



Manage your weight with Weight Watchers®!

Your health is one of the most important things you can have. Whether you want to improve your nutritional choices and lose weight, or whether you currently practice healthy eating habits and simply wish to maintain your weight, knowing how to manage your weight safely can help you focus your efforts on the behaviors that can make the greatest difference to your overall well-being.

That's why American Standard Companies is making available to all U.S. employees and their eligible adult dependents discounts on Weight Watchers, a weight management program. Using Weight Watchers, you have a better chance of achieving or maintaining your weight management goals. In fact, many experts believe that Weight Watchers is among the best programs for taking weight off safely and keeping it off.

Why Weight Watchers?

The company has been helping people to lose weight for over 40 years. Weight Watchers is a trusted name in the weight loss field, providing its members with support and programs that are:

- Built on sound scientific principles of nutrition, behavior and exercise
- Committed to helping you achieve lifestyle change through education
- Provided in a supportive atmosphere

The Weight Watchers program is also flexible. You have several options for using the Weight Watchers program. If you call Weight Watchers or register online, **remember to identify yourself as an American Standard employee.**

1. Local meetings

Local meeting coupons provide prepaid admission to Weight Watchers meetings in local communities with savings on weekly fees and free registration. For information or to purchase local meeting coupons by credit card, call 1-800-710-4663. Studies show that regular attendance at weekly meetings provides group support that can be helpful in making – and sticking with – lifestyle changes.

2. Online subscription

Weight Watchers online is an Internet subscription product designed for employees who cannot – or don't want to – attend meetings. It offers 24-hour access to weight loss tools, information and resources such as an online journal, meal plans, recipes, weight tracker, progress charts and much more. If you sign up for Weight Watchers online, you will be given a Web site address which will automatically give you a discount on a 3-month subscription.

3. At Home kit

At Home is a convenient weight loss package that contains all of the materials found in Weight Watchers meetings delivered right to your home. The 12-week program features 26 weeks of ongoing telephone support, the At Home Guidebook, the popular Complete Food and Dining Out Companions, Let's Walk Pedometer, and much more. With your ASD discount, the standard price is \$89.95 plus shipping and handling. Call 1-800-710-4663 to order.

For more information on the Weight Watchers discounts available to you, visit LifeSteps Online through the Employee Services area of our company-wide portal at <http://MyStandard> from work or www.asdlifesteps.com from home or anywhere you have Internet access.

4. The At Work Program®

At Work meetings conveniently deliver the Weight Watchers program to employees by fitting into your busy schedule. A trained Weight Watchers leader visits your location for weekly meetings. Meetings held at work also offer group support that can make it easier for you to improve your nutritional choices and change your eating habits. If you are interested in having Weight Watchers at your location, contact your local benefit representative to see if it's possible to begin offering meetings on site.

The health benefits of losing weight

If you are overweight, losing weight will generally improve your health. Here are some examples:

Heart disease and stroke are the leading causes of death and disability for both men and women in the United States. Being overweight increases the risk of high cholesterol, high blood pressure, and angina, which is chest pain caused by decreased oxygen to the heart. **The good news** is that reducing your weight by 5-10 percent can decrease your chance of developing heart disease or having a stroke. You can improve your heart function, blood pressure and your levels of blood cholesterol and triglycerides.

If you're overweight, you are twice as likely to develop type 2 diabetes (non-insulin dependent) as people who aren't overweight. **The good news** is that losing weight and getting exercise can help you control your blood sugar levels. It may even reduce the amount of medication that you need.

There are several kinds of cancer associated with being overweight. In women, these include cancer of the uterus, gallbladder, cervix, ovary, breast and colon. Overweight men are at greater risk for developing cancer of the colon, rectum and prostate. It isn't clear yet whether the increased risk is due to the extra weight or to a high-fat, high-calorie diet which lead to extra weight. **The good news** is that losing weight and exercising more may reduce the risk of these weight-associated cancers.

How can you tell if you're overweight? Your body mass index (BMI) is the measure of body fat based on height and weight that applies to both adult men and women, and is generally considered to be an effective measurement. Calculate your BMI by logging on to: <http://www.nhlbisupport.com/bmi/bmicalc.htm>.

How to get started losing weight

Losing weight isn't easy, but you can do it. Studies have shown that a large part of losing weight is really changing your lifestyle. The key is to look for balanced, realistic and enjoyable ways to fit healthful changes into your life. Here are some suggestions. For more information, log in to LifeSteps Online in the Employee Service as area of <http://MyStandard>, our company-wide portal.

- **Don't go on a strict diet.** Instead, create a plan to eat healthier that works for you. If you make small, reasonable changes, rather than depriving yourself of everything you love, you will be more successful.
- **Think about your relationship with food.** Do you overeat? If yes, why? Do you eat for other reasons than that you're hungry? Knowing why you do what you do may help you.
- **Slowly change your eating habits.** Rather than following a particular diet, develop a plan for healthy eating that includes lots of fruits and vegetables, whole grains and lean protein such as chicken or fish.
- **Establish goals you can reach.** Set small goals. It's a good idea to make your goals specific, within your reach and flexible enough to easily begin working toward your goal again if you've eaten something you shouldn't!

Your personal information is private and protected by federal and state privacy laws

Privacy is important – to you and the company. For more information about your privacy, please refer to the package that was mailed to your home in November, or logon to LifeSteps Online on <http://MyStandard>.

Other LifeSteps resources

The **personal health assessment** is an important resource for improving the well-being of our employees and their family members. By completing the assessment, you and your family can identify health risks you face so you can get more out of available LifeSteps resources. It also helps the company understand which LifeSteps tools and resources to offer in the future based on the overall health of our employees.

Have additional questions about your weight loss program?

Health coaches can help answer questions about the importance of weight management.

Call a health coach

1-877-LIFE-123 toll-free
(1-877-543-3123)

Hearing-impaired callers,
please dial 1-800-504-5539 TTY
24 hours a day • 7 days a week

Or visit LifeSteps Online through the Employee Services area of our company-wide portal at <http://MyStandard> from work, or www.asdlifesteps.com from home or anywhere you have Internet access.

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