

# LIVE OR DIET. WEIGHT WATCHERS IS A DIET.

Weight Watchers wants to distance itself from the word “diet” because of that word’s negative connotations. After all, saying it’s a “lifestyle” and a “way of living” is warm and fuzzy. But if Weight Watchers is a lifestyle that is trying to get you set “for life,” why do between 85 and 98% of diets fail? And why is Weight Watchers a \$3.65 billion company?

Be healthy. Be happy. No matter what your size.

Get the facts.

<http://www.fatrights.org/>  
<http://www.bigfatfacts.com/>