

July 1-7, 2018

Set sail together

Invite a friend and you'll both receive one month **FREE!***

PLUS...

you could WIN*
1 of 2 WW Cruise
for two on a luxury
ocean liner!

Take your journey
to the open seas!

*Ask your receptionist
for more details

WW Cruise

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Freestyle™



jump
into
summer
fun!

Vacation is the perfect
time to explore and enjoy.

find fun ways to move more

Summertime = vacation mindset! Whether you're traveling out of town or enjoying a "staycation" in your backyard, you can tap into a sense of adventure and delight—and more free time!—that inspires you to move more. Regular activity can serve you well on your journey. It's been linked to better mood and quality of life, and has been found to cut your risk of coronary heart disease and some cancers. Teamed with eating better, **ramping up your physical activity can lead to 20% greater weight loss than changing your eating habits alone.** In fact, physical activity is the best predictor of who keeps weight off and who doesn't.

Have an activity you love? By all means, keep doing it. But maybe try

something new, too: Movement that lets you explore and marvel at the world around you can trigger a sense of awe. Awe is that feeling of wonder, amazement, or transcendence we get when we're observing something vast—like

when we're gazing out at the ocean against the horizon or appreciating the architecture of an old building in our town. Research shows that a sense of awe can give us an extra boost of well-being and life satisfaction.



Cover and this page: Stocksy.



tip from a leader

"On a recent beach vacation, I strolled the sand looking for sea glass with my little grandson. We found 68 pieces! Each one is different and all the colours—blue, red, green—are beautiful. It was a moment of awe when we'd see a piece glistening in the sun. I got in lots of activity, too: walking, carrying the bucket, and bending to dig up the glass."

—DEBBIE, LEADER

what to do

explore your world

Wherever you spend your vacation, home or away, look for a new way to move more that appeals to you—all the better if it also gives you an opportunity to feel awe!

1. Choose from these ideas—or add your own.

- | | | |
|--|--|---|
| ☐ Looking for shells on the beach | ☐ Swimming in your hotel or local pool | ☐ Gardening |
| ☐ Walking around your neighbourhood, or a new one | ☐ Cycling around a new city—close to or far from home | ☐ Golfing |
| ☐ Hiking or going on a nature walk | ☐ Stand-up paddleboarding | ☐ Playing volleyball |
| | | ☐ |
| | | ☐ |
| | | ☐ |

2. Set a "moving" goal to help you stay motivated—the more detailed it is, the more likely you'll stick with it.

"On Tuesday, after breakfast, I'll go for a walk on the beach with my sister for 15 minutes" is more effective than "I'll go for a walk on the beach during vacation."

What will I do?

When will I do it?

Where will I do it?

Who will I do it with, if anyone?

3. Track it! Once you've achieved your goal, track in the WW app (if you have an activity tracker, it'll be done automatically) and see how many FitPoints® you've earned. Track your moves and stick to your goals and, research shows, you're likely to be motivated to do more physical activity—it's like a virtuous circle!

FOLLOW UP Whether you're planning a weekend at home or an out-of-town vacation, choose movement you'd enjoy and create a goal to do it by using the steps above.

think again

No matter where the season takes you, let the carefree summer spirit inspire you to move in new, exciting ways.

UNHELPFUL THOUGHT

"A relaxing vacation means that I should get a break from physical activity."



HELPFUL THOUGHT

"A relaxing vacation can still include physical activity if I focus on things I enjoy. Like souvenir shopping! I'll get extra steps by scouting stores first and doubling back to buy my picks."

UNHELPFUL THOUGHT

"I'm not going away this year, so I guess it will be a boring summer."



HELPFUL THOUGHT

"Even at home, I can find exciting activities like a day trip to that provincial park I've always wanted to visit and I can earn FitPoints (extra steps/move more) while I'm exploring!"



What unhelpful thought about physical activity have you had recently? Write it here. Reality-check that thought and write your helpful thought here.

UNHELPFUL THOUGHT



HELPFUL THOUGHT



What's your next #VacationAdventure? Share on Connect on the mobile app (for subscribers).

inspiration

from a member

NAME
Alan
JOINED
2017

What I do on my summer vacation: My happy place is Provincetown, MA. There's always something to do: going to the beach or pool, or enjoying a great meal or party by the water.

Where I feel awe: A beautiful spot right on the water. I like to go early in the morning and just sit and be present in the moment and the special light, which is absolutely breathtaking!

How I enjoy the great outdoors at home: Come summer, you can find me suited up in spandex, training for Cycle for the Cause, a huge passion of mine.

What makes it more fun: I'm part of a wonderful team on Cycle for the Cause. There are organized rides most weekends so it's like a party on wheels, which makes those long trainings fly by.

"I soak up every bit of the outdoors and hold onto summer as long as I can!"

scrambled egg breakfast taco

4 SmartPoints® value per serving // PREP 10 min // COOK 2 min // SERVES 1

5 sprays cooking spray
2 large eggs, beaten
1 pinch table salt (optional)
1 pinch black pepper (optional)
1 corn tortilla
30 ml (2 Tbsp) fat-free salsa
30 ml (2 Tbsp) guacamole
(homemade or restaurant)
22 ml (1½ Tbsp) crumbled
queso fresco cheese
15 ml (1 Tbsp) torn cilantro,
for garnish

SPRAY a nonstick skillet with cooking spray; heat. Add eggs, and salt and pepper if desired, and scramble.

TOP tortilla with scrambled eggs; season with additional salt and pepper if desired. Top with salsa, guacamole, and queso fresco; sprinkle with cilantro.

↓
Toast the tortilla
until crisp and you
can turn this into a
breakfast tostada.

4
SmartPoints
value



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thoughts on my meeting...

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



Member support
to help you reach your goals

24/7 Expert Chat
Access to a live coach anytime. Log into your account on 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
Friday 7AM - 6PM EST
Saturday 7AM - 3PM EST
Sunday 9AM - 5PM EST

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.

GET YOUR DRINK ON
Our Portion Control Glasses are sheer genius: Elegant, etched lines discreetly mark 150, 180 and 250 ml (5, 6, and 8 fl oz) servings, for smart, subtle sipping. Set of 2 dishwasher-safe glasses.
Available in participating meeting locations.



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