



Weekly

January 20-26, 2019

Tanja O.
WW member

Choose your moves

It's human nature: You're more likely to stick with something if you enjoy it. So WW Freestyle™ gives you the freedom to choose what to eat, and the WW approach to activity is similar. Choose to move any way you like, at your own pace.

Whatever physical activity you pick can pay off big: It can boost self-esteem and mood, help you manage stress, may reduce your risk of depression, and even help you sleep better! And when you combine activity with

eating better, you can see up to 20 per cent greater weight loss than changing your eating habits alone and more success maintaining weight.

Focusing on the feel-good aspect of activity is key. In one study, people who were active to improve their quality of life moved more than those who moved for weight loss. And it turns out that when people move for fun, they're more likely to lose weight and keep it off than when people are physically active for "exercise."

WHAT TO DO Move more!

Choose an activity you've enjoyed in the past, maybe back in childhood. Or pick a new activity you want to try, maybe to do with a friend to make it more fun. Write your action plan for the activity below. Then do it! Afterward, track it in the WW app and see how many FitPoints® values you've earned. (Tracking your activity and sticking to your goals can inspire you to move more.)

My activity plan

What activity I will do:

When and where I will do it:

Who, if anyone, I will do it with:



For more on choosing activity you'll enjoy, see "Weekly Topic" in your app, or the "Plan Basics" section of My Day.

**Wellness
that Works.™**

BLT-and-egg breakfast salad

Prep 20 min | Cook 15 min

Serves 4



- 2 slices pumpernickel bread, cut into bite-size cubes
- 4 strips centre-cut bacon, chopped
- 250 ml (1 cup) cherry tomatoes, halved (about 15)
- 30 ml (2 Tbsp) apple cider vinegar
- 15 ml (1 Tbsp) water
- 20 ml (4 tsp) olive oil, divided
- 4 large eggs
- 1.5 L (6 cups) baby kale
- 1 ml (¼ tsp) salt, or to taste
- 0.5 ml (⅛ tsp) black pepper, or to taste

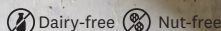
1. Preheat broiler. Arrange bread cubes on baking sheet; lightly coat with nonstick spray. Toss well and spray again. Broil until crisp and browned, about 2 minutes, stirring after 1 minute.

2. Heat large nonstick skillet over medium heat. Add bacon; cook until crisp, about 8 minutes. Remove with slotted spoon; set aside. Return pan, with drippings, to medium heat. Add tomatoes; cook until they begin to brown and soften, stirring occasionally, about 3 minutes.

Add vinegar, water, and 10 ml (2 tsp) oil; cook until bubbly, 30 seconds. Pour into heat-proof bowl; set aside.

3. Return pan to medium heat; add remaining oil. Crack eggs into pan; cook until desired degree of doneness.

4. Toss kale with reserved tomato mixture; divide among 4 bowls (about 375 ml [1 ½ cups] each). Top each with 1 egg, 60 ml (¼ cup) croutons, and 15 ml (1 Tbsp) bacon; sprinkle with salt and pepper if desired.



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PHOTOGRAPHY: TANIA WALCK (WOMAN); KATE SEARS (RECIPE).

Journey together

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