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## Some weight watchers plans

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### TurnAround

In August of 2004 the TurnAround Program (a registered trademark) was introduced which not only incorporated the Points and Core food plans but is intended to assist people with developing an overall healthy lifestyle. The program includes healthy food intake but also includes following 8 Good Health Guidelines, activity and member support. It is through all of the aspects of the program that members are able to not only reach their weight loss goals but to make permanent changes to support lifetime weight management.

### UK versions of plans

In the UK, the two plans are called "The Points Plan" and "The Core Plan." They essentially correspond to the Flex and Core in America, except that in the UK there is no such thing as the 35 "flex" points allotted per week in the "Flex" plan, and the Core Plan UK members get only 21 points per week outside of their Core diet.

SOURCE :- WIKI

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