



Better Together

Invite a friend to join Weight Watchers!
Both you and your friend will receive **1 MONTH FREE***!

 **Freestyle**

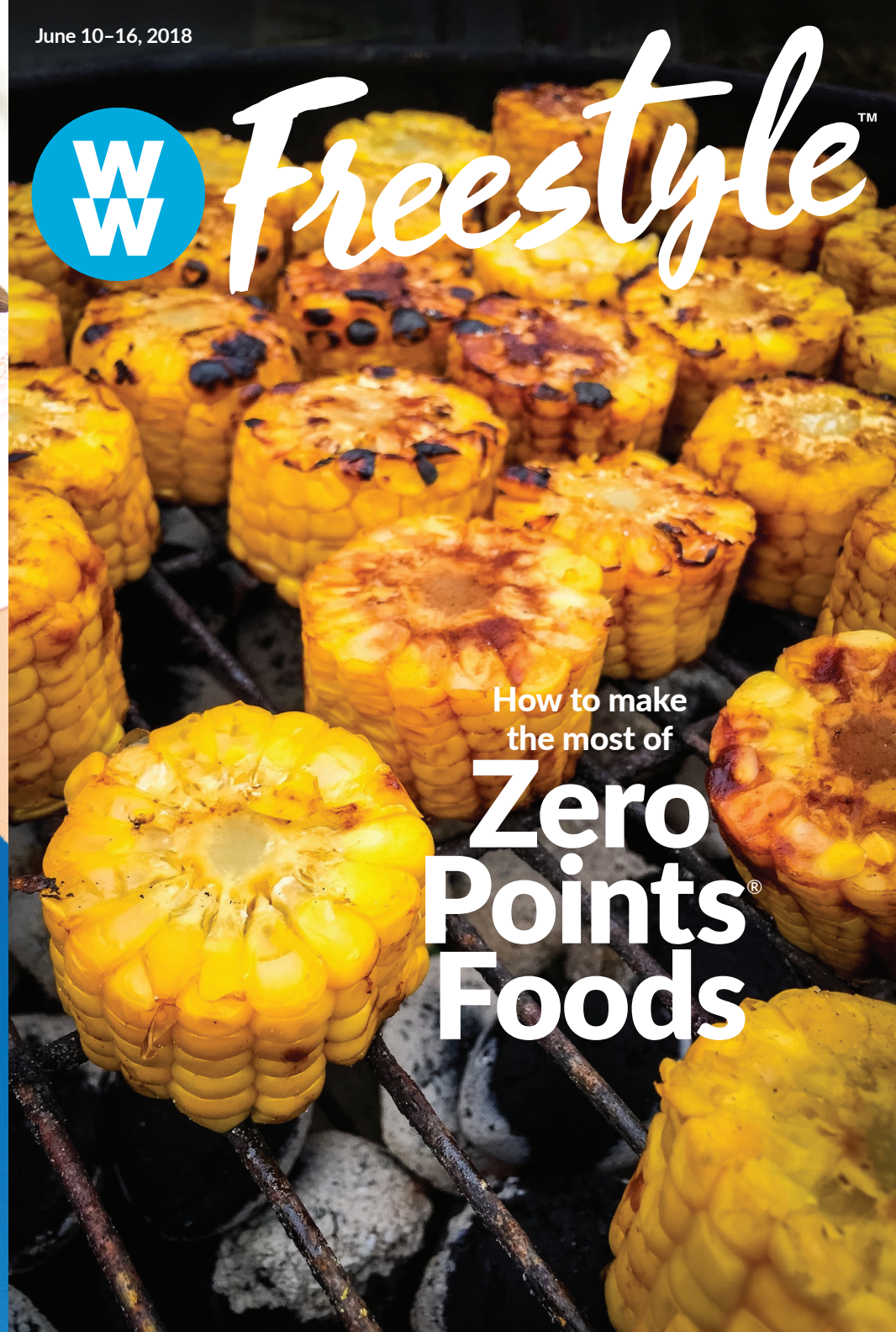
weightwatchers

*One Month Free: To be eligible for a one month extension to your Monthly Pass, friend must purchase a new Weight Watchers Monthly Pass (Meetings incl. Online) subscription by 12/31/2018, and continue for at least 2 weeks after purchase. If these criteria are met, you will receive an email indicating your eligibility. Your subscription must remain active for at least 2 weeks after you receive such email to allow for processing of your month extension. Processing of extension may take up to 45 days. The extension will be added at the end of your pre-paid period at the time of processing. Offer does not apply to any invited friends' current subscriptions and is only available to Canadian residents. You must have an active Weight Watchers Monthly Pass subscription to receive your extension. Extension is not transferable or redeemable for cash. This offer is available in participating areas only. Not available in At Work Meetings. Offer only valid for current/active Monthly Pass subscribers. To be eligible for a one month extension to your Monthly Pass, you must have a current Monthly Pass subscription that has been active for a minimum of 2 weeks, and friend must purchase a new Weight Watchers Monthly Pass (Meetings incl. Online) subscription by 12/31/18 and continue for at least 2 weeks after purchase.

June 10-16, 2018



Freestyle™



How to make
the most of

Zero Points® Foods

Zero Points® foods tips + tricks

There's a reason our program is called WW Freestyle™: With more than 200 zero Points foods, you have freedom of choice, and the assurance that, no matter how your day has gone, there's always room for a tasty and filling meal. Plus, with so many options that you don't need to measure and track, you have more time for the people and passions in your life!

For member Lemira, the wide range of zero Points foods has inspired her to experiment more in the kitchen—cooking has been a longtime hobby. “I’m an omnivore

and a bit of a foodie, so there isn't much I haven't tried,” she says. “But WW Freestyle has prompted me to experiment more, making things like falafel, hummus, even homemade yogourt!”

She adds zero Points foods to most dishes. “They bulk up meals and free me to enjoy favourite higher SmartPoints® value foods, like avocado, pasta, and bread.”

Here are some other tips and tricks to maximize your Budget—and your enjoyment—with zero Points foods.

Avoid extremes.

Yes, zero Points foods are less likely to be



NAME
Lemira

JOINED
January 1,
2017

TOP WW TOOL
“The app! From the recipes, to the scanner, to Connect, it's made everything so much easier for me. And I've made real friends through Connect!”

HOW I FIT IN ACTIVITY
“When weather permits, I like to get outside to walk and play with my kids. I also like to swim—and I plan to learn stand-up paddleboarding this summer!”

FAVOURITE WW SAYING
“Progress, not perfection.”

Cover: Getty Images

overeaten than other foods, so they don't need to be measured or tracked. **But that doesn't make them “all you can eat.”** Zero Points foods made the cut because—as our Science team puts it—they form the foundation of a healthy eating pattern. So, even if it's 0 SmartPoints value to eat one container of nonfat plain yogourt and 0 SmartPoints to eat six of them, would eating six containers of yogourt be consistent with a healthy eating pattern? What you've learned about healthy eating doesn't get thrown out the window because there are more zero Points foods now.

Look to fruits and veggies as a guide.

You might remember what it was like when fruits and veggies became 0 SmartPoints. You learned how to **navigate your Budget with them, making adjustments that worked best for you,** and discovered how

not to overeat them, right? (Those fruits and veggies are still zero Points—and now we've added corn, peas, beans, and lentils to multiply your options.)

Remember, you don't need to weigh, measure, or track zero Points foods.

Our research indicates that members were able to **eat zero Points foods without tracking or measuring, and still lose weight successfully.** Use the time you've saved on enjoying something fun instead.

Use the scale for feedback.

It's OK if you don't find the perfect balance of foods with and without SmartPoints right away.

Be patient with yourself and the process, and **let your weight loss be your guide**, making changes to your choices as needed on the way.

Don't only rely on zero Points foods.

Eating only foods on a list sounds like a d-i-e-t. (and who wants to be on a diet?). Remember, there's room for *all* foods on WW! A healthy pattern of eating combines zero Points food and SmartPoints value foods. **Enjoy a variety of foods you love.** Having that flexibility has worked beautifully for Lemira: “I never go a day without eating zero Points foods—and I never go a day eating *only* zero Points foods!”



tip from a leader

“Pre-plan lunches and dinners for the week, building them with zero Points foods. Planning allows me the freedom to do things like go out for lunch unexpectedly and not worry about having enough SmartPoints for supper.”

—SHELLEY, LEADER

what to do

Make zero the hero!

Create a tasty dish with zero Points® foods, using our easy meal-building formula. Here are options to create a vegan burrito bowl, but you can use this formula with any zero Points foods or foods with SmartPoints.

START WITH A ZERO POINTS "BASE."

A protein foundation can make your meal more satisfying.



Lentils

Black beans

Tofu

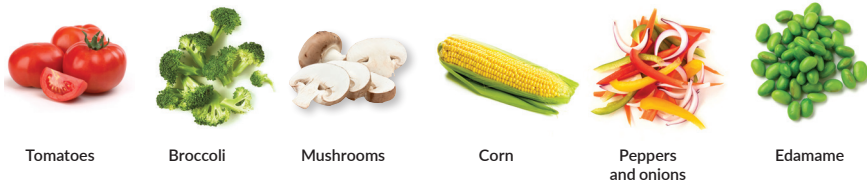
Pinto beans

Canned chickpeas



LAYER IN OTHER ZERO POINTS FOODS.

With so many to choose from, you have lots of options!



Tomatoes

Broccoli

Mushrooms

Corn

Peppers and onions

Edamame



TIE IT ALL TOGETHER.

Try zero Points flavour boosts and/or small hits of intensely flavoured low SmartPoints foods (number in parentheses refers to SmartPoints value).



4 crumbled tortilla chips (1)

Shredded vegan cheese, 15 ml (1 Tbsp) (1)

Fat-free salsa

1/4 medium avocado (3)

Paprika

think again

Zero Points foods are meant to free you up—not trip you up. Here's how to look at them as a valuable part of your healthy lifestyle.

UNHELPFUL THOUGHT

"With all of these zero Points foods, I can eat as much of them as I want."



HELPFUL THOUGHT

"Just because these foods are zero Points, that doesn't mean they're 'all you can eat.' That's not what I've learned about eating in a healthy way."

UNHELPFUL THOUGHT

"I should only be eating zero Points foods since they're the cornerstone of a healthy way of eating."



HELPFUL THOUGHT

"If I ate only zero Points foods, that would feel just like a diet and WW isn't a diet! A healthy way of eating includes zero Points foods *and* foods with SmartPoints values that I enjoy."



What unhelpful thought have you had about managing zero Points foods? Write it. Reality-check it, then write your helpful thought.

UNHELPFUL THOUGHT



HELPFUL THOUGHT



How do you enjoy #zeroPointsfoods? Share on Connect in the mobile app (for subscribers).

grilled fruit kebabs with mint

0 SmartPoints value per serving // PREP 15 min // COOK 4 min // SERVES 4

½ large honeydew melon, peeled, seeded
1 large ripe mango, peeled and pitted
12 medium strawberries, hulled
4 sprays cooking spray
15 ml (1 Tbsp) fresh mint leaves,
for garnish

CUT honeydew and mango into twelve
3.75-cm (1½-inch) cubes each.

SKEWER fruit evenly onto 4 long or 8
short skewers. If using wooden skewers,

soak them in water for 20 minutes
before use.

OFF heat, coat a grill or grill pan with
cooking spray; heat to medium-high.

GRILL fruit until beginning to brown,
1-2 minutes per side; serve garnished
with chopped fresh mint.

YIELDS 1 long or 2 short skewer(s)
per serving.

0
SmartPoints
value



←
Round out a
summer barbecue
with this naturally
sweet zero Points
recipe!

Recipe © Weight Watchers International, Inc. All rights reserved. Photo by James Ransom.

thoughts on my meeting...

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



TRY SOMETHING NEW ON WW CRUISE!

Sail through the Caribbean on a brand-new ship,
the MSC Seaside. Enjoy SmartPoints friendly
food, meet new friends, and learn new tricks
from WW experts. The WW Cruise sets sail
Nov. 10-17. Book at wwwcruise.com.



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WRITE YOUR WHY

Stay close to your motivation
with our elegant 12-week
Journal, which is the perfect
place for thoughts about your
journey, plus space to track food,
activity and more.

Available in participating meeting locations.