

weightwatchers magazine

2018 MEDIA KIT

We inspire and guide
healthier choices
to become the
fullest expression
of yourself.

It's about choosing a new relationship with food. With your body. With the stories you tell yourself. With how you see the world. It's why we don't just help readers eat better. We help them live better-with experiences that feed their minds, bodies and souls. Weight Watchers Magazine encourages, inspires and mentors **7.5MM readers** every step on their journey.

WHITNEY
Weight Watchers
member,
lost 27lbs.

