

Health and Fitness

Discounts To Help You Shape Up

(NAPSA)—There are ways to shed pounds and keep your pocketbook in shape too.

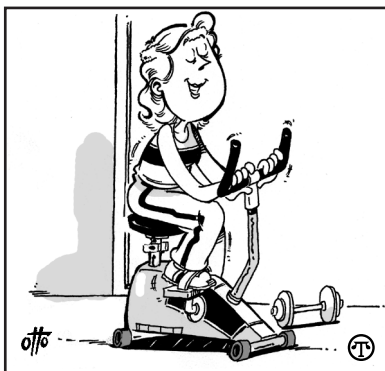
According to numerous polls, health and fitness is the top priority for Americans and a new program has been designed to help people reach their wellness goals without spending too much.

HealthSaver and Weight Watchers joined together to offer savings on several weight loss plans. Members can choose from these plans to best suit their needs and save:

1. Local meeting coupons provide prepaid admission to neighborhood Weight Watchers meetings with savings on weekly fees and free registration.

2. HealthSaver members can save \$10 off a three-month subscription to Weight Watchers Online. Members pay only \$55 in the three-month prepayment plan. The online program provides a set of personalized tools to help subscribers stay on track. Members can set up their own POINTS® Tracker, Meal Planner, Weight Tracker, and Progress Charts. They can also search a database of more than 800 recipes, and calculate POINTS for their own foods and meals.

3. At Home Kits—The At Home Kit is a convenient weight-loss system that contains 12 weeks of the Weight Watchers program with simple step-by-step instructions delivered to your home. In addition, members receive 26 weeks of telephone support, a POINTS calculator, and the popular Complete Food and Dining Out Companions.



The savings can really add up as the pounds fall off with a helpful new program.

The kits normally sell for \$124.95 plus shipping and handling; however, members automatically receive a \$10 savings and pay \$114.95 plus shipping and handling.

All offers are valid for HealthSaver members only in Weight Watchers participating areas of the United States, and are subject to change and/or modification.

In addition to great benefits, members receive discounts of 10 to 50 percent off prescriptions at participating pharmacies, 10 to 50 percent off vision care and 15 to 30 percent off complementary and alternative health care treatments.

Members can also save from five to 50 percent off vitamins and supplements by mail.

More information is available at www.healthsaver.com or toll free by calling 1-800-7HEALTH (1-800-743-2584). A two month trial membership costs \$1.