

Welcome to

WeightWatchers®

...a personal message from Scott "Q" Marcus
WW Leader & Lifetime member

Welcome Home!

The best decision I ever made was the same one you made; to join Weight Watchers.

You see, before I joined, I didn't like ME. I felt awful - physically and emotionally. I didn't play with my children. I didn't buy new clothes. I didn't go to the doctor. In short, I became a spectator in my own life.

I didn't know what to do so I tried the same old things over and over. At first, I told myself it didn't matter. I avoided things that forced me to look at my weight; doctors, new clothes, family gatherings, intimacy. I thought I could "make it go away." But it didn't. Quite the contrary, it grew more frightening my the day. I felt more and more out of control.

If I didn't like where I was I HAD to do something different to get somewhere else. After all, "If I always do what I've always done, I'll always be where I've always been."

So, I did exactly what you're doing. It hasn't always been easy. But it's definitely worth it. I've maintained a 70 pound weight loss for 11 years! I am a syndicated columnist. I've put out two books

(Check www.TheEatingCycle or ask me if you'd like a copy.) I'm mostly happy. I'm usually healthy - and most important, I like my life.

Weight Watchers didn't do it for me, it gave me the tools and support to do it for myself. And that's why I work for Weight Watchers now. I'm here to give back some of what I still get. (If you'd like to read my whole story, visit my website.)

This introduction will give you some ideas and suggestions. If you ever need anything, feel free to contact me at 442.6243, ScottQ@THINspiration.com, www.THINspiration.com or my blog at <http://scottq.blogspot.com/>.

Good luck. We're all here to help. Treat yourself special. You're doing a great thing!



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Top Things to Do to Ensure Your Success!



Come to meetings! If we could lose the weight at home, we already would have. This is not about "knowing how to diet," this about "changing how you think." The meetings help you:

- Be more successful
- Change the way you think
- Get you through difficult times
- Give you new tools and ideas
- Meet others so you have support
- Have a good time

For at least the next few months, make a point of planning your week around coming to at least one meeting. (You can get a complete schedule of local meetings at my website or you can call the 800 number or go to weight-watchers.com.)

Choose SMALL goals. Don't even focus on your goal weight until you've lost 10%. Too often, we focus on the big picture, discounting the little successes. It seems too far. We get frustrated. We stop. The big goals are made of little ones. When you're ready to talk "big goals," let me know.

Ask for help. There is no shame in asking for help. We do some things real well; others we need to learn. This is one of the latter. You'll do better by asking for help and getting the tools you need than trying to "tough it out." (Don't know what tools you'll need? I'm happy to give you my suggestions.)

Don't say "I can't..." If starving yourself and giving up everything you wanted got results, you wouldn't be here. Don't tell yourself "no," say "not right now." Think about it for ten minutes. Then decide. More times than not, you'll make a healthy choice. (And that's all it takes to lose weight.)

Keep track. The best analogy I can give you about Winning Points by Weight Watchers is that it's like money. You spend it if you've got it on what YOU consider important. If you don't keep track of your spending, you'll go broke. Same with points. Write it down. Use a journal. (If you like electronic gadgets, check out the points calculators! They're fun!)

*There are way too many good ideas to fit here. Come to meetings for more!
(Or call or click if I can help.)

By the way...



Weight Watchers is "safe." No one will ever announce your weight, force you to talk, embarrass you, or use any "negatives." (After all, if feeling bad about your weight was motivational, you'd already be skinny, huh?) Everyone who works for Weight Watchers is on the program. We have to weigh in and come to meetings too. We're just like you; we know what it's like.