



Grilling Season in Around the Corner

ANNOUNCER:

GRILLING SEASON IS AROUND THE CORNER, BUT DID YOU KNOW MOST PLATES AT BARBEQUES CONTAIN THE FAT AND CALORIES OF NEARLY SIX SERVINGS OF FRENCH FRIES? WEIGHT WATCHERS ONLINE ALLOWS SUBSCRIBERS TO FOLLOW THE POINTSPUS PROGRAM WITH TWENTY-FOUR-SEVEN ACCESS TO INTERACTIVE TOOLS AND TIPS TO HELP THEM MAKE BETTER CHOICES.

THERESA DIMASI, EDITOR-IN-CHIEF OF WEIGHT WATCHERS DOT COM:

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GRILLING IS TYPICALLY A HEALTHY WAY TO PREPARE FOOD, BUT IT'S THE BARBEQUE EXTRAS THAT CAN QUICKLY ADD CALORIES. TO AVOID GRILLING PITFALLS, CHOOSE HEALTHIER VERSIONS OF BARBEQUE CLASSICS – A TURKEY BURGER INSTEAD OF BEEF, GRILLED CORN OR VEGETABLE KABOBS INSTEAD OF BAKED BEANS, A GREEN SALAD INSTEAD OF COLESLAW. ALSO GET MOVING, PLAY BASEBALL, TOSS THE FRISBEE, YOU'LL BURN CALORIES AND HAVE A GOOD TIME WITH FAMILY AND FRIENDS.

ANNOUNCER:

WEIGHT WATCHERS ONLINE SUBSCRIBERS CAN ALSO ACCESS THE MOBILE APP TO CALCULATE POINTSPUS VALUES OF THEIR FAVORITE BARBEQUE DISHES. THERE'S EVEN AN INTERACTIVE CHEAT SHEET TO GUIDE USERS TOWARD HEALTHIER CHOICES WHETHER YOU'RE AT A SUMMER COOKOUT OR TAILGATING.

FOR MORE ON THE PROGRAM, VISIT WEIGHT WATCHERS DOT COM.

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