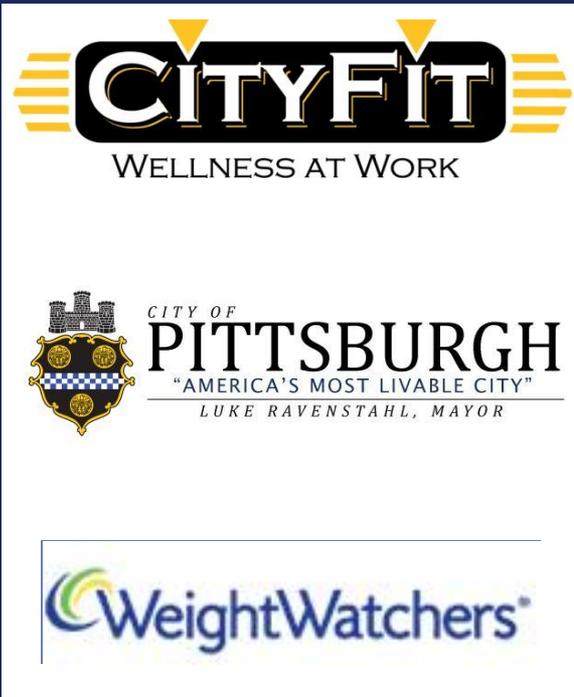


City of Pittsburgh Employees have lost a **TON** on Weight Watchers

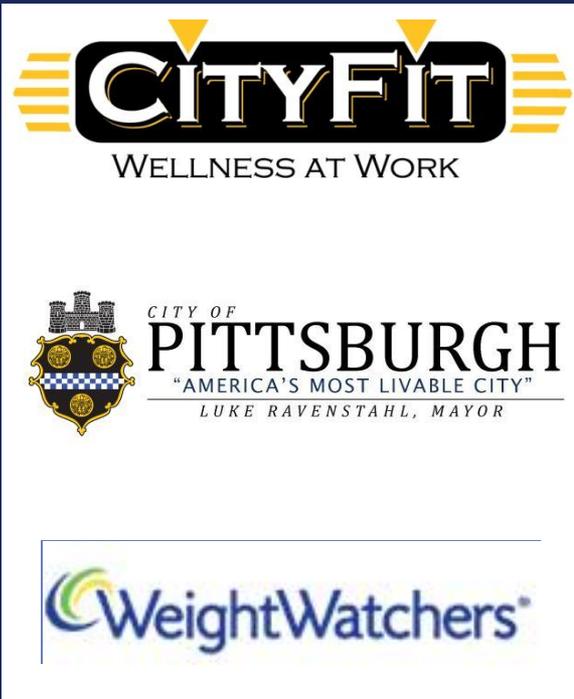


In April of 2011 CityFit invited Weight Watchers into the City-County Building to hold Weight Watchers sessions for City Employees. Over the last 15 months an average of 46 members have participated both on-site and off and the hard-work and determination have paid off. CityFit is proud and excited to announce that City of Pittsburgh Weight Watchers members have lost a combined ONE TON of weight*!

**Totals lost by members attending meetings at the City-County Building and off-site members who report loss totals, actual losses may be more.*



Success starts with Support



We've worked really hard to succeed, and we're certainly proud of our accomplishments, but we know we wouldn't have made it this far without the support of some very important people.

We'd like to thank Mayor Luke Ravenstahl and his staff for their continued support, and Director Judy Hill Finegan and the CityFit Committee and Staff for bringing the Weight Watchers at Work program to the City of Pittsburgh.



Weight Watchers meetings – where it's good to be down!



“There is more accountability when participating in a program with people you see on a consistent basis. At meetings we celebrate our successes and survive our setbacks together. Somehow, though, when I see these people in the corridors or in my office it helps to keep me strong and focused the rest of the week.”



“It can be overwhelming when you try to tackle everything at once, especially alone. When you do it one step at a time, wearing the right shoes, and bringing along someone to pass the time until you get there, it doesn't seem such a monumental task.”



I felt old. My knees and legs ached all the time and any activity was an effort.



Like many people I avoided the scale, but my Doctor forced me to see what I weighed and that's when I decided I had to lose weight. After six weeks on my own, I had lost 10 lbs, and then the Weight Watchers at Work flyer was posted. I had heard stories about strange substitutes and recipes to make it "taste" like the real thing so I wasn't sure it was for me.

My co-workers convinced me to give it a try for the first session, so I joined and found out that I didn't have to eat special food. I ate all the fruits and vegetables I wanted and actually found it hard to eat my required points each day!

-Denice Haas, Mayor's Office, member since April 2011



More than just co-workers, the other members have become my friends



Each week our little group would meet and share our successes and setbacks, we would encourage, support or commiserate together. I started to feel better and move more. I was walking at lunch, taking the stairs rather than the elevator.

The small losses added up and when I returned to my doctor five months later, I had lost 40 lbs. My blood pressure and cholesterol were down and my medication dosages were cut in half! In March 2012, I reached my goal and when I return to the doctor in the fall, I expect to be removed from all medication. It turns out it wasn't all that hard to completely turn my life around.

-Denice, lost 60 pounds, lifetime member since April 2012



Being overweight didn't define me, but it did limit my potential



After age 30, I was up and down with my weight until I started having children at 42, then it was just up. No matter what I tried, I couldn't lose weight, or if I lost I put it right back on. I joined Weight Watchers after I saw the success my co-workers were having. With Weight Watchers and the help of other members, I have learned how to adapt my social lifestyle, beef-up my activity, stay on track and lose weight.

It hasn't always been easy and I'm not there yet, but even with the occasional minor setback, I can still see how far I've come. What I've achieved "outweighs" where I need to go, and now I know I can do this.

-Claire Mastroberardino, Personnel, member since July 2011



When my resolve starts to wane, I just look at my kids and think:
“Stay strong, be healthy and get moving!”



I think it helps to have that one important piece in your life that keeps you focused. Whether it's improving your overall health, increasing your energy, fitting into a particular outfit or staying strong and healthy for your kids. As long as you can find the one thing that will keep you motivated you can't fail.

My kids can no longer beat me in a race down the block, I've registered for a running program through CityFit, and it doesn't hurt that I can almost fit into my designer Italian suit 😊

-Claire, lost 35 Pounds, 15 To goal.



I wanted a *Lifestyle Change*, effective and easy to maintain, not another Diet!



I had lost weight in the past using other diet programs but found it difficult to maintain and ultimately regained all I had lost. So when the Weight Watchers program was offered through CityFit I was tremendously excited. The meetings were convenient and the cost reasonable. I had nothing to lose, but weight.

I lost over two pounds the first week of the program. It felt phenomenal and motivated me to keep at it. I followed the plan and put myself in control of what and how much I was eating. Weight Watchers helped me realize a healthy lifestyle. They provided tools that were easy to follow and encouraged healthy eating and regular exercise.

-Kim Osterman, Finance, member since April 2011



2012 was the first year in recent memory that my New Year's Resolution was NOT to lose weight



I reached my goal weight in eight months. Some weeks were more challenging than others, but I focused on the weight I was losing and not on how far I still had to go. There were setbacks, of course, but I learned to start each day fresh. I adopted the Weight Watchers mantra, “nothing tastes as good as thin feels.”

Weight Watchers is not about deprivation, it's about control. Surrounding myself with friends and coworkers working to achieve the same goal helped me to succeed.

I am a Lifetime Member of Weight Watchers and have maintained my weight loss for seven months.

-Kim, lost 26 pounds, lifetime member since December 2011



I didn't want my children to lose their mother.



I struggled with weight my entire life, but after an episode of the Biggest Loser where a contestant committed to losing weight after he discovered his overweight mother dead in her bedroom from a heart attack, I promised my children that I would get in shape. I changed my diet and started exercising. I didn't see any results, but didn't give up.

At the City Fit 10,000 Step-Challenge kick-off I learned about the City Fit Weight Watchers at Work program. I started the program in July 2011. My first weigh-in was a shock (OUCH!!!). I learned that it was the extra weight putting so much pressure on my heart that caused my lack of energy and inability to catch a breath. I was motivated.

-Damara Carter, URA, member since July 2011



Weight Watchers is not a diet, it's a lifestyle change



Weight Watchers gave me great tips on making small lifestyle changes; portion control, healthier preparation methods and switching to leaner cuts of meat and poultry. I eat more fruits and vegetables and have increased my physical activity to accomplish my goal. I enjoy new types of activities like Zumba (come on, who doesn't) and kickboxing. I've even started running as part of my walking program.

I still have a way to go but I feel a lot better. Weight Watchers is not only working for me but also my children are learning better eating habits and how to be more active. Weight Watchers has changed my family's life ... Thank You!!!

-Damara, lost 48 pounds



Something in my mind said it was time to try this again.



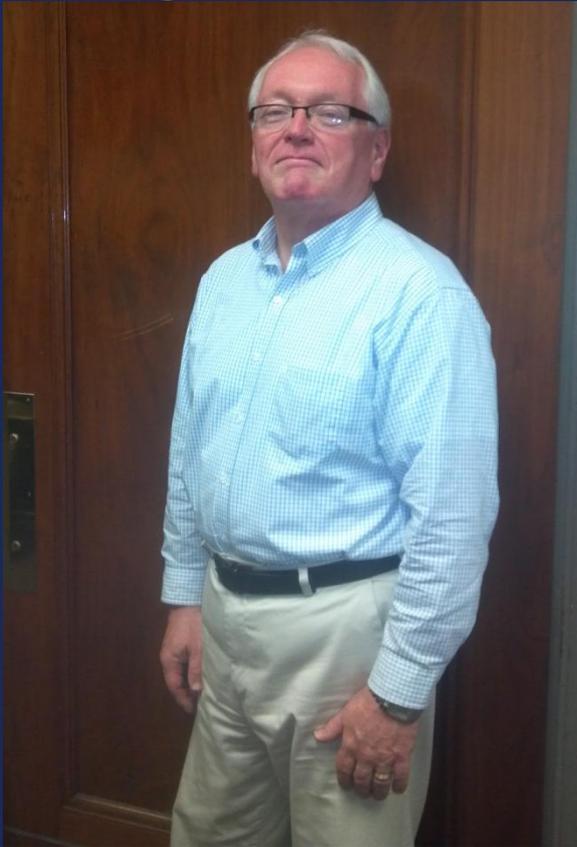
Many years ago I attended the Weight Watchers classes here in the City-County Building and had good success. So when I heard the program was starting again I decided the opportunity was too great to pass up.

I truly believe that the Weight Watchers program is the most successful program out there, and no one paid me to say that. You can eat the foods you like and still lose weight, people participating in this *At Work* program can attest to that. If you control your portions, make smarter choices and exercise you can't fail. I didn't.

-Bob Murphy, Finance, member since April 2011



You have to be mentally ready to make the commitment and take on the challenge.



The timing just seemed right, so I put my goal at 40 pounds and set out on the challenge. After 15 months I reached my goal, and am now working on maintaining that weight loss for 6 weeks before I become a Lifetime member.

Regardless of your weight loss goal, the end result is you feel better overall; you have fewer aches and pains and just have more energy to do things like chase after your grandchildren!

-Bob, lost 41 Pounds, reached weight loss goal July 2012



I needed the support and encouragement of people like me to stay focused!



In January 2010, I quit smoking. My primary goal that year was to make it the very last time and I am happy to say I was successful. By the end of the year; however, I had put on quite a few extra pounds, which determined my goal for January 2011 - weight loss.

I started exercising and watching what I ate, but four months later I had lost just a few pounds, which was great, but I was frustrated. A friend encouraged me to join Weight Watchers with her and it was exactly what I needed to seriously tackle my weight loss challenge.

-Wendy Urbanic, CIS, member since April 2011



Finding strength you didn't know you had is its own priceless reward



Although I am not yet at goal I feel fabulous about the weight I have lost and how great I feel. Weight Watchers has been instrumental in making a myriad of healthy lifestyle choices - it is so much more than just healthy eating. The support system the classes provide has really helped motivate me and no matter how long it takes, I am enjoying this ride.

What I've lost is not nearly as important as what I've gained - confidence, control, energy & stamina, strength and the incomparable knowledge that I am a positive role model in my daughter's life. What you can accomplish when you set your mind to it is limitless.

-Wendy, lost 22 pounds, 13 to goal



I had never eaten correctly – I always skipped breakfast, would eat a big, unhealthy lunch and then go out to dinner!



Two years ago I was the person buying regular pop at the local convenience store at midnight so I would never have to be without. But, when my doctor told me I was pre-diabetic and over 200 pounds I got scared. My mother passed away at age 68 from complications from diabetes and I had just passed my 52nd birthday.

I had joined WW once before but was too lazy to get up on Saturday morning to attend the meetings. So when CityFit offered the WW at work to its employees at a discounted rate, one floor below my office, I had no excuse NOT to go! I reached my lifetime goal after seven months and have maintained that weight since.

-Laurie Dierker, Mayor's Office, member since April 2011



From Kennywood to wave pools, I feel like I am finally LIVING my life!



The program was very easy to follow. Weight Watchers taught me how to modify my eating habits. I never felt deprived. I'm not one for "exercise," but I'm certainly more active. In January on a trip to Mexico I actually zip-lined and rappelled! For a woman who couldn't get off of her lounge chair on the beach without help that was quite the accomplishment.

I am not as tired as I used to be, I play softball and am generally a happier person. I actually LOVE to go clothes shopping now! I encourage everyone to take this opportunity and join WW. The support of co-workers and friends is amazing. You will feel wonderful and you may even change your life!

-Laurie, lifetime member since November 2011

