

April 22-28, 2018



Freestyle™



Better Together

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



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.



be kind to yourself

Practise self-compassion—
it can help on and off the scale.

be kind to yourself

victories she accomplished on her journey.”

If you can give yourself the same sense of acceptance, understanding, and kindness that you'd give a friend (minus judgment or criticism), that's self-compassion. People who are kind to themselves recognize that no one is perfect and they treat themselves the same whether things are going well or not.

Treat yourself like a treasured friend. It's that simple—and yet it can be so hard to do. Ask Monique, a Weight Watchers member, who tried tough love for years: “I'd set deadlines to lose a certain amount of weight and then feel horrible when the scale wasn't moving fast enough. There was a lot of guilt and shame.” But Monique says if she were talking to a friend who was similarly striving for a goal and feeling overwhelmed, “I'd be encouraging and loving. I would be great at pointing out all the small non-scale

Monique recalls, “When I went shopping, I'd comb the clearance rack for simple basics to get me by. Looking back, I was thinking that I wasn't deserving of clothes that I loved and made me feel good.” When she began to link those unhelpful thoughts with her struggle to lose weight, her perspective changed. “This has been about a two-year process of recognizing and understanding how my thoughts are directly related to my experiences,” she says. “Thinking negatively about myself threw a monkey



NAME
Monique

JOINED
2017 (second time around!)

HOW I SHOW MYSELF LOVE
Making time for reading and exercising. Turning off my phone. Going to bed and waking up refreshed.

WHY I LOVE CONNECT
It's where I go to feed myself positive energy, see everyday success stories, talk nonstop about weight and health without feeling like I am boring anyone, and remember that I am not in it for a quick fix but a lifestyle change.



“Self-compassion reminds me that even when I mess up, it will be OK because everyone messes up and I'm still learning. I feel like I have become my own best cheerleader!”

wrench into any hopes of progress and it made me feel like I'd never be successful or measure up, that the task of losing weight was too big.” But when you practise self-compassion, it's easier to respond calmly during challenging times, without beating yourself up or feeling sorry for yourself.

For Monique, resilience has been another positive by-product of self-compassion. “I recognize I will not be perfect, but that doesn't mean that I should give up,” she says. “I simply remind myself to be my own loving, kind, and supportive best friend.”

how self-compassion helps on and off the scale

Be kind to yourself and, research shows, you're more likely to:

- ✓ feel positive about your body.
- ✓ feel more satisfied with life.
- ✓ be less stressed.
- ✓ be physically active because it's fun, rather than because you feel guilty or that you “should” do it. (And when people are motivated to move for pleasure vs. for “exercise,” they're more likely to lose weight and keep it off over time!)
- ✓ maintain your weight loss.



Share how you show **#selfcompassion** on Connect in the mobile app (for subscribers).

what to do

be your own #BFF

best friend forever!

The next time you're struggling, picture how you'd treat a friend in the same situation, and treat yourself the same way.

- 1** Imagine a close friend feels bad about him- or herself, or is having a tough time. Write down what you'd do and say to him, including your tone of voice.

- 2** Think about when you feel bad about *yourself*. Write down what you typically do and say, including your tone of voice.

- 3** Is there a difference? If so, why? What factors or fears might lead you to treat yourself and others differently? Jot them down.

- 4** Write down what might change if you treat yourself as a friend.

- 5** Next time you're feeling bad, treat yourself like a friend and see what happens!

THIS WEEK When you find that you're being hard on yourself, pause and shift your thinking to treat yourself the same way you'd treat a friend by following the steps above.



tip from a leader

"I love these words from Canadian singer Leonard Cohen: 'There is a crack in everything. That's how the light gets in.' I find this saying helpful because it reminds me that it's OK to make mistakes—and that I can learn from them." —KAREN, LEADER

think again

See how to nurture self-compassion by recasting negative self-talk. When you think kindly about yourself you feel—and act—in positive ways.

UNHELPFUL THOUGHT

"I can't believe I slept through my dance class this morning. I've ruined all my progress."



HELPFUL THOUGHT

"If this happened to my friend, I wouldn't think she ruined her progress; I'd think she must have been tired. So I'll try to go to bed earlier tonight and get to a class tomorrow morning instead."

UNHELPFUL THOUGHT

"This week has been so busy—I had trouble staying within my Budget. I failed."



HELPFUL THOUGHT

"I did struggle to stay within my Budget, but I had a lot going on. That doesn't mean I've failed. It happens to everyone from time to time. I'll make a plan to get back on track."

(YOUR TURN!)

Recall a time when you were hard on yourself in the aftermath of a lapse or mistake on plan. Write an unhelpful thought you had in reaction. Give it a reality check, then write your helpful thought here.

UNHELPFUL THOUGHT



HELPFUL THOUGHT



→
Toss just before serving to prevent lettuce from becoming soggy.

fast + easy
from weightwatchers.ca

spring chicken salad with creamy dill dressing

4 SmartPoints® value per serving // PREP 12 min // SERVES 4

125 ml (½ cup) reduced-calorie ranch salad dressing

60 ml (¼ cup) chopped fresh dill

22 ml (1½ Tbsp) water

1.5 L (6 cups) shredded or roughly torn romaine lettuce

500 ml (2 cups) chopped or shredded cooked skinless chicken breast

250 ml (1 cup) sugar snap peas, halved if large

250 ml (1 cup) shredded carrots

3 medium fresh radishes, thinly sliced

IN a large bowl, combine dressing, dill, and water until blended. Add remaining ingredients; toss to mix and coat.

YIELDS 625 ml (2½ cups) per serving.

Recipe © Weight Watchers International, Inc. All rights reserved. Photo by Tina Rupp.

Cruise images from Instagram: Zumbaa: @zumbajamie; pineapple: @lizz_isme; ship: @mscrulesofficial

thoughts on my meeting...

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



GET A GIFT WITH PURCHASE!
Buy any 2 smoothies and get a smoothie shaker **FREE***! Retail value: \$10.00. Limit one per member.

*Offer valid in participating meeting locations. For a limited time only. While supplies last. Cannot be redeemed for cash.



GET THE WW FREESTYLE™ PROGRAM AT WORK!

Enjoy the freedom and flexibility of the Weight Watchers plan through your workplace. Here's how: Call us at 1-877-AT-WORK-1 or check out our website at weightwatchers.com/ca/en/health-solutions to find out if your employer or health plan offers WW discounts!

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