



# Better Together

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



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.

March 11-17, 2018



# Freestyle™



# BOUNCE BACK!

Setbacks happen to all of us.  
Here's how to get back on track.

# Bounce BACK!

Member Huda was doing great on her Weight Watchers® plan, steadily shedding the weight she'd gained after her pregnancy. Then her home was flooded late last summer. "I didn't even pack my scale. It was so difficult to stay focused," she says. "Because my life felt so chaotic, my eating got a little chaotic, too. I found myself eating out of comfort." Huda also stopped tracking. "I'd been tracking every day for months, and now it felt like I was rebelling against my better self: 'I don't wanna do it and you can't make me!'"

**Setbacks happen** to all of us, but whether it's a missed meeting, unplanned eating, skipping your morning walk, or not tracking, lapses like these are temporary when you identify, accept, and move past them.

**Think of a setback** as a time when an old, unhelpful behaviour pops back up, suggests behaviour-change expert Kyra Bobinet, MD, MPH. The good news, says Dr. Bobinet? A setback is also a sign of success! Your new behaviours have embedded themselves enough that your old behaviours seem—well, *o/d* and unhelpful. As Huda

recalls, "I'd programmed my mind to subconsciously track SmartPoints. And I had programmed my body to eat better. I wasn't going down again."

**To bounce back** from a setback, first ask yourself what you can learn and what you can change to ward off the setback again. Then, turn to your support systems, especially at your meeting or on Connect.\*

That's helped Huda all along: "I posted about my dips in motivation and other members were there to say exactly what I

needed to hear."

And now, as she comes back home, Huda's realized, "Nothing is stopping me from starting over. The idea that I don't have to let today's setback affect tomorrow's

possibility was an incredible revelation."

**"KNOWING THAT THIS ISN'T A RACE HAS HELPED ME DEVELOP A MORE REALISTIC APPROACH TO WEIGHT LOSS AND HEALTHY LIVING."**

—WW member Huda



**HUDA**  
MEMBER SINCE: 2016

**FAVOURITE SAYINGS FROM CONNECT:**  
"Your SmartPoints® refresh in the morning."  
"Every day is a new day."  
"Start again tomorrow." (*Actually, why not start again at your next meal?*)

Cover: iStock

**TIP FROM A LEADER**  
"AFTER I HAVE A SETBACK, I ASK MYSELF: 'WHAT DID I LEARN FROM IT?' SO I'M AWARE IF I'M IN THAT SITUATION AGAIN. THEN I MOVE ON!"

—LOUIS, LEADER



## WHAT TO DO: WRITE A LETTER TO YOUR FUTURE SELF

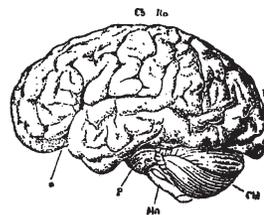
**When you have a setback, pull out your letter and read it to help you get right back on track. If paper and pen isn't your style, write an email or save it in the notes app on your phone. Now, what should you say?**

- **REMIND YOURSELF** that your setback is a normal part of the journey, and has nothing to do with who you are.
- **CHEER THE PROGRESS** you've already made, including any scale or non-scale victories you've achieved or are closing in on.
- **LIST WHO CAN HELP AND HOW**—family members or friends, your WW team or fellow members.
- **SET A PLAN FOR GETTING BACK ON TRACK.** For example, if you find tracking has helped before, aim to track your next meal or two. If sharing with others motivates you, scroll through or post on Connect.
- **ON THE ENVELOPE OR SUBJECT LINE,** write "Open me when you \_\_\_\_\_." (e.g., "have a slip-up," "are struggling," "feel stuck.")
- **READ IT WHEN YOU NEED IT!** You could also ask a friend to send it to you when they notice you've had a setback, or if you think you might need a little extra reminder.

**THIS WEEK** Pick a time to sit in a quiet place and spend 10 minutes writing a letter to your future self. Read the letter the next time you have a setback.



How do you **#bounceback**? Share your ideas on Connect on the mobile app (for subscribers).



## THINK AGAIN

Don't let a lapse throw you off balance. Remind yourself that you are changing and working toward a goal, learning what works for you—not failing.

### UNHELPFUL THOUGHT

"I can't believe how much I ate during that St. Patrick's Day party! I know better than that and now I'm so off track."



### HELPFUL THOUGHT

"I may have gone over my SmartPoints Budget today, but I normally hit the Healthy Eating Zone. This was one situation, it's important to enjoy holidays, and I'm getting right back on track."

### UNHELPFUL THOUGHT

"Eating in a healthy way is just too challenging sometimes. I'm not sure if I can keep it up."



### HELPFUL THOUGHT

"Eating in a healthy way isn't always easy, but I don't have to be perfect. When I slip, it's not a failure, it's a chance to learn what to change so I can avoid that setback again."

**YOUR TURN!** Think about a time you had a setback on your plan. Write an **unhelpful** thought you had in reaction. Give it a reality check, then write your **helpful** thought here.

### UNHELPFUL THOUGHT

---



---



---



---



### HELPFUL THOUGHT

---



---



---



---



From [weightwatchers.ca](http://weightwatchers.ca)



## [MEAL FOR ONE] PORK AND VEGETABLE WRAPS

Swap in other vegetables if you like!

**8 SmartPoints® VALUE PER SERVING // PREP 10 MIN  
COOK 10 MIN // SERVES 1**

- 115 g (4 oz) lean boneless pork chops**
- ½ small baby eggplant, cut into 1.25-cm (½-inch) thick slices**
- ½ sweet red pepper, cored and quartered**
- 2 medium scallions, ends trimmed**
- 15 ml (1 Tbsp) light sesame ginger dressing**
- 2 medium fat-free flour tortillas (15-17.5 cm [6-7 inches])**
- 10 ml (2 tsp) hoisin sauce**

Coat a large grill pan (or outdoor grill rack) with cooking spray; heat over medium-high heat.

• Brush pork and vegetables with dressing; grill, turning as needed, until pork is just barely pink in centre (a minimum of 63°C [145°F]) and vegetables are lightly charred and tender (8-10 minutes for pork, eggplant, and pepper; 2 minutes for scallions).

• Let pork rest 3 minutes. Meanwhile, add tortillas to grill; cook, turning once, until grill marks appear, 1 minute.

• Spread each tortilla with 5 ml (1 tsp) hoisin sauce. Slice pork and roll up in tortillas with vegetables.

• Yields 2 filled tortillas per serving.

Recipe © Weight Watchers International, Inc.  
All rights reserved. Photo by Con Poulos

## THOUGHTS ON MY MEETING...

GREAT STUFF I HEARD.... HELPFUL TIPS... WHAT I'LL WORK ON...

---



---



---



---



---



---



---



---



---



---

### GET THE WW FREESTYLE™ PROGRAM AT WORK!

Enjoy the freedom and flexibility of the Weight Watchers plan through your workplace. Here's how: Call us at **1-877-AT -WORK-1** or check out our website at [weightwatchers.com/ca/en/health-solutions](http://weightwatchers.com/ca/en/health-solutions) to find out if your employer or health plan offers WW discounts!

### WEIGHT WATCHERS SMARTPOINTS® FOOD SCALE

The only kitchen scale that weighs your food and provides SmartPoints values. Couldn't be easier.

You can choose from provided list of 400 foods. Become a portion pro and get accurate SmartPoints values for foods you weigh!



The WEIGHT WATCHERS Weight Loss System and these materials are proprietary to Weight Watchers International, Inc. and are licensed to Weight Watchers members solely for their personal use in losing and controlling their weight. Any other use is strictly prohibited. NOT FOR RESALE. U.S. patent pending. WEIGHT WATCHERS, Points, and SmartPoints are the registered trademarks of Weight Watchers International, Inc. WW Freestyle is the trademark of Weight Watchers International, Inc. ©2018 Weight Watchers International, Inc. All rights reserved. Printed in U.S.A. While supplies last. 20180311C