



Know your why

Having a WW goal—being healthier, say, or losing weight—can inspire you, but the “why” behind that goal is extra-powerful, because it keeps you focused on the benefits wellness can bring. For instance, you might want to be healthier to have more energy to play with your kids; losing weight could make it easier to try new adventures.

To zero in on your why, imagine what a healthier lifestyle can bring you. The

more detailed your why, the more it will help you keep moving toward your goals.

WHAT TO DO

Find your why

1. Answer off the top of your

head: Why do you want to get healthier? (For instance: “I’m tired of feeling out of breath and slow.”)

2. Dig deeper. What does that look like to you? How would your life be different? (“I could walk farther, climb stairs easily, and say

‘yes’ to more fun things.”)

3. Make it yours. Ask yourself again, “Why do I want to get healthier?” Take your time to answer in a specific, personal, and positive way. (“I want to have more stamina so I can be active with family and friends.”)

THIS WEEK

Keep your why close

Use the steps above to visualize your why. Then find a way to remember it often. Write it below.

What I’ll do to remember my why:



For more on finding your why, see “Weekly Topic” in your app, or the “Plan Basics” section of My Day.

**Wellness
that Works.™**



Smoky seared cod with potatoes and dates

Prep 15 min | Cook 25 min
Serves 2

10



- 340 g (¾ lb) Yukon Gold potatoes, thinly sliced
- 22 ml (4½ tsp) olive oil, divided
- Salt and pepper to taste
- 170 g (6 oz) kale, chopped
- 1 shallot, thinly sliced
- 15 ml (1 Tbsp) sugar
- 2 Tbsp red wine vinegar
- 2 140-g (5-oz) cod fillets
- 5 ml (1 tsp) each smoked paprika, ground yellow mustard, garlic powder, and onion powder
- 2 cloves garlic, chopped
- 15 g (½ oz) dates, chopped
- 1 lemon, quartered
- 30 ml (2 Tbsp) sliced toasted almonds for garnish

1. Preheat oven to 230°C (450°F). Place potatoes on sheet pan. Drizzle with 5 ml (1 tsp) olive oil. Season with salt and pepper; toss to coat. Spread on pan. Roast,

flipping halfway, until tender, about 20 minutes.

2. In a bowl, combine kale, shallot, sugar, and vinegar; toss to coat. Set aside.

3. Pat cod dry; season with salt, pepper, and spice blend. In medium pan, heat 2 ml (½ tsp) olive oil on medium-high. Add cod. Cook 3 to 4 minutes. Flip; add garlic, dates, 5 ml (1 tsp) olive oil, and 60 ml (¼ cup) water. Cook, spooning sauce over cod, 2 to 3 minutes, until cooked through. Top with juice of 2 lemon wedges.

4. To bowl of kale, add potatoes, juice of remaining lemon, and 10 ml (2 tsp) olive oil. Season to taste. To serve, divide salad between two plates, top with 1 fillet, and garnish with almonds.

SERVING SIZE: About 500 ml (2 cups) kale-potato salad, 1 cod fillet, and 15 ml (1 Tbsp) almonds.

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 Gluten-free  Dairy-free

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Journey together

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