

July 22-28, 2018



Freestyle™

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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boost self-esteem

You deserve a happy,
healthy life—at any weight.

value yourself

How would you describe your self-esteem right now? High? Low? Somewhere in between? Self-esteem describes a person's belief that s/he deserves happiness and can handle life's challenges. It has nothing to do with the number on the scale—though sometimes we mistakenly believe that personal worth and weight are linked. Being able to fully value yourself no matter your weight—or the prejudices of others about weight—is what our WW Science team calls “weight-independent self-esteem.”

Self-esteem is a powerful tool for your journey—and for all your life plans. It can

help you keep going in the face of challenges. Self-esteem makes us more likely to be flexible and steady in pursuing goals. A healthy self-regard also helps us feel confident in our own decisions and opinions, instead of relying on others' opinions and thoughts.

With healthier self-esteem, we treat our physical selves better, too: caring lovingly for our bodies and choosing healthy behaviours (while being less likely to act in unhealthy ways, such as overeating). Self-esteem leads to a more positive body image, which can boost our ability to lose weight—and to maintain the weight loss.



tip from a leader

“Once I learned to love myself no matter what weight I was, I no longer thought of being on Weight Watchers® as a punishment for being heavy. Instead, it was self-care, because I was worth it and I deserved a healthy lifestyle!”

—LYNN,
LEADER

Cover by Getty Images; opposite by Offset.



What helps enhance your **#SelfEsteem**? Share in Connect in the mobile app (for subscribers).



what to do

boost your self-esteem

It's like a simple math problem: Subtract self-judgment and criticism. Add compassion and kindness. One way to do this is to see yourself as a friend or relative would—with love, appreciation, and acceptance. Find a quiet spot to sit and reflect for five minutes and try it.

1. **Think about someone who cares for you.** This could be a friend, relative, significant other, coworker, or anyone you know.
2. **Focus on this person for a minute.** Call up all the details you can in your mind. What do they look like? How tall are they? What's their eye colour? Do they smile? What does their voice sound like? What's their personality?
3. **Consider what makes this person special to you.** How does thinking about them make you feel? Excited? Happy? Loving?
4. **Imagine that you are this person.** Start to see yourself through their eyes. What do they notice and appreciate about you? Then shift your perspective. Now those thoughts, feelings, and behaviours are things *you* like about yourself. If it helps, write down these attributes to refer to when you need a boost.

THIS WEEK Choose a day, time, and place to practise viewing yourself through a loved one's eyes.

think again

Boosting self-esteem isn't about changing what you do or look like. It's about shifting your attitude about yourself and your worth.

UNHELPFUL THOUGHT

"I can't really feel happy until I lose weight."



HELPFUL THOUGHT

"I can feel happy in my body as it is. Yes, I'd like to lose weight to be healthier, but my body doesn't define me. I like who I am, and I deserve to be happy."

UNHELPFUL THOUGHT

"My friends invited me to karaoke, but there's no way I can get up on a stage right now."



HELPFUL THOUGHT

"I love karaoke, and I shouldn't have to wait for a certain number on the scale to have fun. Yes, everyone will be watching me—and admiring my voice."



Think of an unhelpful thought you've had about yourself recently. Write it here. Now reality-check that thought to come up with a compassionate, kind, helpful thought about yourself. Write it here.

UNHELPFUL THOUGHT



HELPFUL THOUGHT

Photo by Jeremy Charles.

inspiration

from a member



NAME
Michelle

JOINED
June 2016—my
4th or 5th time!

**FAVE
WW SAYING***
"I'm not losing
weight, I'm
getting
rid of it!"

Looking back: My self-esteem is 180 degrees from where it used to be. I felt shame, like I'd failed myself by gaining the weight. I didn't feel I was worthy of my fiancé or anything I'd achieved.

Shifting from shame: I met other WW members—amazing, kind, and beautiful women, no matter where they were in their journey. That made me look inward and realize I was also more than a number on a scale. I began eating better, being more active—and feeling good about myself.

Facing myself: I'd believed that people looked down on me because of my weight. But I was my own worst critic. I spent time worrying what others thought of me, when I needed to worry about what I thought about myself.

Loving life: Today I seek challenges—like completing a 19-kilometer mud run! I've gone to yoga, barre, and Zumba® classes. My new confidence in myself and my abilities has led me to a healthier, more active lifestyle.



I gave this chicken classic a makeover—less breading and oil—and the flavours come out better now!

—SUSAN, A WW LEADER, CREATED THIS EASY RECIPE FEATURING ZERO POINTS® FOODS.



2
SmartPoints
value

chicken piccata with creamy zoodles

2 SmartPoints® value per serving // PREP 15 min // COOK 15 min // SERVES 4

- 1 large zucchini
- 1 large yellow squash
- 4 (115 g [4 oz] each) skinless chicken cutlets
- 3 ml (¾ tsp) salt, divided
- 1 ml (¼) plus 0.5 ml (½ tsp) black pepper, divided
- 30 ml (2 Tbsp) flour
- 20 ml (4 tsp) olive oil
- 1 shallot, finely chopped (60 ml [¼ cup])
- 1 small lemon, thinly sliced
- 60 ml (¼ cup) plus 30 ml (2 Tbsp) chicken broth, divided
- 45 ml (3 Tbsp) fresh lemon juice
- 30 ml (2 Tbsp) capers
- 30 ml (2 Tbsp) chopped fresh parsley
- 30 ml (2 Tbsp) nonfat plain Greek yogurt
- 30 ml (2 Tbsp) chopped fresh basil

SPIRALIZE zucchini and squash; set aside.
SPRINKLE chicken with 2 ml (½ tsp) salt

and 0.5 ml (¼ tsp) pepper. Spread flour on wax paper; coat chicken in flour, shaking off excess.

IN LARGE SKILLET, heat oil over medium-high heat. Add chicken; cook until browned and cooked through, 3 to 4 minutes per side. Remove chicken, cover, and keep warm.

ADD shallot and sliced lemon to skillet. Reduce heat to medium and cook, stirring, until shallot is golden, 1 to 2 minutes. Add 60 ml (¼ cup) broth, lemon juice, and capers. Bring to a simmer, scraping up browned bits from bottom of pan; cook 1 to 2 minutes. Stir in chicken and any accumulated juices and parsley; cook until heated through, about 1 minute.

MEANWHILE, in another large skillet, bring remaining 30 ml (2 Tbsp) broth to boil over medium-high heat. Add zoodles; cover and cook, stirring once, until crisp-tender, about 2 minutes. Remove from heat; drain liquid. Stir in yogurt, basil, and remaining salt and pepper.

YIELDS 1 chicken cutlet, 30 ml (2 Tbsp) sauce, and 125 ml (½ cup) zoodles per serving.

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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.



TAKE THIS TO THE SUPERMARKET!

Plan your menus and go shopping with our two-in-one WW Freestyle™ Dining Out and Shopping guide. You'll find members' top tracked items in an easy-to-follow A to Z format, plus a huge range of zero Points foods and Weight Watchers favourites

Available in participating meeting locations.

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