



Weight Loss that Works.
Wellness that Works.™

FIND MOVES THAT FIT YOU!

Our wellness partner, WW, **makes losing weight easier**^ with their new, science-backed PersonalPoints™ Program.



Then



Now*

“When I started WW, I didn’t know this mindset and body were possible. Now I’m strong and focused.”

—WW member
Amma O.,
lost 72 lbs*

*People following the WW program can expect to lose 1-2 lbs/week. Amma lost weight on a prior WW program and is continuing on PersonalPoints.

Sign up by June 30 and receive a

FREE WW ACTIVITY KIT[†]

over
\$100
value‡

NEW
PersonalPoints™
Meet Your Plan

Get moving when, where, and how you want. Your Points® Budget increases as you track activity.

Discover a program built for you. Unlock a food plan tailored to your taste buds and goals.

Stay inspired. Give your wellness a boost with on-demand workouts, 11,000-plus recipes, and more.



1. To learn more about our partnership with WW or to join now, visit [WW.com/NotreDame](https://www.ww.com/NotreDame).
2. Get your WW Activity Kit at [WW.com/activitykit](https://www.ww.com/activitykit)

‡You'll receive the products shown above, plus a WW Tubular Resistance Band, Moisture Wicking Headwrap, a coupon booklet worth \$50, and the PersonalPoints Program Guide.

^Based on a 6-mo clinical study conducted by Dr. Sherry Pagoto at the University of Connecticut.

†**FREE WW Activity Kit Offer:** Get free kit when you buy an eligible WW plan between 5/1/22-6/30/22. Available only where WW plans are offered thru your employer/health plan, in participating areas only. 1 kit/member. Redeem kit by 7/16/22. While supplies last. Kit contents may vary. U.S. addresses only. Allow 3-4 weeks for delivery. Offer not available to current members. Can't be redeemed for cash. Nontransferable. Offer subject to change without notice.

***As low as** price reflects WW Digital plan for your organization's employees. Monthly payment required in advance. You'll be automatically charged each month in accordance with company pricing until you cancel, your employment with your organization terminates, or the agreement bet. your employer & WW terminates. Offer avail. in participating areas only.

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