



## At Home kit - Corporate Edition\*

The At Home kit – Corporate Edition gives you information and resources by mail to follow our plan step-by-step at home. The kit includes weight-loss tools and bonus products† that are conveniently delivered to your home, along with access to a Toll-free Helpline with weekly progress reporting. Kits are available in two formats, one which contains resources for those looking to be on the plan for **26 weeks** and one for those looking to be on the plan for **52 weeks**.



Whichever format you select, you'll receive an easy-to-follow Guidebook that explains how the kit works, as well as booklets, recipe cards, and other resources to help make your weight-loss efforts successful. Bonus products include:

- **Complete Food and Dining Out Companion guides:** *POINTS*® values for thousands of name-brand grocery items and popular fast food and restaurant menu items, plus listings for generic and ethnic foods.
- **Pedometer and Walking Guide:** Track the number of steps you take, distance you've walked, and the time it takes.
- **Get in Shape! Exercise DVD:** A combination of our light, moderate, and high intensity workouts.
- **My QuikTrak™ Diary:** Convenient, spiral-bound books for tracking your food intake.
- **Materials Organizer:** This compact, attractive portfolio is designed to keep your At Home kit tools in one place.
- **Weight Watchers Magazine:** A one-year subscription to our popular bi-monthly publication.
- **Weight Watchers TurnAround™ Program cookbook:** Enjoy our newest cookbook with 125 quick recipes with low *POINTS* values.
- **Weight Watchers 32 oz. Water Mug:** Makes drinking and tracking your water easy.
- **Workplace Strategies: Healthy Tips for Healthy Living:** A folder full of articles and quick tips to help you stay on track – even during the busiest workdays.

### The 26-week kit also includes:

**Weight Watchers Precision Personal Scale:**  
A sleek and compact scale to help you track your progress.

### The 52-week kit also includes:

**Weight Watchers Deluxe Glass Scale:**  
A precision digital scale with body fat monitor and 10-user memory.

**Electronic Calculator and Tracker:**  
Monitor your *POINTS* values with this easy-to-use calculator.



\*Available only in participating areas in the U.S. †Contents of equal or greater value may be substituted from time to time, based on availability.  
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