



Better Together

Invite a friend to join Weight Watchers!
Both you and your friend will receive **1 MONTH FREE***!

W
Freestyle

weightwatchers

*One Month Free: To be eligible for a one month extension to your Monthly Pass, friend must purchase a new Weight Watchers Monthly Pass (Meetings incl. Online) subscription by 12/31/2018, and continue for at least 2 weeks after purchase. If these criteria are met, you will receive an email indicating your eligibility. Your subscription must remain active for at least 2 weeks after you receive such email to allow for processing of your month extension. Processing of extension may take up to 45 days. The extension will be added at the end of your pre-paid period at the time of processing. Offer does not apply to any invited friends' current subscriptions and is only available to Canadian residents. You must have an active Weight Watchers Monthly Pass subscription to receive your extension. Extension is not transferable or redeemable for cash. This offer is available in participating areas only. Not available in At Work Meetings. Offer only valid for current/active Monthly Pass subscribers. To be eligible for a one month extension to your Monthly Pass, you must have a current Monthly Pass subscription that has been active for a minimum of 2 weeks, and friend must purchase a new Weight Watchers Monthly Pass (Meetings incl. Online) subscription by 12/31/18 and continue for at least 2 weeks after purchase.

April 15-21, 2018



Freestyle™

eat what you want!

Deprivation doesn't work. Here's how to enjoy the foods you love.



Enjoy!
Garlic, Rosemary, & Lemon-Oven Fries are just 4 SmartPoints® value per serving. Get the recipe at weightwatchers.ca (for subscribers).

plan for favourite foods!

them up to be healthy and to lose weight. “I was upset thinking about my life without these foods,” she says.

Kelly learned that on Weight Watchers®, she didn’t have to give them up—and you don’t, either! In fact, swearing off favourites like bagels, ice cream, gummy bears, or [your fave here] can backfire. When we deprive ourselves of certain foods, we’re more likely to crave and overeat them than if we didn’t banish them. That proved true for Kelly: “I struggled my first few months on the program,” she says. “I’d deprive myself for a few days and then fall off the wagon because I couldn’t maintain that type of eating.”

It’s no wonder: Tell yourself you can never eat chocolate again, and chocolate will be all you think about until you get your hands on some. And by making a rule to never eat a certain food again, we lack a plan for when we *do* come across it. So at the school fundraiser, what happens when you’re facing a huge tray of mac and cheese—and little else? Plus, if we end up eating the food we swore not

NAME
Kelly

JOINED
2015 (4th time around!)

FAVOURITE WW TOOLS:
Food scale and collapsible measuring cups

SAYING TO LIVE BY:
“You can have it all, you just can’t have it all at once!”



to, we feel guilty and ashamed afterward. And it’s hard to reach your goals when you’re disappointed in yourself.

Instead of banning high-risk foods, you can choose to eat them—when you plan for when, where, and how to do so. That way, you’re prepared to either not eat or overdo it when you encounter them. Once Kelly learned how to allow for favourite foods, she was happier, and started to lose weight. Today, she’s closing in on her goal, and still eating what she loves. “It feels... dare I say it... easy!” she says. “Now I’m confident that I can navigate any craving or occasion.”

Cover photo by Kate Sears. Photo this page by John Kernick.

how Kelly has her cake (or doughnut or chips or...) and eats it, too!

Here’s how she makes foods she loves a regular part of her life.

- ✓ **Anticipate the pleasure.** When I want a high SmartPoints value food, I “pencil it in” for the next day or later in the week so I can plan for it.
- ✓ **Create a SmartPoints friendly version.** I’ve come up with alternatives to higher SmartPoints foods. Del Taco chili cheddar fries are 18 SmartPoints per serving, for instance, but my made-at-home version is about 8!
- ✓ **Make it work for you.** I enjoy my favourite foods frequently—it’s more a daily thing than “special occasion.” I had nachos for lunch today, I have chili fries scheduled for tomorrow, Friday I’m making pizza, and Saturday is date night. It will all fall within my daily and weekly Budget, and I’ll feel successful while also feeling satisfied.



How are you fitting in #FavouriteFoods? Share on Connect on the mobile app (for subscribers).

what to do

fit in favourites

Got a hankering for a special something? Consider these elements. Write your plan for enjoying it in the spaces below.

1 What will you eat? Determine how you'll fit this food into your Budget. What size portion will you eat and how many SmartPoints is it? How can you use the flexibility you have with rollovers and zero Points foods?	2 Where will you eat it? If you worry about overeating, buy a single serving and eat it away from home. If your high-risk food is chocolate cookies, buy one at a stand in the mall. Or bring cookies to a pal's house, and leave them with him.
3 When will you eat it? Will you eat it after dinner on your night out or will you eat it on Saturday when you're at the mall?	4 With whom will you eat it? Food is often best enjoyed with others. And eating high-risk food in company can minimize shame or self-criticism.

- ⇒ 1
- ⇒ 2
- ⇒ 3
- ⇒ 4

savour every bite Eat favourite foods slowly, giving full attention to the aroma, taste, and texture. Mindfully pleasurable eating can help cut the risk of overdoing it—in part because it also gives the body time to signal to the brain it's had enough.

FOLLOW UP Identify your most high-risk food and make a plan for how you can best enjoy it, using the steps above.

think again

See how to shift from a nope/never/can't mindset around favourite foods to a more livable, flexible yes/sometimes/can approach.

UNHELPFUL THOUGHT

"I'm going to my favourite restaurant and I love their chocolate cake, but I can't eat cake."



HELPFUL THOUGHT

"It's unrealistic to think I'll never eat chocolate cake again. I'll pre-track it, then decide ahead of time what to order for dinner so I can enjoy it all."

UNHELPFUL THOUGHT

"I'm dreading our afternoon meeting. They always have those doughnuts I love—and healthy eating and doughnuts don't mix."



HELPFUL THOUGHT

"My favourite doughnuts can be part of my overall eating pattern if I plan ahead. I'll use rollovers and I'll enjoy every bite so I feel satisfied, not guilty."



Think of an unhelpful thought you had recently about a "forbidden" food. Write it here. Reality-check that thought and write your helpful thought here.

UNHELPFUL THOUGHT



HELPFUL THOUGHT



tip from a leader
"WW Freestyle™ makes it easy to enjoy foods I love. I eat steak with a baked potato, burgers, or cookies with milk! I plan for it, grab an extra workout to earn FitPoints®, and eat more chicken, tuna, and eggs from the zero Points food list to stay on track." —TED, LEADER

quick beef nachos

5 SmartPoints value per serving // PREP 10 min // COOK 1 min // SERVES 1

- 7 tortilla chips
- 55 g (2 oz) deli-counter roast beef, cut into strips
- 1 ml (¼ tsp) ground cumin
- 1 ml (¼ tsp) dried oregano
- 30 ml (2 Tbsp) shredded reduced-fat Mexican-style cheese
- 30 ml (2 Tbsp) pickled jalapeño peppers, sliced (or to taste; optional)
- 37 ml (2½ Tbsp) fresh refrigerated fat-free salsa, (drained if very liquidy)
- Fresh cilantro to garnish

ARRANGE tortilla chips in a single layer on a microwave-safe plate; microwave 30 seconds.

MEANWHILE, toss roast beef with cumin and oregano. Evenly divide mixture over warm chips and sprinkle with cheese; microwave until beef is hot and cheese melts, 30 seconds (or bake in oven).

TOP with jalapeños and salsa; garnish with cilantro.

5
SmartPoints
value

→
Try Weight
Watchers
Reduced Fat
Mexican Blend
Shredded
Cheese!

fast + easy
from weightwatchers.ca

Recipe © Weight Watchers International, Inc.
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thoughts on my meeting...

Great stuff I heard... helpful tips... what I'll work on!



GET YOUR DRINK ON
Our Portion Control Glasses are sheer genius: Elegant, etched lines discreetly mark 150, 180 and 250 ml (5, 6, and 8 fl oz) servings, for smart, subtle sipping. Set of 2 dishwasher-safe glasses.

Available in participating meeting locations.



#WWFREESTYLE ON #WWCRUISE!

Live the program on the new MSC Seaside with WW-friendly meals, community events, and interactive programming to inspire your health and wellness journey. WW Cruises set sail May 5-12 and Nov. 10-17.

Book: <http://cruisestoclick.com/rejuv/>



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