



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 3-9, 2018



Freestyle™

set your summer goals

Whether you find the season relaxing or busy (or both!), choose your journey for the months ahead.



choose your summer journey

What does the word “summer” conjure up for you? Maybe it’s relaxing by the pool on balmy days with friends. Or maybe it’s a blur of kids, family events, and yard work. No matter what, summer tends to shake up routines and that can present new challenges on your journey. So decide what a successful summer looks like for you. Your answer will help you set specific, reasonable goals for the next few months; better respond to changes in your routine; and enjoy all that the season brings!

get goal-ing!

Want to set effective goals? They should be...

SPECIFIC. They describe exactly what you plan to do. So “I’m going to walk on vacation” is less likely to happen than “I’ll walk around the resort grounds for twenty minutes with my friend Ashley on Monday and Thursday at 9 a.m.”

REASONABLE. Start small: Try a 10-minute walk rather than committing to an hour. The narrower the gap between what you’re doing now and the goal



GO GRANULAR

The more detailed your goal, the better: Compared to goals that just encourage people to do their best, setting specific goals has been shown to increase performance!

you set, the more likely you are to accomplish it.

ACTIVE. Frame your goals as actions you want to do, instead of what you *don’t* want to do. “Eat lunch at home

before getting the kids” is more actionable than “stop eating in the car.”

SHORT TERM. Check on your progress at least once a week—even once a day—so you can cheer yourself on and troubleshoot challenges.

Work on one or two goals a week, max.

Otherwise it’ll be hard to focus on each behaviour you want to change. Once you meet and maintain those goals, set new ones. Oh, and celebrate! Take a bow for goals met, large or small, and you’ll get more than a happy feeling; it can actually boost your feelings of self-efficacy. And when we believe we can get the job done, we’re more likely to keep up the behaviour that got us to our goal.

Cover: Getty Images

what to do get set for summer

When September comes around, what will a successful summer look like to you? Maybe you’ll work on a weight-loss goal, or focus on maintaining your current weight, or pursue wellness rather than the scale and plan to spend more time in your garden, for instance. These steps can help you identify a small behaviour to help you get there, and create a plan to make it happen.

1 My small action. What can you start now to work toward summer success? For example, if you want to become a better cook this summer, you could set a goal to try a new recipe each week.

home from work.”
WHERE will I do it?
“In my kitchen with my iPad and weightwatchers.ca.”
WHO will do it with me, if anyone?
“I’m going to do it by myself.”

2 My specific goal. Answer these questions to create a goal for making your small action happen.
WHAT do I want to do? “Try one new recipe a week.”
WHEN will I do it and for how long?
“On Friday evenings, when I get

3 Write your goal on your phone or a small piece of paper, whatever’s best to keep it close at hand. Update or choose new goals as needed. Each week (or even daily), check on your progress. Consider what tools, like your WW app, might help you track your progress toward your goals.

THIS WEEK Develop a specific goal you would like to work toward this summer, using the steps above. Write it in your *My Success Story* booklet; check on your progress at the end of each week, updating your goal as needed.

think again

Reality checking unhelpful thoughts can guide you toward realistic, achievable summer goals.

UNHELPFUL THOUGHT

"I'm not going to enjoy my vacation because I'll worry about losing weight the whole time."



HELPFUL THOUGHT

"If I worry about losing weight, I won't enjoy vacation, true. But losing weight doesn't have to be on my mind constantly. I'll bring my strategies with me! I can also decide to maintain my weight."

UNHELPFUL THOUGHT

"With the kids home and all their snacks in the house, it's inevitable that I'll gain weight this summer."



HELPFUL THOUGHT

"Summer *can* be more difficult with kids home, but a gain isn't inevitable. I'll make a plan for high-risk times during the day, and share what I've learned about healthy eating with my kids."



Think of an unhelpful thought you've had about summer challenges to your healthy living plans. Write it, give it a reality check, then write your helpful thought.

UNHELPFUL THOUGHT



HELPFUL THOUGHT

inspiration

from a member



NAME
Leslie

JOINED
January 2017

FAVOURITE
WW TOOL
Meetings.
I've built a
relationship
with my
Leader and
other members
and I benefit
greatly from
all the
new ideas
shared!

Small goals rule! Weight Watchers member Leslie has found that they're like stepping stones, helping her to achieve larger goals. Here's what she's learned about goal setting and what she's planning for summer.

Why she keeps goals small and specific: "They give you a sense of victory along the way. A goal should be specific so that you know when you've achieved it, and you have a game plan of how to accomplish it."

What non-scale goal she's working on: "Doing one self-care activity a month that I enjoy and can do alone that improves my well-being such

as taking a relaxing bath or going on a hike or reading a book."

Most surprisingly helpful goal set and met: "To post on Connect every day for a week. It kept me engaged and held me accountable to make at least one good decision or at least think about my journey each day. Once I completed the week, I continued to post each day because of how much I enjoyed it!"

Her summer goals: "I tend to travel a lot in summer, so I give myself a little grace. I plan to enjoy myself, attend weekly meetings as I'm able to with traveling, and lose or maintain my weight. My goal is to incorporate more zero Points® foods like salads with protein and in-season fruits, so that I can save some rollovers for ice cream! The realistic vision I have for my summer helps me stay on my journey because I want to make this a sustainable lifestyle change."



What's your #SummerGoal? Share it (and get inspiration) on Connect in the mobile app (for subscribers).

→
This recipe is a
great way to
use up leftover
veggies.

6
SmartPoints
value



FAST + EASY from weightwatchers.ca

pasta with rosemary-roasted vegetables and feta

6 SmartPoints® value per serving // PREP 15 min // COOK 20 min // SERVES 1

1 small zucchini, sliced 0.6-cm (¼-inch) thick
½ red bell pepper, thinly sliced
250 ml (1 cup) halved grape tomatoes
5 ml (1 tsp) chopped fresh rosemary
1 medium garlic clove, minced
4 sprays cooking spray
1 ml (¼ tsp) kosher salt
1 pinch freshly ground black pepper, or to taste
250 ml (1 cup) cooked rigatoni or gemelli
18 ml (1½ Tbsp) crumbled feta cheese

PREHEAT oven to 230°C (450°F).
PLACE zucchini, bell pepper, tomatoes, rosemary, and garlic on a small rimmed baking sheet; coat with cooking spray. Sprinkle with salt and black pepper; toss and spread into an even layer. Roast, stirring once, until tender and beginning to brown in spots, about 18-20 minutes.
TOSS vegetable mixture with pasta (if dry, add a few teaspoons of pasta cooking water); sprinkle with feta.

Recipe © Weight Watchers International, Inc. All rights reserved. Photo by Kate Sears.

thoughts on my meeting...



tip from a leader

"When I joined WW in 2012, my non-scale goal was to walk 15 minutes without getting winded. Once I could do that, I set a new goal. Then I began doing short hikes with small elevation gains and set my sights on different Adirondack peaks. I used those smaller goals to achieve my bigger goal of hiking Mount Marcy, the highest peak in New York State!" —BETH, LEADER



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 wwcruise.com.



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.

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