

July 8-14, 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™ maintenance moves

It's not just for when you reach a weight goal. Here's why and how you might choose to pause your weight-loss efforts.



keep it steady!

Maintenance—keeping your weight stable—isn't just for when you reach a weight goal. You can choose to maintain at any time. We're not talking about a plateau, which might be unintentional, but a point where you actively choose to maintain—and to celebrate that maintenance!

So why might you pause your weight-loss efforts? It can be useful when you have a busy stretch of work,

on vacation, or during a run of life events (reunions! BBQs! weddings!) when you don't want to focus as much on weight loss. You also might want to take some time to get used to living in a body that's changed so far. Maintaining is also an essential skill to master, and shifting into this mode before reaching your goal can give you a sense of what it's like to maintain your weight. Consider it practice!

7 MAINTENANCE MOVES

These behaviours can give you valuable skills for your journey and for long-term success.

①

BE COMMITTED TO MAINTENANCE AS YOUR GOAL. **See it as success (vs. secretly hoping to see the number drop on the scale).**

②

STAY CONNECTED TO YOUR COMMUNITY. **Keep going to your meetings and checking in with Connect for ideas and motivation from members who are maintaining. Studies show that attending group meetings can help you maintain weight loss.**

③

WEIGH YOURSELF REGULARLY. **That means at least once a week—but no more than once a day. People who weigh themselves as often (or even more) as they did when losing weight are more likely to succeed at maintenance.**

④

CONTINUE WITH MOVEMENT YOU ENJOY. **Physical activity is the single best predictor of who keeps weight off and who doesn't.**

⑤

RESPOND TO SMALL WEIGHT GAINS QUICKLY. **Just as with intentional weight loss, when you see the scale go up 3 to 5 pounds, use your go-to behaviours—like tracking—to get back on course.**

⑥

KEEP YOUR “WHY” CLOSE BY. **Your motivation might be the same as when you started your journey—or it might shift a little. Envision your “why” now and reflect on it all along the way.**

⑦

CELEBRATE MILESTONES ON MAINTENANCE (AND NSVs). **Yes, weight-loss milestones seem more exciting than maintenance ones. It's thrilling to watch the numbers on the scale drop—less so to see them staying the same. So set goals to strive for on maintenance. Mark achievements too, like maintaining your weight for a week, and then two, then three.... And celebrate those non-scale victories!**



tip from a leader

“It's important to set ‘beyond-the-scale’ goals when you decide to put a hold on your weight loss. Maybe you can set a new activity goal or aim for a food-related one, like cooking more meals at home.”

—MYLINH, LEADER



what to do

make a “hold-it” plan

At some point(s), you might want to hold steady on your weight-loss efforts. Follow these steps now to develop a concrete plan and you'll be ready to make the shift. Turn the page to see how to switch to maintenance mode in the app or online (for subscribers).

1. Decide when to start. This could be a date on the calendar or a certain milestone, like once you reach a certain weight.

I'll start

2. Determine how long you will maintain your weight.

One month? Two months? Three?

I'll maintain for

3. Choose what actions will help you along the way.

You can use ideas from 7 Maintenance Moves (opposite).

What will help me:

FOLLOW UP Think about when it could be helpful to intentionally maintain your weight and complete the steps above to create a plan for doing so.

Cover photo by Stocksy; opposite page by Depositphotos.



What are your #MaintenanceMoves?
Share on Connect on the mobile app (for subscribers).

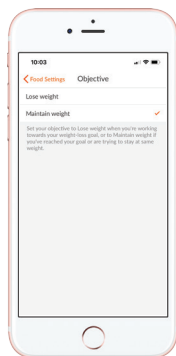
how-to

set up maintenance mode

If you'd like to maintain, add 5 SmartPoints to your Daily SmartPoints Budget. After the first week, if you've lost a pound, add 3 SmartPoints. If you've gained a pound, subtract 3 SmartPoints. (If your weight's stable, your Budget doesn't budge.) Your weeklies remain the same. To switch to maintenance mode...

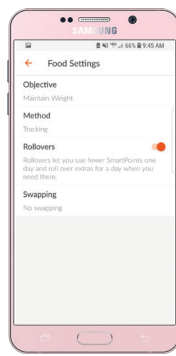
IN THE APP (IPHONE)

1. Tap your profile icon at top right.
2. On the next screen, tap the gear wheel at top right to open Settings.
3. Tap Food Settings. Tap Objective to switch from "Lose weight" to "Maintain weight."
4. 5 SmartPoints will automatically be added to your Daily Budget.



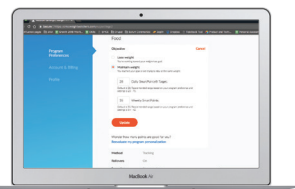
IN THE APP (ANDROID)

1. Tap your profile icon at bottom right.
2. On the next screen, tap Settings.
3. Tap Food Settings. Tap Objective to switch from "Lose weight" to "Maintain weight."
4. 5 SmartPoints will automatically be added to your Daily Budget.



AT WEIGHTWATCHERS.CA

1. Tap your Account icon at top right.
2. Click Settings on the drop-down menu.
3. Under Food, click on Objective to switch from "Lose weight" to "Maintain weight."
4. 5 SmartPoints will automatically be added to your Daily Budget.



inspiration

from a member



NAME
Angie
JOINED
2017

FAVE WW TOOL
The barcode scanner in the app. I use it when grocery shopping and it's really helped me be aware of what I'm eating.

Pressing "pause": I'm a CPA, so January through April is crazy busy for me. I knew I wouldn't have as much time for meal prep and would likely be eating more fast food or pre-packaged meals. So I switched to intentional maintenance. I decided that if I maintained or even if I gained back five pounds, I'd still be way ahead of where I was when I started. Thanks to WW, I had an idea of what foods are quick but still healthy, so I ate those as much as possible.

Keeping up with healthy habits: I drank more water instead of pop. I also kept packaged ready-to-eat fruits and veggies on hand, which saved time.

Staying motivated: NSVs (non-scale victories) are especially helpful when you're not focused on losing. I've had a few while on intentional maintenance, including completing a Fitbit® step challenge with coworkers!

Reaping the payoff: Switching to intentional maintenance really helped, and not just because it was tax season. It was a chance to relax the plan a bit, and it was also a good test run for when I eventually reach my weight goal. I proved to myself that I could successfully maintain my weight over several months, even when stressed and crunched for time. That gave me the confidence, once I switched back to "losing" after tax season was over, that I'd be able to focus on reaching my weight goal.



A sprinkling of Pecorino gives these ears a salty, nutty finish.

2
SmartPoints
value

FAST + EASY from weightwatchers.ca

grilled corn with rosemary butter and pecorino

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

4 medium corn on the cob (with husks)

10 ml (2 tsp) butter

10 ml (2 tsp) olive oil

10 ml (2 tsp) fresh lemon juice

5 ml (1 tsp) finely chopped fresh rosemary

30 ml (2 Tbsp) grated Pecorino cheese

PLACE unshucked corn in a large pot of cold water; soak 10 minutes. Preheat grill to medium-high.

REMOVE corn from water; peel back husks and carefully remove as much silk as possible. Replace husks over corn and use a strip of husk to tie the husks closed at the top.

GRILL corn, turning every few minutes, until husks are charred and corn is tender, about 15 minutes.

MEANWHILE, melt butter; combine with oil, lemon juice, and rosemary in a small bowl.

PULL back corn husks and brush each ear with about 10 ml (2 tsp) butter mixture; sprinkle each with about 7 ml (½ Tbsp) cheese.

YIELDS 1 ear of corn, 10 ml (2 tsp) butter sauce, and 7 ml (½ Tbsp) cheese per serving.

Recipe © Weight Watchers International, Inc. All rights reserved. Photo by Romulo Yanes.

thoughts on my meeting...

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



Member support

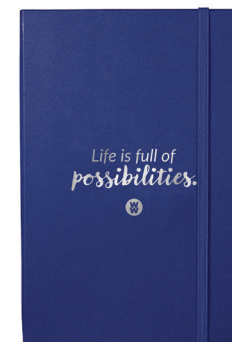
to help you reach your goals

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.

OUR NEW hardcover blue Journals have 80 lined pages to keep track of your daily points and daily to-dos!



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