

April 29-May 5, 2018



Freestyle™

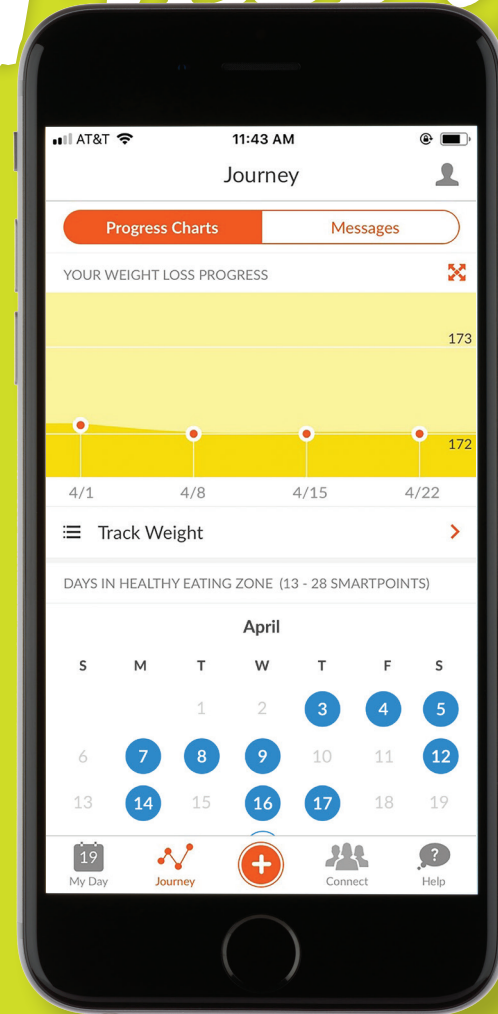


Better Together

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.



scale standoff

How to accept, live with, and even see the good side of, a plateau

how to manage plateaus

Does this sound familiar? One week, you're patting yourself on the back for another consecutive loss—and the next week (or two, or three) your weight loss is at a standstill. You've hit a plateau. Seeing the scale stay the same week after week can feel discouraging. "The first time I hit a plateau it made me doubt myself and my ability to reach my weight-loss goal," says Weight Watchers member Stephanie. "It was frustrating."

However, learning that everyone hits plateaus changed Stephanie's thinking. "Once I realized that I wasn't the only one who faces those disappointing meetings with the scale, I stopped feeling defeated," she says. In fact, weight loss isn't linear, and it doesn't follow a pattern. A standard trajectory has times of loss peppered with small weight gains and plateaus.

There are times you might expect to hit a wall, like when your busy schedule gets in the way of, say, tracking regularly. But often, you might have been meeting all your goals—and yet the scale doesn't budge.

For such times, remember that the scale is only one measure of progress and success. Stephanie says she focuses instead on "all of these positive changes I've been making. Compared to gaining weight, I'll take maintaining my weight at a plateau any day." Stephanie's got a point: Flip your perspective and you can see that a plateau means you are maintaining!

So reflect on the healthy changes you've made to your eating patterns and your lifestyle, and celebrate these non-scale victories while you wait for the scale to catch up.



tip from a leader

"Learning that plateaus didn't mean failure was important. I made a list of things that had improved, and that helped me stay focused on other successes: smaller clothing sizes, more energy, self-confidence, and so on." —LINDA, LEADER

Cover photo of phone by iStock.

NAME
Stephanie

JOINED
2015 (most recently)

**FAVOURITE
WW TOOLS**
My meeting
and the WW
family support
system

**SAYING TO
LIVE BY**
"Progress, not
perfection."



Share your story and get inspiration to stick with your plan at the [#turtleclub](#) thread on Connect on the mobile app (for subscribers).

what to do

make peace with a plateau

You've heard it before: **What you think determines how you feel, which determines what you do.** When you step on the scale expecting a loss, and don't see it, you might have unhelpful thoughts that lead to feelings of disappointment or self-criticism. And those feelings can lead to actions that undermine your future progress.

How to break the cycle? When you hit a plateau, identify and reality-check unhelpful thoughts (*Is this thought*

true? What would I say to a friend who thought this?) to shift to helpful thoughts that can keep you going.

For the two situations here, read through the Unhelpful Thought—Reality Check—Helpful Thought progression. For each situation, write an unhelpful thought you've had in reaction (or one you imagine you'd have in this situation). Practice reality-checking your unhelpful thought to come up with a new, helpful thought.



You've hit your goals all week and the scale didn't budge.

UNHELPFUL THOUGHT

Example: "Wow. I can't believe I didn't lose any weight. All that hard work was for nothing."

REALITY CHECK

Example: "Is it realistic to think I'll lose weight every single week? Was all of that hard work *really* for nothing?"

HELPFUL THOUGHT

Example: "Weight loss isn't a straight line. Plateaus happen to everyone. I put a lot of effort into the past week, and I've been feeling great about my progress, earning FitPoints®, and sleeping better. I won't let numbers on a scale make me think otherwise."

Your Turn!

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You often went out to eat this week and had trouble reaching your goals. The scale didn't budge.

UNHELPFUL THOUGHT

Example: "All those restaurant meals knocked me off track this week. It shows on the scale. I failed."

REALITY CHECK

Example: "If my friend was in the same situation, would I think she'd failed?"

HELPFUL THOUGHT

Example: "I had trouble meeting my goals this week, but that's OK. It happens to everyone. Before I go out to eat on Thursday and Saturday, I'll choose from the menu ahead of time so that I can get back to working toward my goals."

Your Turn!

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FOLLOW UP After filling in your own unhelpful thoughts here, jot down your helpful thoughts in a place you can easily access (maybe your phone or My Success Story booklet). Next time you hit a plateau, refer back to your helpful thoughts for encouragement.

TROUBLESHOOT A PLATEAU

Sometimes it's hard to figure out what's led to a leveling off at the scale. "I use trial and error to help me find out what might be contributing to the plateau," says Stephanie. "Am I stressed? 'Am I getting enough sleep?' 'Did I go negative in my weeklies'? If I answer yes to any of these, I focus on improving that in the next week." Those questions might not be true for you,

of course, but checking in this way can be insightful.

Ask yourself the following questions first—they're most likely to lead you to adjust your game plan for the coming week:

- Am I tracking foods with SmartPoints® values?
- If so, am I tracking them accurately?
- Am I meeting my physical activity goals?

If you answer NO to any of these questions, consider what you can do to switch it to yes, and then set a goal to do it. (Think small and specific, and include who/what/when/where details.)

If you answer YES, think about the changes you've seen off the scale and reflect on your "why" to help you stay motivated while the plateau lasts.



1
SmartPoints
value

fast + easy

From WW Best of Eggs All Day! mini cookbook, available in participating meeting locations.

mozzarella, roasted pepper & basil omelette

1 SmartPoints value per serving // PREP 10 min // COOK 3 min / SERVES 2

- 2 large eggs
- 2 large egg whites
- 15 ml (1 Tbsp) skim milk
- 1 ml (¼ tsp) black pepper
- 0.5 ml (½ tsp) salt
- 5 ml (1 tsp) olive oil
- 75 ml (⅓ cup) shredded part-skim mozzarella
- 60 ml (¼ cup) water-packed roasted red peppers, drained and thinly sliced
- 15 ml (1 Tbsp) thinly sliced fresh basil

IN a medium bowl, beat eggs, egg whites, milk, black pepper, and salt until frothy. Heat oil in medium nonstick skillet over medium heat. Pour in egg mixture and cook, stirring gently, until eggs are almost set, about 2 minutes. **SPRINKLE** mozzarella, roasted peppers, and basil evenly over half the omelette. With spatula, fold other half over filling and continue to cook until filling is heated through and eggs are set, about 1 minute longer. Cut omelette in half and slide each half onto a plate.

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thoughts on my meeting...

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



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SMALL BUT MIGHTY
Conquer cravings and snack attacks with our tasty mini bars.
Available in participating meeting locations.

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