



New session starting soon.

DAYS: Thurs noon

LOCATION: UCSD Torrey Pines Center South Room 430A

CONTACT: ckwalsh@ucsd.edu or call 858 534-0769 today

Few openings remain.

Weight Watchers
works!

The Science of Weight Watchers®

Our scientifically proven approach to food, combined with our in-person and digital support, creates an impactful and flexible weight-loss solution. Our Beyond the Scale program focuses on overall well-being that drives achievable change in members' lives. By seamlessly fitting with the foods members eat and activities they like to do, Weight Watchers delivers powerful weight loss across the board.

Weight Watchers is the most cost-effective, clinically proven, nonsurgical weight-loss treatment.*

#1 WEIGHT WATCHERS IS THE #1 DOCTOR RECOMMENDED WEIGHT-LOSS PROGRAM.**

2x MORE EFFECTIVE FOR WEIGHT LOSS THAN PHYSICIAN COUNSELING.†

3x MORE EFFECTIVE THAN OBESITY CLINIC PROGRAMS IN PRODUCING 10% WEIGHT LOSS.‡

AMONG OVER 100 COMMERCIAL PROGRAMS, WEIGHT WATCHERS IS ONE OF THE MOST EFFECTIVE PROGRAMS FOR WEIGHT LOSS.§

Scientifically proven weight loss that works

*Finkelstein EA, Kruger E. (2014) Meta- and Cost-Effectiveness Analysis (CEA) of Commercial Weight Loss Strategies. *Obesity*. 22(9):1942-1951.

**Based on August 2016 survey of primary care physicians.

†Jebb SA, et al. Primary care referral to a commercial provider for weight loss treatment versus standard care: a randomised controlled trial. *Lancet*. 2011 Oct 22;378(9801):1485-92.

‡Pinto AM, et al. Combining behavioral weight loss treatment and a commercial program: a randomized clinical trial. *Obesity* (Silver Spring). 2013 Apr;21(4):673-80. Study was 48 weeks.

§Gudzune KA, et al. Efficacy of Commercial Weight-loss programs. *Annals Intern Med*. 2015;162:501-512.