



Tina's success story

Tina B.,
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 The scale had always been my tool for measuring happiness. I've tried many diets, but would always gain back the weight I had lost. I found myself internalizing what I was feeling, which resulted in loss of activity, sleep and added weight gain. In January 2020, family matters turned my life upside down. This was my wakeup call for me to focus on my health and get serious about my WW journey.

As a WW member, I learned how to work the program AND lose weight! I can still eat my favorite pizza once a week by pre-planning and taking advantage of my weekly SmartPoints®. The restaurant guide and awesome recipes in the WW app has been a huge help to keep me on track, while feeling satisfied. I love Connect—WW's members-only social platform—to get tips and share stories, motivation to not give up, exercise routines and recipes from other members.

Even though I am a Digital member only, I have co-workers who also participate in WW. We share life together- giving encouragement and support on a daily basis. I'm so thankful to UF Health for supporting employees with the opportunity to access WW at a discounted rate. Self-care is freeing, and I'm worth it. 

Join WW through GatorCare for 50% off your membership plan!

To sign-up or learn more, visit [WW.com/us/GatorCare](https://www.ww.com/us/GatorCare)

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Tina, 35 pounds lost*

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

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