Happy New Year, and welcome to Weight Watchers new approach to weight loss and fitness. Our exciting, new Beyond the Scale program, which launched just last month, focuses on you, not just a number on the scale, and is personalized to your lifestyle, challenges and goals. One way to feel great and keep off weight is by adding exercise to your daily routine. In Step Right Up, you’ll discover lots of ways to bring physical activity into your everyday comings and goings – no gym membership required. Hungry for delicious food? Weight Watchers has recipes you (and your family) will love. Warm up and fill up with our savory Smoky Black Bean and Sweet Potato Chili for only 7 SmartPoints™. And end your meal with a definitely decadent, no-cook treat; Chocolate-Espresso Mousse Shots for only 2 SmartPoints™.

Enjoy! Links not working? Just cut and paste the following link into your Web Browser.

https://www.weightwatchers.com/us/article/step-right
https://www.weightwatchers.com/us/article/chocolate-espresso-mousse-shots