

AMERICA THE GREATEST®

America is the greatest nation in the world because she has allowed her citizens the opportunity to develop their "Potential for Greatness." Citizens such as
JEAN NIDETCH.

- Born:** October 12, 1923 (Libra)
in Brooklyn, New York.
- Father:** David Slutsky,
Cab driver.
- Mother:** Mae (Fried) Slutsky,
a manicurist.
- Accomplishment:** Founder of Weight Watchers
International.



JEAN NIDETCH

Jean Nidetch had a problem. She was a compulsive eater, and she was obese as long as she could remember. She tried every diet pill she could take and went to every diet doctor she could find, but nothing worked. In October, 1961, she weighed 214 pounds, was 5'7" tall, and a woman in a supermarket asked her, "when is your baby due?" This unintentioned insult prompted her to go to the New York Department of Health Obesity Clinic, where she started their diet (which later served as a prototype for the Weight Watchers diet). This program also failed, as she found she was locking herself in her bathroom and gorging herself with cookies. In desperation, she gathered six of her obese friends at her apartment, and began having weigh-ins and soul-searching and inspirational talking sessions on a weekly basis. For the first time in her life, Jean lost weight. On October 30, 1962, she reached her goal of 142 pounds. Meanwhile, her little group of six fat (now formerly fat) ladies had grown into larger groups all over New York. In May, 1963, Weight Watchers was incorporated. The spectacular growth of Weight Watchers, Inc., is only paralleled by the spectacular results the program achieves. Needless to say, Jean is now a slender multimillionaire.

A nation is as great as the sum total of the greatness of its individuals. America offers her people more opportunity to develop their "Potential for Greatness" than any other nation on earth. I challenge you to develop yours!

Today we honor JEAN NIDETCH. Tomorrow could we honor you?

Dr. Michael R. Loss.

DR. MICHAEL R. LOSS
President, America the Greatest®, Inc.