

weightwatchers

Weight Watchers® online for men

**A customized weight-loss plan built
just for the guys.**

Weight Watchers® understands that men and women have different needs when it comes to weight loss. That's why we've customized our tools to help men overcome the challenges of losing weight in a way that works for them. Weight Watchers Online* For Men offers:

- A science-based plan you can follow online and content tailored to the unique needs of men
- Male-targeted tips and strategies
- Workouts tailored to men

Weight Watchers Online For Men is based on a proven approach to weight loss. And, men enjoy tools and benefits to help them reach their weight-loss goals:

- **PointsPlus®** — based on science, it factors in the way the body actually processes food
- Interactive tools to find over 31,000 food options, keep track of food and activity and see progress as you lose weight
- Access to over 1,500 recipes, including a helpful Recipe Builder to create healthier versions of your favorite recipes
- Video demos of food preparation and step-by-step fitness
- Restaurant and Nutrition Guides, Customized Meal Plans and Daily Tips and Food Ideas



**With Weight Watchers Mobile,
you can track food and activities
anywhere, anytime.**

**Weight Watchers Mobile for Web
is also available for use with the
browser in most smartphones at
m.weightwatchers.com.**