



Weekly

December 30, 2018–January 5, 2019



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WW members

Living WW

Whether you're a newbie or have been with WW for a while, now's the perfect time to set a course for 2019. The three pillars of WW work together to boost your well-being and help you reach your goals:

1. Food

Every food is assigned a SmartPoints® value to guide you toward an eating style that's higher in protein and lower in saturated fat and sugar. You have a daily

SmartPoints Budget to help you reach your weight or healthy-eating goals.

2. Mindset

Your Wellness Workshops and the WW app offer techniques to get you into a helpful frame of mind—key to building healthy habits.

3. Activity

Moving in ways you enjoy is the WW approach. Our personalized FitPoints® system nudges you to strength and

high-intensity activities, which have the biggest health payoffs. You can work toward your FitPoints goal by tracking activity.

WHAT TO DO

Take a small step

Set a monthly goal for one pillar. Below, write one thing you can do this week to move toward this goal. Be specific. Put your plan into action this week and let us know how it goes at your next Wellness Check-in!

What I'll do this week to move closer to my monthly goal:



For more ways to live WW, see "Weekly Topic" in your app, or the "Plan Basics" section of My Day.

**Wellness
that Works.™**



Greek chicken with tzatziki, orzo & peppers

Prep 12 min | Cook 5 min | Serves 1

5



- 5 ml (1 tsp) olive oil, divided
- 5 baby peppers, sliced (about 250 ml [1 cup])
- 2 ml (½ tsp) minced garlic
- 2 ml (½ tsp) dried oregano
- 3 kalamata olives, quartered
- Pinch table salt (optional)
- 125 ml (½ cup) hot cooked orzo
 - 1 ml (¼ tsp) lemon zest
 - 2 ml (½ tsp) lemon juice
- 30 ml (2 Tbsp) tzatziki
- 115 g (4 oz) sliced cooked skinless chicken breast

1. Heat 2 ml (½ tsp) oil in nonstick skillet over medium-high heat. Add peppers, garlic, and oregano; cook, stirring occasionally, until peppers are tender, about 5 minutes. Stir in olives and salt.

2. Toss hot orzo with lemon zest, lemon juice, and remaining oil.

3. Spoon tzatziki over chicken; serve with orzo and peppers. Garnish with lemon if desired.



Nut-free

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PHOTOGRAPHY: GRACE HUANG (COUPLE); JAMES RANSOM (RECIPE).

Journey together

Invite your friends to join WW - for each one who joins, you'll both get a month on us!