lorraine Rosendall	Grand Rapids
Catherine Ross	Jackson
Deborah Ross	Onsted
Donna Roush	Middleville
Sylvia Saduddin	Mishawaka
Deb Salik	Portage
Karen Salzwedel	La Porte
Elaine Saren	Hillsdale
Michelle Schaedig	Grand Rapids
Laurie Schafer	Stanwood
Kristine Schaffer	Sylvania
Gina Scherf	Knox
Ann Schiffer	Grand Rapids
Kathryn Schiffer	Ovid
Linda Schlappi	Grand Ledge
Maureen Schmidt	Allendale
Darlene Schneider	Lansing
Betty Schreuder	Decatur
Lori Schrock	Burr Oak
Paul Schudel	Albion
Patty Schultz	Granger
Linda Schwartzwalder	Blissfield
Holly Scott	Holt
Barbara Secrist	Portage
Nanette Sharpe	Mishawaka
Carolyn Shiery	Camden
Lisa Shoemaker	Paris
Chrissy Siders	Jackson
Heidi Simison	Mason
Daniel Singer	Battle Creek
Tricia Singer	Pittsford
Nicole Sinke	Hudsonville

Peggy Slattery ..... Hudsonville  
 Margaret Slot ..... Kentwood  
 Lorraine Sluder ..... South Bend  
 Bonnie Smith ..... Holland  
 Paula Smith ..... Zeeland  
 Priscilla Smith ..... East Lansing  
 Sharon Sorenson ..... Grand Rapids  
 Jessie Spradlin ..... Union City  
 Jean Stager ..... Middleville  
 Christina Stanley ..... Au Gres  
 Rebecca Steel ..... Kalamazoo  
 Judy Steele ..... Bellevue  
 Shelly Sterley ..... Portage  
 Tim Stopher ..... Lagrange  
 Janie Strickfaden ..... Allegan  
 Kari Stutzman ..... Middlebury  
 Theresa Surface ..... Hastings  
 Wendy Swartz ..... Muskegon  
 Kathy Sylvester ..... Jackson  
 Ralph Tanner ..... Delton  
 Cathy Tejchma ..... Muskegon  
 Jeni Tenbrink ..... New Era  
 Rachel Tenharmel ..... Grandville  
 Jolie Terry ..... Battle Creek  
 Patricia Teverbaugh ..... Mishawaka  
 Janelle Thomas ..... Morenci  
 Debbie Thurston ..... Wayland  
 Judy Tigelaar ..... Hudsonville  
 Geri Timmer ..... Grandville

Michael Timmer ..... Grandville  
 Debra Timmons ..... Kalamazoo  
 Jennifer Tocco ..... Grand Rapids  
 Francie Todd ..... East Lansing  
 Regan Tomlin ..... Allendale  
 Pat Torrenge ..... Muskegon  
 Leona Touse ..... Jackson  
 Kerry Traviss ..... Grand Rapids  
 Tamara Trutt ..... Okemos  
 Jill Tulchinsky ..... South Bend  
 Jackie Twa ..... Spring Lake  
 Charlotte Tylka ..... Jackson  
 Elizabeth Uzarski ..... Grand Rapids  
 Christine Valentine ..... Richland  
 Bonnie Van Eck ..... Grand Rapids  
 Dianne Van Putten ..... Byron Center  
 Marcia Vandenberg ..... Zeeland  
 Tina Vanderhoff ..... Tecumseh  
 Nancy Vanduine ..... Jenison  
 Camille Vandyk ..... Grand Rapids  
 Jennifer Vanessen ..... Grand Rapids  
 Jan Vanloo ..... Grand Rapids  
 Dianna Vannoord ..... Grandville  
 Karen Vantil ..... Byron Center  
 Jim Vaughn ..... Adrian  
 Dawn Veltema ..... Zeeland  
 Gretchen Vereeke ..... West Olive  
 Rayla Voelker ..... Six Lakes  
 Heather Vought ..... Battle Creek

Liz Vrooman ..... Ada  
 Patti Walsh ..... Grandville  
 Marilyn Ward ..... Pentwater  
 Angela Watson ..... Delton  
 Barb Watson ..... Union City  
 Ron Watson ..... Delton  
 Wendy Watson ..... Kent City  
 Shirleen Weaver ..... Wakarusa  
 Karen Weich ..... Baroda  
 Ann Wheeler ..... Battle Creek  
 Cheryl White ..... Fremont  
 Shirlee White ..... Augusta  
 Laura Whitford ..... Jackson  
 Bill Wiebenga ..... Muskegon  
 Rebecca Wiedmayer ..... Kalamazoo  
 Richard Wilson ..... Elkhart  
 Sheri Winquist-Frye ..... Cedar Springs  
 Z Kris Wisniewski ..... Lansing  
 Marge Woods ..... Quincy  
 Barbara Wright ..... Kalamazoo  
 Deborah Wright ..... Corunna  
 Ora Wright ..... Muskegon  
 Sharon Wrightson ..... New Carlisle  
 Gloria Yoder ..... Goshen  
 Ida Mee Yoder ..... Shipshewana  
 Tanya Yost ..... Ionia  
 Rachel Zeigler ..... Fenwick  
 Kelly Zemla ..... Elsie  
 Jane Zipp ..... Grand Rapids



▶ **9:05**  
 logged into Weight Watchers eTools  
 reviewed weight-loss progress  
 planned week's menu

▶ **9:18**  
 ordered a little black  
 dress to celebrate



Weight Watchers eTools. With fast, easy, intuitive resources that give you more control in less time, useful doesn't even begin to describe it.

- **POINTS® TRACKER:** Manage your weekly **POINTS** allowance and stay at your **POINTS** Target
- **RECIPE SEARCH:** Find more than 1000 delicious, official WeightWatchers.com recipes
- **WEIGHT TRACKER & PROGRESS CHART:** Enter your updated weight each week and track your progress

Weight Watchers eTools is only available to meeting room members. Ask your Leader or stop into one of our center locations to receive an eTools brochure with a special FREE trial access code.

# At Your Service

For meeting times or for any questions, call 1-800-572-5727 or visit us online at [www.ww-wmi.com](http://www.ww-wmi.com).

## CALHOUN COUNTY

Minges Creek Plaza	Battle Creek
Monday 10:30 a.m.- 7:00 p.m.	
Tuesday 9:00 a.m.- 5:00 p.m.	
Wednesday 9:00 a.m.- 5:00 p.m.	
Thursday 9:00 a.m.- 6:00 p.m.	
Friday 9:00 a.m.- 2:00 p.m.	
Saturday 8:30 a.m.- 11:30 a.m.	
<i>Closed for lunch 1:30- 2:00 p.m.</i>	

## EATON COUNTY

Delta Plaza	Lansing
Monday 9:30 a.m.- 6:00 p.m.	
Tuesday 9:30 a.m.- 6:00 p.m.	
Wednesday 9:30 a.m.- 6:30 p.m.	
Thursday 9:30 a.m.- 6:00 p.m.	
Friday 9:30 a.m.- 1:00 p.m.	
Saturday 9:30 a.m.- 12:30 p.m.	
<i>Closed for lunch 2:00- 2:30 p.m.</i>	

## ELKHART COUNTY

Easy Shopping Center	Elkhart
Monday 12:00 noon- 6:00 p.m.	
Tuesday 12:00 noon- 6:00 p.m.	
Wednesday 9:00 a.m.- 5:00 p.m.	
Thursday 9:00 a.m.- 6:00 p.m.	
Friday 9:30 a.m.- 12:30 p.m.	
Saturday 8:30 a.m.- 11:30 a.m.	
<i>Closed for lunch 1:00- 1:30 p.m.</i>	

## INGHAM COUNTY

Frاندor Shopping Center	Lansing
Monday 9:30 a.m.- 6:00 p.m.	
Tuesday 9:00 a.m.- 6:00 p.m.	
Wednesday 9:00 a.m.- 7:30 p.m.	
Thursday 9:30 a.m.- 6:00 p.m.	
Friday 6:00 a.m.- 3:00 p.m.	
Saturday 9:00 a.m.- 1:00 p.m.	
<i>Closed for lunch 2:00- 2:30 p.m.</i>	

## ISABELLA COUNTY

Stadium Mall	Mt. Pleasant
Monday 5:00 p.m.- 6:00 p.m.	
Tuesday 9:30 a.m.- 5:00 p.m.	
Wednesday 10:30 a.m.- 5:00 p.m.	
Thursday 9:00 a.m.- 5:00 p.m.	
Friday 7:30 a.m.- 3:00 p.m.	
Saturday 8:30 a.m.- 11:30 a.m.	
<i>Closed for lunch 1:30- 2:00 p.m.</i>	

## JACKSON COUNTY

Jackson Crossing Mall	Jackson
Monday 9:30 a.m.- 6:00 p.m.	
Tuesday 9:30 a.m.- 6:00 p.m.	
Wednesday 9:30 a.m.- 6:00 p.m.	
Thursday 9:30 a.m.- 7:30 p.m.	
Friday 9:30 a.m.- 5:00 p.m.	
Saturday 8:30 a.m.- 11:00 a.m.	
<i>Closed for lunch 2:00- 2:30 p.m.</i>	

## KALAMAZOO COUNTY

Southland Mall	Kalamazoo
Monday 9:00 a.m.- 6:00 p.m.	
Tuesday 9:00 a.m.- 7:30 p.m.	
Wednesday 9:00 a.m.- 6:30 p.m.	
Thursday 9:00 a.m.- 6:00 p.m.	
Friday 9:00 a.m.- 4:00 p.m.	
Saturday 8:30 a.m.- 11:30 a.m.	
<i>Closed for lunch 1:30- 2:00 p.m.</i>	

## KENT COUNTY

Kentwood Towne Center	Grand Rapids
Monday 9:00 a.m.- 6:00 p.m.	
Tuesday 7:30 a.m.- 7:30 p.m.	
Wednesday 9:00 a.m.- 6:00 p.m.	
Thursday 9:00 a.m.- 6:00 p.m.	
Friday 7:30 a.m.- 1:00 p.m.	
Saturday 8:30 a.m.- 1:00 p.m.	
<i>Closed for lunch 2:00- 2:30 p.m.</i>	

## Plainfield Plaza

Plainfield Plaza	Grand Rapids
Sunday 1:00 p.m.- 2:00 p.m.	
Monday 9:00 a.m.- 6:00 p.m.	
Tuesday 9:00 a.m.- 7:30 p.m.	
Wednesday 9:00 a.m.- 6:00 p.m.	
Thursday 7:30 a.m.- 7:30 p.m.	
Friday 6:30 a.m.- 2:00 p.m.	
Saturday 8:00 a.m.- 1:00 p.m.	
<i>Closed for lunch 2:00- 2:45 p.m.</i>	

## Wyoming Village Mall

Wyoming Village Mall	Wyoming
Monday 9:00 a.m.- 7:30 p.m.	
Tuesday 9:00 a.m.- 6:00 p.m.	
Thursday 8:00 a.m.- 6:00 p.m.	
Friday 8:00 a.m.- 1:00 p.m.	
Saturday 8:00 a.m.- 11:00 a.m.	
<i>Closed for lunch 2:00- 2:30 p.m.</i>	

## LAPORTE COUNTY

Lake Park Plaza	Michigan City
Thursday 11:30 a.m. - 6:00 p.m.	
Friday 9:00 a.m.- 5:00 p.m.	
<i>Closed for lunch 2:30- 3:00 p.m.</i>	

## LENAWEE COUNTY

Adrian Mall	Adrian
Monday 10:00 a.m.- 6:00 p.m.	
Thursday 10:00 a.m.- 6:00 p.m.	
Friday 9:00 a.m.- 1:00 p.m.	
Saturday 8:30 a.m.- 12 noon	
<i>Closed for lunch 1:30- 2:00 p.m.</i>	

## MUSKEGON COUNTY

Quarter-Apple Mall	Muskegon
Monday 9:00 a.m.- 6:00 p.m.	
Tuesday 11:30 a.m.- 7:30 p.m.	
Wednesday 9:00 a.m.- 6:00 p.m.	
Thursday 8:00 a.m.- 6:00 p.m.	
Saturday 8:00 a.m.- 11:00 a.m.	
<i>Closed for lunch 1:30- 2:00 p.m.</i>	

## OTTAWA COUNTY

Cedar Village Mall	Holland
Tuesday 9:00 a.m.- 6:00 p.m.	
Wednesday 9:00 a.m.- 6:00 p.m.	
Thursday 9:00 a.m.- 7:30 p.m.	
Friday 9:00 a.m.- 2:00 p.m.	
Saturday 8:00 a.m.- 11:00 a.m.	
<i>Closed for lunch 2:00- 2:30 p.m.</i>	

## Good Neighbors Plaza

Good Neighbors Plaza	Janison
Tuesday 9:00 a.m.- 4:00 p.m.	
Wednesday 9:00 a.m.- 7:30 p.m.	
Thursday 9:00 a.m.- 6:00 p.m.	
Friday 7:30 a.m.- 2:00 p.m.	
Saturday 8:00 a.m.- 11:00 a.m.	
<i>Closed for lunch 2:00- 2:30 p.m.</i>	

## ST. JOSEPH COUNTY

Greenwood Plaza	South Bend
Monday 8:00 a.m.- 6:00 p.m.	
Tuesday 8:00 a.m.- 6:00 p.m.	
Wednesday 8:00 a.m.- 5:00 p.m.	
Thursday 8:00 a.m.- 6:00 p.m.	
Friday 8:00 a.m.- 5:00 p.m.	
Saturday 8:00 a.m.- 2:00 p.m.	

## Ireland Square

Ireland Square	South Bend
Tuesday 9:00 a.m.- 6:00 p.m.	
Wednesday 9:00 a.m.- 7:00 p.m.	
Friday 8:00 a.m.- 12:30 p.m.	
Saturday 9:00 a.m.- 11:00 a.m.	
<i>Closed for lunch 2:00- 2:30 p.m.</i>	

Full-service centers for Weight Watchers of Western Michigan, Inc. (listed on this page) offer you the opportunity to purchase products, weigh-in and attend a meeting at any of these locations. Please note that walk-ins are also welcome to weigh-in 1/2 hour prior to each regularly scheduled meeting (please see pages 23-27 for meeting times). If you are an At Work member, please bring your membership book with you as proof of At Work membership. Stop in to one of our full-service centers today!

# Meeting Times

The idea of bringing people together to learn about healthy eating and for emotional support has revolutionized weight loss. In Weight Watchers meetings, Leaders encourage members to use the support of others, especially when they feel their commitment to weight loss is lagging. Without this support, it's easy to fall into old traps and find yourself right back where you started. The bottom line is that attending weekly meetings will keep you focused on getting what you want the most: weight loss.

All meeting locations, times and Leaders are subject to change. Please note that wheelchair accessible scales are available at certain locations. Call 1-800-572-5727 or log on to our website, [www.ww-wmi.com](http://www.ww-wmi.com) for the most current information.



## MICHIGAN

### ALLEGAN COUNTY

#### Allegan

Allegan General Hospital (MI Room)  
551 Linn St.

Tuesday 5:30 p.m. Julie L.

#### Douglas

St. Peter Catholic Church  
100 St. Peter Drive

Tuesday 6:00 p.m. Kris N.

#### Plainwell

Plainwell Community Center  
798 E. Bridge Street

Wednesday 5:30 p.m. Donna B.

#### Wayland

United Church of Christ • 411 E. Superior  
Tuesday 6:30 p.m. Jennifer W.

### ARENAC COUNTY

#### Standish

Standish Community Hospital  
805 W. Cedar Street

Thursday 8:30 a.m. Sue P.

### BARRY COUNTY

#### Delton

Athletic Booster Club  
5380 Moose Lodge Dr.

Tuesday 5:30 p.m. Jane N.

#### Hastings

Main Street Savings Bank  
629 W. State St.

Wednesday 9:30 a.m., 12 noon & 5:30 p.m. Bev B.

#### Middleville

Middle Villa Inn • 4611 N. M-37 Hwy.  
Thursday 6:30 p.m. Cindy O.

### BERRIEN COUNTY

#### Benton Harbor

Courtyard Marriott • 1592 Mall Dr.  
Wednesday 9:30 a.m. April D.  
Wednesday 6:00 p.m. Sara M.

#### Eau Claire

Eau Claire District Library  
6528 E. Main St.  
Thursday 6:00 p.m. April D.

#### New Buffalo

Township Hall • 17425 Red Arrow  
Thursday 5:30 p.m. Sara M.

#### Niles

Chamber of Commerce  
321 E. Main St.  
Monday 9:30 a.m. Sara M.  
Monday 5:30 p.m. Sara M.

#### St. Joseph

Zion Evangelical UCC Church  
3001 Veronica  
Thursday 6:30 p.m. Georgia B.  
Saturday 9:30 a.m. Carolyn V.

#### Stevensville

United Methodist Church  
5506 Ridge Rd.  
Monday 6:00 p.m. LaReine G.  
Tuesday 9:30 a.m. LaReine G.  
Tuesday 7:00 p.m. Sara M.

#### Watervliet

VFW Post 6803  
8777 Red Arrow Hwy.  
Thursday 6:30 p.m.

### BRANCH COUNTY

#### Coldwater

Community Action Agency  
28 N. Michigan Ave.  
Monday 5:30 p.m. Tarina M.  
Wednesday 4:30 p.m. & 6:00 p.m. Becky N.  
Saturday 8:30 a.m. Becky N.

### CALHOUN COUNTY

#### Albion

St. James Episcopal Church  
119 W. Erie  
Wednesday 6:00 p.m. Carla P.

Full Service!

#### Battle Creek

Minges Creek Plaza  
5424 Beckley Rd.   
Monday 9:30 a.m. Sue P.  
Monday 5:00 & 6:30 p.m. Sue P.  
Tuesday 9:30 a.m. Becky N.  
Wednesday 9:30 a.m. Becky N.  
Thursday 7:00 a.m. Becky N.  
Thursday 9:30 a.m. Becky N.  
Thursday 5:30 p.m. Bev B.  
Saturday 9:00 a.m. & 11:00 a.m. Katie E.

#### Marshall

Marshall Activity Center  
15325 W. Michigan Ave.  
Monday 9:30 a.m. Becky N.  
Monday 6:00 p.m. Marta Y.

### CASS COUNTY

#### Dowagiac

Lewis Cass Skill Center  
704 Orchard St.  
Wednesday 6:00 p.m. Georgia B.

**Weigh-in is available a half-hour prior to and immediately following all meetings.**

## meeting times

### CLARE COUNTY

#### Clare

Town & Country • 1395 McEwan  
Monday 5:30 p.m.

#### Harrison

St. Luke Lutheran Church • 616 S. 4th  
Tuesday 5:30 p.m.

### CLINTON COUNTY

#### DeWitt

Christ United Church  
200 Webb Rd.  
Tuesday 5:30 p.m. Kathy W.

#### St. Johns

Congregational Church • 100 Maple St.  
Tuesday 5:30 p.m. Gina R.

### EATON COUNTY

#### Charlotte

First Congregational Church  
106 S. Bostwick  
Tuesday 5:30 p.m. Gerritt M.

#### Eaton Rapids

First United Methodist Church • 600 S. Main  
Monday 6:00 p.m. Gerritt M.  
Tuesday 9:30 a.m. Sue B.

#### Grand Ledge

Nazarene Church • 3432 Jefferson Hwy.  
(Corner of M-43 & W. Jefferson)  
Tuesday 6:00 p.m. Sue C.

Full Service!

#### Lansing

Delta Plaza • 5417 W. Saginaw Hwy.  
Monday 10:00 a.m. Marla P.  
Monday 5:30 p.m. Olivia N.  
Tuesday 10:00 a.m. Linda K.  
Tuesday 5:30 p.m. Linda K.  
Wednesday 10:00 a.m. Linda K.  
Wednesday 6:00 p.m. Sue C.  
Thursday 12 noon Kathy W.  
Thursday 5:30 p.m. Gerritt M.  
Friday 12 noon Jan F.  
Saturday 10:00 a.m. Nancy L.  
Saturday 12 noon Nancy L.

### GLADWIN COUNTY

#### Gladwin

Gladwin Community Arena  
402 James Robertson Dr.  
Thursday 6:00 p.m.

### GRATIOT COUNTY

#### Alma

Peace Lutheran Church • 325 E. Warwick Dr.  
Thursday 5:30 p.m. Sharyn G.



## Think You're Too Busy to Fit Weight Loss into Your Schedule?

Weight Watchers The At Work Program® can help make weight loss convenient for you. Call 1-800-968-0097 to speak with an At Work Account Specialist and find out how you can bring the program to your company!

**WeightWatchers®**  
The At Work Program®

#### Breckenridge

Breckenridge Community Education Building  
119 Summit St.  
Monday 5:30 p.m. Sharyn G.

#### Ithaca

Ithaca Wesleyan Church  
714 N. Pine River  
Tuesday 6:30 p.m. Linda M.

### HILLSDALE COUNTY

#### Hillsdale

First Baptist Church • 9 E. Bacon St.  
Tuesday 9:00 a.m. & 12 noon Carla P.  
Tuesday 5:30 p.m. Carla P.

### INGHAM COUNTY

#### Holt

Holt United Methodist Church  
2321 N. Aurelius Rd.  
Wednesday 5:30 p.m. Kim F.  
Saturday 9:00 a.m. Kelly P.

Full Service!

#### Lansing

Frاندor Center • 300 N. Clippert  
Monday 10:00 a.m. Sue B.  
Monday 12 noon Anita D.  
Monday 5:30 p.m. Kathy L.  
Tuesday 9:30 a.m. Kathy W.  
Tuesday 5:30 p.m. Sue B.  
Wednesday 10:30 a.m. & 12 noon Barb G.  
Wednesday 5:30 p.m. & 7:00 p.m. Barb G.  
Thursday 10:00 a.m. Marla P.  
Thursday 12 noon Lisa H.  
Thursday 5:30 p.m. Linda K.  
Friday 7:00 a.m. Jan F.  
Friday 10:00 a.m. & 12 noon Sue B.  
Saturday 10:00 a.m. & 11:30 a.m. Sue B.

#### Mason

First United Methodist Church  
201 E. Ash St.  
Monday 5:30 p.m. Nancy L.  
Thursday 5:30 p.m. Jeri F.

#### Okemos

Nokomis Learning Center • 5153 Marsh  
Thursday 5:30 p.m. Kathy L.  
Saturday 10:00 a.m. Nancy L.

#### Williamston

United Methodist Church • 211 S. Putnam  
Wednesday 5:30 p.m. Christine W.

### IONIA COUNTY

#### Belding

Oakwood Christian Reformed Church  
8750 Storey Rd. (M-91)

**CLOSED FOR THE WINTER**

#### Ionia

First Presbyterian Church • 125 E. Main St.  
Wednesday 6:00 p.m. Olivia N.

#### Portland

First United Methodist Church • 310 E. Bridge St.  
Monday 6:00 p.m. Michelle K.

### ISABELLA COUNTY

Full Service!

#### Mt. Pleasant

Stadium Mall • 2016 S. Mission  
Monday 5:30 p.m. Sherri B.  
Tuesday 10:00 a.m. Laney O.  
Wednesday 5:30 p.m.  
Thursday 9:30 a.m. Sharyn G.  
Thursday 12 noon Sharyn G.  
Thursday 5:30 p.m. Sherri B.  
Friday 10:00 a.m.  
Saturday 9:00 a.m. Sharri B.

Call 1-800-651-6000 or visit us online at [www.ww-wmi.com](http://www.ww-wmi.com) to verify meeting times

**JACKSON COUNTY****Jackson**

**Full Service!** Jackson Crossing Mall   
1058 Jackson Crossing

Monday	10:00 a.m.	Barb K.
Monday	5:30 p.m.	Mohammed A.
Tuesday	12 noon	Jeannie W.
Tuesday	5:30 p.m.	Jeannie W.
Wednesday	10:00 a.m.	Carla P.
Wednesday	5:30 p.m.	Lin F.
Thursday	10:00 a.m.	Lin F.
Thursday	12 noon	Gerritt M.
Thursday	5:30 p.m. & 7:00 p.m.	Pat M.
Friday	10:00 a.m.	Barb K.
Saturday	9:00 a.m. & 10:30 a.m.	Barb K.

**KALAMAZOO COUNTY****Augusta**

Sherman Lake YMCA - Rec. Center  
6225 N. 39th Street

Thursday	5:30 p.m.	Joyce I.
----------	-----------	----------

**Kalamazoo**

Best Western • 3640 E. Cork St.

Tuesday	9:30 a.m.	Donna H.
Tuesday	5:30 p.m.	Kathy H.
Saturday	9:00 a.m.	Donna B.
Saturday	11:00 a.m.	Donna B.

**Full Service!** Southland Mall   
6290-A S. Westnedge Ave.

Monday	9:30 a.m.	Donna B.
Monday	5:30 p.m.	Donna H.
Tuesday	9:30 a.m.	Nancy G.
Tuesday	5:30 p.m. & 7:00 p.m.	Donna B.
Wednesday	9:30 a.m.	Kathy H.
Wednesday	12 noon	Donna H.
Wednesday	4:00 & 6:00 p.m.	Donna H.
Thursday	7:00 a.m.	Barbara W.
Thursday	9:30 a.m.	Donna H.
Thursday	12 noon	Donna H.
Thursday	5:30 p.m.	Julie L.
Friday	10:00 a.m. & 12 noon	Kathy H.
Saturday	9:00 a.m. & 11:00 a.m.	Julie L.

**Oshtemo**

Third Reformed Church  
2345 N. 10th St.

Monday	5:30 p.m.	Donna B.
--------	-----------	----------

**KENT COUNTY****Ada**

Keystone  
655 Spaulding

Tuesday	5:30 p.m.	Joanne C.
---------	-----------	-----------

**Byron Center**

Heritage Christian Reformed Church  
3089 84th St.

Thursday	5:30 p.m.	Yvonne H.
----------	-----------	-----------

**Caledonia**

Caledonia Community Resource Center

330 Johnson

Wednesday	5:30 p.m.	Kathi M.
-----------	-----------	----------

**Cedar Springs**

North Kent Senior Center

44 N. Park Street

Thursday	6:00 p.m.	Cheryl N.
----------	-----------	-----------

**Cutlerville**

Holiday Inn Express

6569 Clay Ave.

Wednesday	9:30 a.m.	Yvonne H.
Wednesday	12 noon	Yvonne H.
Wednesday	5:30 p.m. & 7:00 p.m.	Darla G.

**Grand Rapids**

**Full Service!** Kentwood Towne Center   
4170 28th St. SE

Monday	9:30 a.m.	Arlene L.
Monday	12 noon	Darlene S.
Monday	5:30 p.m.	Kathi M.
Tuesday	8:00 a.m.	Laura B.
Tuesday	9:30 a.m.	Laura B.
Tuesday	12 noon	Colleen S.
Tuesday	5:30 p.m. & 7:00 p.m.	Kari S.
Wednesday	9:30 a.m.	Cindy O.
Wednesday	5:30 p.m.	Michelle K.
Thursday	9:30 a.m.	Pat D.
Thursday	12 noon	Laura H.
Thursday	5:30 p.m.	Darla G.
Friday	8:00, 9:30 a.m. & 12 noon	Darlene S.
Saturday	9:00, 10:30 a.m. & 12 noon	Sherri C.

**Full Service!** Plainfield Plaza   
3144 Plainfield Ave NE (at 96)

Sunday	1:30 p.m.	Sharon B.
Monday	9:30 a.m.	Mickey F.
Monday	5:30 p.m.	Laura H.
Tuesday	9:30 a.m.	Laura H.
Tuesday	12 noon	Joanne C.
Tuesday	5:30 & 7:00 p.m.	Sharon B.
Wednesday	9:30 a.m.	Debbie M.
Wednesday	4:00 & 5:30 p.m.	Darlene S.
Thursday	8:00 a.m.	Yvonne H.
Thursday	9:30 a.m.	Yvonne H.
Thursday	12 noon	Debbie M.
Thursday	5:30 & 7:00 p.m.	Laura H.
Friday	7:00 & 9:30 a.m., 12 noon	Colleen S.
Saturday	8:30 & 10:00 a.m., 12 noon	Colleen S.

**Lowell**

Lowell Nazarene Church  
201 N. Washington

Thursday	5:30 p.m.	Pat D.
----------	-----------	--------

**Rockford**

St. Peter's Lutheran Church  
310 E. Division

Tuesday	9:30 a.m. & 5:30 p.m.	Colleen S.
---------	-----------------------	------------

**Sparta**

United Methodist Church

54 E. Division

Monday	5:30 p.m.	Heather H.
--------	-----------	------------

**Walker**

St. Paul's Episcopal Church

3412 Leonard St. SW

Thursday	5:30 p.m.	Colleen S.
----------	-----------	------------

**Wyoming**

**Full Service!** Wyoming Village Mall   
28th & Michael

Monday	5:30 & 7:00 p.m.	Mickey F.
Tuesday	9:30 a.m.	Colleen S.
Tuesday	5:30 p.m.	Mickey F.
Wednesday	9:30 a.m.	Pat D.
Wednesday	5:30 p.m.	Pat C.
Thursday	9:30 a.m.	Cindy O.
Thursday	12 noon	Pat D.
Thursday	5:30 p.m.	Cherri C.
Friday	9:30 a.m. & 12 noon	Yvonne H.
Saturday	8:30 a.m. & 10:00 a.m.	Megan M.

**LENAWEE COUNTY****Adrian**

**Full Service!** Adrian Mall   
1357 S. Main

Tuesday	12 noon	Pat C.
Wednesday	8:30 a.m.	Pat C.
Wednesday	5:30 p.m.	Pat C.
Thursday	5:30 p.m.	Carla P.
Friday	9:30 a.m.	Carla P.
Saturday	9:00 a.m.	Carla P.

**Tecumseh**

St. Peter's Episcopal Church

313 N. Evans

Thursday	5:30 p.m.	Sandy M.
----------	-----------	----------

**MECOSTA COUNTY****Big Rapids**

Big Rapids Assembly of God

14200 Northland Dr.

Tuesday	6:00 p.m.	Mary K.
Wednesday	9:30 a.m.	Mary K.
Thursday	6:30 p.m.	Mary K.

**Mecosta**

Chapel of the Lakes Lutheran Church

9407 90th Ave.

Thursday	9:00 a.m.	
----------	-----------	--

**MONTCALM COUNTY****Blanchard**

Montabella Middle School

1324 E. North County Line Rd.

Tuesday	6:00 p.m.	Jacki F.
---------	-----------	----------

**Weigh-in is available a half-hour prior to and immediately following all meetings.**

## meeting times

### Carson City

American Legion Hall • 121 N. Mercantile  
Monday 5:30 p.m. Deanna L.

### Greenville

Greenville Community Center  
900 E. Kent Rd.  
Tuesday 4:00 p.m. & 5:30 p.m. Heather H.  
Saturday 9:00 a.m. Laura H.

## MUSKEGON COUNTY

### Muskegon

McGraft Church • 1617 Palmer  
Monday 12 noon Kami T.

**Full Service!** Quarter-Apple Mall 1930 Apple Ave. 

Monday 12 noon Terri G.  
Monday 5:30 p.m. Terri G.  
Tuesday 5:30 p.m. Pam B.  
Tuesday 7:00 p.m. Pam B.  
Wednesday 9:30 a.m. & 12 noon Kim W.  
Wednesday 5:30 p.m. Barb S.  
Thursday 8:00 & 9:30 a.m. & 12 noon Terri G.  
Thursday 5:30 p.m. Crystal C.  
Friday 9:30 a.m.  
Saturday 8:30 a.m. & 10:00 a.m. Terri G.

### Whitehall

Ramada Inn • U.S. 31 & Colby Rd.  
Monday 10:00 a.m. & 6:00 p.m. Kim W.

## NEWAYGO COUNTY

### Fremont

First Christian Reformed Church  
721 Hillcrest Dr.  
Thursday 2:00 p.m. & 5:30 p.m. Yvonne Y.

## OCEANA COUNTY

### Shelby

First Congregational Church UCC  
51 E. Third St.  
Thursday 6:00 p.m. Barb S.

## OSCEOLA COUNTY

### Reed City

Spectrum Health • 300 N. Patterson  
Monday 6:00 p.m. Autumn T.

## OTTAWA COUNTY

### Allendale

Second Christian Reformed Church  
6950 Lake Michigan Dr.  
Tuesday 5:30 p.m. Chris Ann M.

### Coopersville

Church of the Saviour • 180 68th Ave.  
Thursday 5:30 p.m. Amy F.

## GET ON THE FAST TRACK TO SUCCESS



LOG ON TO [WWW.WW-WMI.COM](http://WWW.WW-WMI.COM)

### Grand Haven

United Methodist Church of the Dunes  
717 Sheldon Rd.  
Monday 9:30 a.m. Judy T.  
Monday 5:30 p.m. Kami T.  
Thursday 9:30 a.m. & 12 noon Jennifer W.  
Thursday 5:30 p.m. Jennifer W.

### Holland

**Full Service!** Cedar Village Mall 716 Chicago Dr., Ste. 410 

Monday 5:30 p.m. Kris N.  
Tuesday 9:30 a.m. Pat C.  
Tuesday 5:30 p.m. Ruth C.  
Wednesday 9:30 a.m. Jennifer W.  
Wednesday 12 noon Ruth C.  
Wednesday 5:30 p.m. Nancee B.  
Thursday 9:30 a.m. Pam B.  
Thursday 5:30 & 7:00 p.m. Nancee B.  
Friday 9:30 a.m. Pat C.  
Saturday 8:30 & 10:00 a.m. Amy F.

### Hudsonville

Pinnacle Center  
3330 Highland Dr.  
Tuesday 5:30 p.m. Cheri W.

### Jenison

**Full Service!** Good Neighbors Plaza 7666 Riverview Dr. 

Monday 9:30 a.m. Yvonne H.  
Monday 5:30 p.m. Cheri W.  
Tuesday 9:30 a.m. Pat D.  
Wednesday 9:30 a.m. Mickey F.  
Wednesday 5:30 p.m. & 7:00 p.m. Jennifer W.  
Thursday 9:30 a.m. Darlene S.  
Thursday 5:30 p.m. Pat C.  
Friday 8:00 a.m. Mickey F.  
Friday 9:30 a.m. & 12 noon Mickey F.  
Saturday 8:30 a.m. & 10:00 a.m. Laura B.

### Spring Lake

Spring Lake Christian Reform Church  
364 S. Lake St.  
Tuesday 6:00 p.m. Gail R.  
Saturday 9:00 a.m. Gail R.

## SHIAWASSEE COUNTY

### Durand

Durand Free Methodist Church  
708 S. Oak  
Monday 5:30 p.m. Anita D.

### Laingsburg

United Methodist Church • 214 N. Crum  
Monday 6:00 p.m. Gina R.

### Owosso

Calvary Baptist Church • 650 South St.  
Tuesday 9:30 a.m., 5:30 p.m. & 7:00 p.m. Marla P.  
Thursday 5:30 p.m. Marla P.

## ST. JOSEPH COUNTY (MI)

### Sturgis

Young Auditorium • 201 N. Ottawa  
Monday 5:30 p.m. Lynne H.  
Tuesday 9:30 a.m. Lynne H.

### Three Rivers

Super 8 • 711 US 131  
Wednesday 9:30 a.m. Nancy G.  
Wednesday 4:30 p.m. & 6:00 p.m. Nancy G.

## VAN BUREN COUNTY

### Paw Paw

United Methodist Church • 420 W. Michigan  
Tuesday 6:00 p.m. Patricia B.

### South Haven

The Church of the Epiphany • 410 Erie St.  
Wednesday 9:30 a.m. Georgia B.

Call 1-800-651-6000 or visit us online at [www.ww-wmi.com](http://www.ww-wmi.com) to verify meeting times

# INDIANA

## ELKHART COUNTY

<b>Full Service!</b>	<b>Elkhart</b>	
	<i>Easy Shopping Center</i> 111-A Easy Shopping Place	
Monday	9:30 a.m.	Joy C.
Monday	5:30 p.m.	Lisa C.
Tuesday	5:30 p.m.	Gert Z.
Wednesday	6:00 a.m.	Marcia W.
Wednesday	9:30 a.m.	Lisa C.
Wednesday	6:30 p.m.	Gert Z.
Thursday	9:30 a.m.	Lisa C.
Thursday	12 noon	Lisa C.
Thursday	5:30 p.m.	Joy C.
Friday	7:00 a.m.	Joy C.
Friday	10:00 a.m. & 12 noon	Trish H.
Saturday	9:00 a.m. & 11:00 a.m.	Joy C.

	<b>Goshen</b>	
	<i>First Brethren Church • 215 W. Clinton St.</i>	
Monday	5:30 p.m.	Gert Z.
Tuesday	9:30 a.m.	Gert Z.
	<i>First English Church • 406 S. Fifth St.</i>	
Thursday	5:30 p.m.	Lisa C.

	<b>Middlebury</b>	
	<i>St. Paul's Lutheran Church • 708 W. Wayne</i>	
Tuesday	5:30 p.m.	Lisa C.

	<b>Nappanee</b>	
	<i>Church of the Brethren • Mack Dr.</i>	
Tuesday	9:30 a.m.	Lisa C.
Tuesday	7:00 p.m.	Sue G.

## LAGRANGE COUNTY

	<b>LaGrange</b>	
	<i>First United Methodist Church • 209 W. Spring St.</i>	
Tuesday	5:30 p.m.	Nancy S.

	<b>Shipshewana</b>	
	<i>Wolf Building • 345 N. Morton</i>	
Wednesday	8:30 a.m.	Terri R.

## LAPORTE COUNTY

	<b>LaPorte</b>	
	<i>Presbyterian Church</i> 307 Kingsbury	
Tuesday	5:30 p.m.	Brenda B.
Thursday	9:30 a.m.	Juelette M.
Thursday	5:30 p.m.	Linda N.

<b>Full Service!</b>	<b>Michigan City</b>	
	<i>Lake Park Plaza</i> 4329 Franklin St.	
Monday	5:30 p.m.	Phyllis S.
Tuesday	9:30 a.m.	Juelette M.
Wednesday	9:30 a.m.	Phyllis S.
Wednesday	5:30 p.m.	Brenda B.
Thursday	12 noon & 5:30 p.m.	Phyllis S.
Saturday	9:30 a.m.	Brenda B.

## MARSHALL COUNTY

	<b>Bremen</b>	
	<i>Bremen Church of God</i> 5040 1st Road	
Tuesday	5:30 p.m.	Sandy M.

	<b>Plymouth</b>	
	<i>Plymouth Baptist Church</i> 11345 9A Rd.	
Thursday	5:30 p.m.	Cyndy M.

## ST. JOSEPH COUNTY

	<b>Mishawaka</b>	
	<i>Town &amp; Country Mall- Bridge Center</i> 2436 Miracle Ln. (Behind Dairy Queen next to Ballet Shop)	
Thursday	6:30 p.m.	Sharon B.
Saturday	9:30 a.m.	Jessica B.

<b>Full Service!</b>	<b>South Bend</b>	
	<i>Greenwood Plaza</i> 2202-B South Bend Ave.	
Monday	9:30 a.m.	Karen J.
Monday	12 noon	Linda M.
Monday	5:30 p.m.	Jessica B.
Tuesday	9:30 a.m.	Sara M.
Tuesday	5:30 p.m.	Joy C.
Wednesday	6:00 a.m.	Alberta J.
Wednesday	9:30 a.m. & 12 noon	Joy C.
Wednesday	6:00 p.m.	Alberta J.
Thursday	8:30 a.m.	Joy C.
Thursday	5:30 p.m.	Trish H.
Friday	9:00 a.m. & 10:30 a.m.	Linda M.
Friday	12 noon	Linda M.
Saturday	8:30 a.m. & 10:00 a.m.	Alberta J.

	<b>Holy Family</b>	
	<i>• 56405 Mayflower Rd.</i>	
Thursday	6:30 p.m.	Alberta J.

<b>Full Service!</b>	<b>Ireland Square</b>	
	<i>2048 E. Ireland Square, Suite A</i>	
Monday	9:30 a.m.	Rosemary A.
Tuesday	9:30 a.m.	Sue G.
Tuesday	6:30 p.m.	Jessica B.
Wednesday	4:00 p.m.	Joy C.
Wednesday	5:30 p.m.	Joy C.
Thursday	9:30 a.m.	Sara M.
Friday	12 noon	Sara M.
Saturday	9:00 a.m. & 10:30 a.m.	Sharon B.

## STUEBEN COUNTY

	<b>Angola</b>	
	<i>Angola United Methodist Church</i> 220 W. Maumee	
Monday	9:00 a.m., 4:30 p.m. & 6:00 p.m.	Nancy S.

	<b>Orland</b>	
	<i>Orland Community Center</i> 535 W. SR 120	
Wednesday	6:00 p.m.	Nancy S.

Sophia's Slender

# REFLECTIONS

Winter 05 • Volume 25 • No. 1

A Publication of Weight Watchers of Western Michigan, Inc.

### FOUNDER

Sophia Branoff

### PUBLISHERS

Dennis Branoff • Chief Executive Officer  
Christopher Branoff • President

### EDITOR

Sarah Wyss

### ART DIRECTION

Katie Krcmarik

### CIRCULATION

40,000 covering 37 counties in Western Michigan and Northern Indiana:

**MICHIGAN** — Allegan, Arenac, Barry, Berrien, Branch, Calhoun, Cass, Clare, Clinton, Eaton, Gladwin, Gratiot, Hillsdale, Ingham, Ionia, Isabella, Jackson, Kalamazoo, Kent, Lake, Lenawee, Mecosta, Montcalm, Muskegon, Newaygo, Oceana, Osceola, Ottawa, St. Joseph, Shiawassee & Van Buren.

**INDIANA** — Elkhart, LaGrange, LaPorte, Marshall, St. Joseph & Stueben.

### DISTRIBUTION

Weight Watchers of Western Michigan, Inc. circulates this publication throughout Area #044.

### FOR ADVERTISING INFORMATION

221 W. Lake Lansing Road, Ste. 200  
East Lansing, MI 48823  
Phone: (517) 332-8243  
Fax: (517) 332-6542

Acceptance of an advertisement in this publication does not imply endorsement or approval of the product or service by either Weight Watchers International, Inc. or the publishers of this newsletter.

All manuscripts, artwork and photographs sent to Weight Watchers of Western Michigan, Inc. will be considered for publication. Publishers assume no re-sponsibility for unsolicited material. Send materials to the address above.

Weight Watchers, TurnAround™, POINTS® and The At Work Program® are registered trademarks of Weight Watchers International, Inc., Woodbury, NY. © 2005 Weight Watchers International, Inc. No portions of this publication may be reprinted in any manner without written permission from Weight Watchers of Western Michigan, Inc.

Weight-in is available a half-hour prior to and immediately following all meetings.



# Great American Weigh-In

**March 2, 2005  
8 a.m. - 8 p.m.**

Weight Watchers has once again teamed up with the American Cancer Society for the 3<sup>rd</sup> Annual Great American Weigh In! Join us to have your Body Mass Index (BMI) calculated and learn how to tip the scales in your favor on Wednesday, March 2<sup>nd</sup>, at a meeting location near you.

 **Weight  
Watchers®**

For more information, or to find a Weight Watchers location near you, call 1-800-572-5727 or log on to [www.ww-wmi.com](http://www.ww-wmi.com).