



Member *support*

to help you reach
your goals

3 ways to connect



With 24/7 Expert Chat you have access to a live coach anytime. Just log into your account on weightwatchers.ca and initiate a chat with us!



Agents are waiting to take your call and help you any way that they can.
1-800-651-6000
Monday - Thursday 7AM - 8PM EST
Friday 7AM - 6PM EST
Saturday 7AM - 3PM EST
Sunday 9AM - 5PM EST



Looking for program support, help with motivation or an opportunity to problem-solve on your weight loss journey? Ask your Meeting Room staff to refer you for a Care Call from a Customer Care Agent.


Freestyle™

August 12-18, 2018



Freestyle™

cool moves

When you can't stand the heat,
here's how to keep moving!



keep cool and move on!

There are many reasons to move more—in any weather. Regular activity can help cut stress, boost self-esteem, and enhance sleep. It lowers the risk of heart disease and some cancers. What's more, combining activity with eating better can lead to up to 20 percent greater weight loss! (Plus, activity helps you keep weight off.) Even better, it can be sheer fun—whether you're trying out a new bike or taking in the sights in a nearby neighbourhood. In fact, fun is the most important reason to choose a certain activity—one study showed

that when people were asked to walk more for “fun,” they finished in a better mood than those who walked for “exercise.”

But hot, humid weather can make your usual activity less appealing. So switch things up—move your regular walk to mornings or evenings when it's cooler, or try something new and fun, like swimming (or running through the sprinkler with the kids). There are plenty of ways to take the heat off while moving more. The secret is to find one (or more!) physical activities you really enjoy.



What are your #CoolMoves? Share how you stay active on Connect in the mobile app (for subscribers).

GET IN THE MOVING HABIT

Use the Habit Loop from last week's meeting: Pick a CUE to remind you to do the BEHAVIOUR, and a REWARD or benefit. So, for instance, to make a Saturday morning bike ride a habit, you could lay out your cycling clothes on Friday night as your cue to dress and go for a ride. Your reward? A cool, refreshing shower once you're back home!



tip from a leader

“During the summer, I take my 5-year-old grandson to a splash zone—we run around, get wet, stay cool, and stay active in the city! If it's too hot, the museums are great for keeping cool and getting in those extra steps.”

—RICARDO

Cover photo by Cavan.

what to do find cool new moves

Let's face it: Activity needs to make you happy and fit into your schedule if you're going to stick with it. Use the “4 Ws” (When, What, Where, and with Whom) to plan for a warm-weather activity you'll enjoy.

1. When during the day will I do the activity?

2. What will I enjoy doing? These options let you take advantage of cooler outdoor temperatures—or stay cool when it's hot out in the afternoon.

EARLY MORNING/ EVENING

- Outdoor classes
- Sports leagues
- Canoeing
- My ideas:
- Bike riding
- Walking around the neighbourhood
- Playing ball with kids or dog
- Gardening

MIDDAY

- Swimming
- Workout videos
- Shaded walks
- Gym classes
- Climbing stairs
- Mall walking

- Sprinkler running
- Household chores
- Jumping jacks
- My ideas:

Once you've got your When and What down, decide Where and with Whom (if anyone) you'll do the activity, to set a reasonable and specific goal.

3. Where will I do it?

4. Who will enjoy it with me?

Example: “On Thursday at 6:15 p.m. I'll go to the outdoor yoga class at my local park with my friend Sally” is more effective than “I'll try yoga.”

FOLLOW UP Pick a keep-your-cool activity you'll enjoy and set a goal to do it by using the steps above. When you're done, track it in the WW app (manually or with your activity monitor) to see the FitPoints® you've earned.

think again

Take a weatherproof approach to activity—here's how!

UNHELPFUL THOUGHT

"It's too hot to move more."



HELPFUL THOUGHT

"It is hot, but I can find a way to enjoy moving more and stay cool, like by switching my walks to the evening, once the sun starts to set."

UNHELPFUL THOUGHT

"I'm still physically active in the summer, but I really don't like it."



HELPFUL THOUGHT

"I'm proud I'm keeping up my physical activity, but it would be helpful if I enjoyed it more. I'll switch to an activity that keeps me cool, so I'll enjoy it more."



What unhelpful thought have you had about getting in activity when it's hot out? Write it here. Give it a reality check, then write your helpful thought here.

UNHELPFUL THOUGHT



HELPFUL THOUGHT

Flower and dumbbells photos on opposite page by iStock.

inspiration

from members

STAY-COOL-AND-KEEP-MOVING IDEAS FROM THE CONNECT COMMUNITY



"I LIKE TO WALK AROUND MY YARD AND WATER THE COLOURFUL SUMMER FLOWERS."

—MARYLWYNNE

"I love going for walks after the rain. There's something about the smell of wet grass and feeling the water droplets fall off the trees onto my warm skin that makes me smile. Plus puddle jumping."

—VALERIE_28

"Deep-water aerobics and water running will work you hard without sweating—it's therapeutic and double the workout!"

—MACKERY2018

"GOING TO THE GYM, WHERE IT'S ALWAYS COLD INSIDE."

—SARAM2001



"I PULL OUT SOME VINTAGE AEROBIC DVDS TO GET IN SOME INDOOR STEPS AND LOTS OF LAUGHS!"

—HALLSTROM5

FAST + EASY from weightwatchers.ca

peach-raspberry prosecco punch

4 SmartPoints® value per serving // PREP 5 min // SERVES 1

120 ml (4 fl oz) prosecco

36 ml (1¼ fl oz) peach nectar

30 ml (1 fl oz) raspberry-flavoured seltzer

4 fresh or frozen raspberries

STIR together prosecco, nectar, and seltzer. Serve over ice; garnish with raspberries.

4
SmartPoints
value

→
You can also
garnish with thin
slices of fresh
peach.

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

thoughts on my meeting...

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



Set sail together

Invite a friend and you'll both receive one month FREE!

PLUS...
you could WIN*
1 of 2 WW Cruise
for two on a luxury
ocean liner!

**Take your journey
to the open seas!**

*Ask your receptionist
for more details

Cruise



SMARTPOINTS-WORTHY SWEETS

Got a sweet tooth? Then our NEW SmartSweets Gummy bears, available in meeting rooms now, are for you! Naturally flavoured, high in fibre and each pouch is only 1 SmartPoints. Pick up yours today!

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