

Kamaria W.
WW member



Move more each day

On days when carving out a block of time for activity is hard, you might wind up pushing it off until tomorrow. Instead, look for ways to fit in movement moments that naturally work into your day.

The opportunities are everywhere! Choosing to take the stairs, walk during a work call, or grab a basket rather than a cart at the supermarket can help keep your commitment to moving more top of mind.

Even better, that physical activity all adds up to enhance your health. And get this cool mind-body link: Research shows when you acknowledge that your activity is good for you, it can deliver even more benefits!

WHAT TO DO

Plan your moves

• **Identify** one day this week where you'll be very busy, so that it will be difficult to get in a longer session of physical activity.

• **Think** about your everyday actions—brushing your teeth, commuting, working at your desk, cooking dinner. How could you add physical activity to them?

• **Choose** two points in the day where you can sneak in activity. Write down what you'll do in the space below, with as much detail as possible (e.g., taking stairs to your office instead of the elevator when you arrive for that all-day meeting on Monday morning).

My move-more plan this week

The busy day when I'll try this: _____

Times I can sneak in activity: _____

What I'll do: _____



For more ways to fit activity into your day, check out the Weekly Topic in your app, or the "Plan Basics" section of My Day

**Wellness
that Works.™**

Mojo-marinated flank steak with peppers

Prep 18 min | Cook 7 min | Serves 1

8



- 60 ml (¼ cup) fresh orange juice
- 15 ml (1 Tbsp) red wine vinegar
- 1 small garlic clove, minced
- 2 ml (½ tsp) ground cumin
- 1 ml (¼ tsp) table salt
- 115 g (4 oz) lean and trimmed beef flank steak
- 5 ml (1 tsp) olive oil
- 1 small poblano chili pepper, sliced
- ½ small sweet red pepper, sliced
- 125 ml (½ cup) cooked white rice
- 45 ml (3 Tbsp) chopped cilantro

1. Stir together orange juice, vinegar, garlic, cumin, and salt in a small bowl; remove 45 ml (3 Tbsp) to a small zip-close bag. Add steak to bag; seal and refrigerate bag at least 4 hours. Refrigerate remaining marinade.

2. Remove steak and pat dry; discard marinade in bag. Heat oil in a large skillet over medium-high heat. Put steak on one side of skillet and peppers on the other. Cook, turning steak once and

stirring peppers occasionally, until steak reaches desired degree of doneness and peppers are lightly charred, about 7 minutes. Remove steak; set aside.

3. Add reserved marinade to peppers in skillet; toss and remove from heat.

4. Slice steak and serve with peppers over rice; drizzle with remaining marinade (from skillet) and sprinkle with cilantro.

- Gluten-free
- Dairy-free
- Nut-free

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