

August 5-11, 2018

# 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](http://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  
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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™

## create healthy habits

You've got the power!  
Here's how to set up behaviours that can lead to success.



# getting in the habit

The word “habit” might make us think of nail biting, swearing in traffic—negative or unhelpful behaviours. But at its core, a habit is neutral. Simply stated, a habit starts as a conscious, one-time action that’s repeated over time until that behaviour becomes an automatic routine.

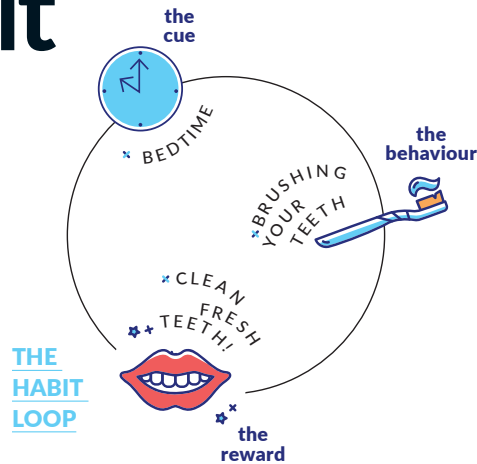
As Pulitzer prize-winning reporter and author Charles Duhigg explains in his book, *The Power of Habit*, we can think of the elements of a habit in the form of a loop:

**THE CUE.** This triggers the behaviour—it can be a time of day, emotional state, place, or event. For example: stepping out of bed.

**THE BEHAVIOUR.** For example: pouring yourself a cup of coffee.

**THE REWARD.** The payoff from the behaviour. Here it would be a physical sensation: The coffee tastes good and/or you start to feel energized.

But the reward can be emotional, too: say, pride at completing a workout. And it can be something



you choose (say, reading a book). This reward or benefit is what makes the behaviour worthwhile, so we want to perform it again. And again....

**You're in control of your habits, not the other way around.**

your habits, not the other way around. Understanding how habits work is key to transforming healthy eating, activity, and mindset behaviours into steady habits that fit your life and help you on your journey.

Creating—and changing—habits is totally up to us, says Duhigg: “The real power of habit [is] ... that your habits are what you choose them to be.”

You're in control of



## tip from a leader

“I’m most successful if I make one small change I can do consistently. For example: Drinking three more glasses of water a day.

I hook that habit to activities I do anyway, like eating meals or taking breaks at work. By keeping it small and specific and giving myself a reminder, the new habit flows more easily into my life.”

—SUSAN

Cover photo by Stocksy; illustrations by iStock.

## what to do

# create your own habit loop

Follow these steps to make a healthy behaviour stick.

### 1. The behaviour I want to adopt:

Example: I want to prep my meals at the start of each week.

### 2. What my cue will be:

Example: 4 p.m. Sunday will be my cue to begin meal prepping. I’ll set an alarm on my phone as a backup cue.

### 3. How I’ll reward myself:

Example: When I’m finished with meal prep, I’ll read a book in the bath to help me relax before the week ahead.

Now, use this formula to describe the habit loop you created:

When [insert cue], I will [insert behaviour].

Afterward, I will [insert reward].

Example: When it’s 4 p.m. on Sunday and the alarm on my phone goes off, I’ll prep my meals for the week. Afterward, I’ll read a book in the bath to relax before the week ahead.

### My habit loop:

**FOLLOW UP** Begin to consciously practise the habit loop you outlined above. The more you practise this loop consciously, the sooner it will become automatic.

# think again

Sometimes, even our ideas about habits are on “autopilot,” and that can affect how we feel and what we do. Here’s how to rethink.

## UNHELPFUL THOUGHT

“I wish I had healthier habits, but that’s just not the way it is.”



## HELPFUL THOUGHT

“I may not have as many healthy habits as I wish I did, but that can change. I have the power to create my own habits.”

## UNHELPFUL THOUGHT

“Building a habit is too much work; I’ll never be able to do it.”



## HELPFUL THOUGHT

“Building a habit does sound challenging, but I can do it! I’ll pair a cue with a behaviour I want to accomplish. The more I do the behaviour when I get the cue, the more likely it’ll become a habit.”



What unhelpful thought have you had about creating healthy habits? Write it here. Reality-check it and write your helpful thought here.

## UNHELPFUL THOUGHT

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.....  
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## HELPFUL THOUGHT

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# inspiration

from a member



**Janet has found ways to make healthy behaviours automatic—check 'em out.**

**Walking every day.** My dogs Lucy and Ricky helped me develop a habit of walking no matter the weather. Rainy? Gotta walk the dogs. Snowy morning? Get out there and walk the dogs! I get an energetic half-hour of physical activity outdoors before I have to go to work.

**Getting more sleep.** My greatest “bad” habit has been nighttime eating while watching TV. Nuts, chocolate... whatever I could find to mindlessly eat. But now, instead of watching TV, I head to bed to

rest or read. I’m not doing any unwanted eating—and I’m much more well-rested!

**NAME**  
Janet

**JOINED**  
May 2016; this was my 4<sup>th</sup> time.

**FAVE WW SAYING**  
Like they say on Connect: “You got this, girl!”

**Drinking H<sub>2</sub>O.** I started gradually: Whenever I felt thirsty the first week, I drank 8 fluid ounces of water in place of one of my usual diet sodas. The next week: I drank one fewer diet soda a day, another 8 fluid ounces of water. The next week: one fewer diet soda and now 24 fluid ounces of water. And so on and so on. Now water is all I drink when I get thirsty, and I feel great. It wound up being pretty easy to make drinking water a habit!

Photo on opposite page by Shannon Greer.



What #HealthyHabit are you rocking?  
Share on Connect in the mobile app (for subscribers).



**6**  
SmartPoints  
value

←  
You can also  
serve these with  
warmed soft  
corn tortillas.

FAST + EASY from [weightwatchers.ca](http://weightwatchers.ca)

## swordfish & veggie skewers with creamy avocado sauce

6 SmartPoints® value per serving // PREP 20 min // COOK 8 min // SERVES 1

- 60 ml (¼ cup) salsa verde
- 60 ml (¼ cup) chopped cilantro
- ¼ ripe avocado
- 5 ml (1 tsp) fresh lime juice
- 1 ml (¼ tsp) grated lime zest
- 170 g (6 oz) swordfish steak, cut into 9 chunks
- ½ red bell pepper, cut into 9 chunks
- ½ poblano pepper, cut into 9 chunks
- 3 scallions, white parts only, cut into 9 pieces
- Cooking spray
- Pinch salt, or to taste (divided)
- Pinch black pepper or to taste
- Lime wedge
- 125 ml (½ cup) cooked medium-grain brown rice

**PREHEAT** grill or grill pan to medium-high.  
**PUT** salsa, cilantro, avocado, lime juice, and zest in mini food processor; process until smooth. Season to taste with salt.  
**ALTERNATELY** thread swordfish and vegetables on 2 or 3 skewers. Coat with cooking spray; sprinkle with salt and pepper.  
**GRILL**, turning as needed, until fish is just cooked through, about 8 minutes. Transfer skewers to a plate. Squeeze lime wedge over skewers; serve with sauce over rice.

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# thoughts on my meeting...

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

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**PLUS...**  
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 for two on a luxury  
 ocean liner!

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

\*Ask your receptionist for more details



**SMARTPOINTS-WORTHY SWEETS**  
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