

March 25-31, 2018



Freestyle™



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.



Speak up for yourself

A simple, effective way to sidestep sabotage (well-meaning or not).

Speak up for yourself

“Another slice won’t hurt.” “You don’t need to lose weight.” “But you’ve always looked like this—it’s who you are.” Do any of those statements sound familiar? If so, you’ve faced sabotage



ERIN

MEMBER SINCE:
2017

OCCUPATION:
IT analyst in
healthcare field

FAVOURITE WW
TOOL: Mobile
app: “It makes
it so easy to
track!”

at some point along the way—and it can undermine your weight-loss journey.

For Weight Watchers member Erin, the sabotage came from her husband. “He always

told me he loved me at my weight, and seemed baffled that I’d want to change anything about myself,” says Erin. “He’d come home with fast-food chicken sandwiches. I felt helpless, sad, and angry. I wanted,

needed, him to stop.”

It’s important to keep in mind that most sabotage isn’t intentional. Often, the people who love you the most—a partner, family, close friends—say or do things that could derail your weight loss and maintenance efforts, without realizing it. They might even think they’re helping. “My husband grew up in a family that expressed love through food,” Erin explains. “So to him, bringing home boxes of cupcakes was his way of showing me how much he cared.” But to Erin it felt like he wanted her to fail.

So Erin disarmed the sabotage: Every time her husband made a comment or did something that stymied her progress, she spoke up. And she got him involved in her Weight Watchers® journey. One

night, she made White Chicken Chili, a recipe she found on her WW app—which inspired him to join, too! “We both loved it so much, that night he said he wanted to participate with me,” she says. “He decided he would eat the same things I ate going forward.”

The bottom line: Assume friends and family aren’t trying to do harm, explain why you feel sabotaged, and let them know how they can better support you and your goals. After all, they

“My husband grew up in a family that expressed love through food. So to him, bringing home boxes of cupcakes was his way of showing me how much he cared.”

won’t be able to change their behaviours unless they know how their actions are making you feel!



White Chicken Chili with Salsa Verde is just 1 SmartPoints value per serving, and super satisfying.

Find it on the WW app or on weightwatchers.ca (for subscribers).



TIP FROM A LEADER

“WHEN I WAS LOSING WEIGHT, I NEEDED TO ASK MY LOVED ONES NOT TO PLAN ANYTHING DURING MY MONDAY-MORNING MEETING TIME. I LEARNED THAT ASKING FOR HELP WORKED! AND THE KIDS STARTED TO ASK WHAT ELSE THEY COULD HELP ME WITH!”

—KATHLEEN, LEADER



How do you **#SpeakUp** for yourself? Share on Connect on the mobile app (for subscribers).

WHAT TO DO: SIDESTEP SABOTAGE

Use the **DESC** method to explain the situation, how it makes you feel, and how a different action would help you. Follow the script (“When you...” “it makes me feel...”) any time you’re feeling derailed.

DESCRIBE

Identify the sabotaging words or action with as much detail as possible.

“When you ask me if I’m sure I want dessert when I order it at dinner...”

EFFECT

Tell the person how that action makes you feel.

“... it makes me feel embarrassed and that you don’t trust me to make my own decisions.”

SPECIFY

Give clear directions on what they can do (or can stop doing) to help you.

“Instead, if you didn’t comment on what I order when we go out to eat...”

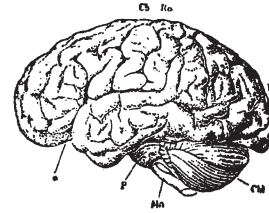
CONSEQUENCES

Tell them how that alternate action would make you feel.

“... it would make me feel confident and supported.”

GIVE FEEDBACK! If the person has responded as you asked, thank them! But don’t be discouraged if you need to follow up because they haven’t changed their ways. It can take a second reminder to spur them to change.

FOLLOW UP The next time it feels like someone is sabotaging your weight-loss efforts, tell them what they could do differently, using the DESC method above.



THINK AGAIN

Reframe a sabotaging situation and you’ll be better equipped to handle it.

UNHELPFUL THOUGHT

“My sister keeps asking how my weight loss is going and it’s upsetting. It feels like she doubts my efforts.”



HELPFUL THOUGHT

“It’s discouraging that my sister keeps asking about my weight loss, but that doesn’t mean she doubts my efforts—she might think she’s being supportive. I should tell her how it makes me feel and ask her to stop.”

UNHELPFUL THOUGHT

“I can’t sit next to Aunt Ellen at the family reunion. She always tries to force me to eat dessert and doesn’t care that I’m trying to lose weight.”



HELPFUL THOUGHT

“If Aunt Ellen pushes dessert on me, I’ll say no and politely ask her to stop, and explain how it hurts my weight-loss efforts. She might be trying to be nice—and if not, I won’t regret saying ‘no’ as much as I will regret eating something I don’t want.”

YOUR TURN! Recall a time you felt sabotaged, unwittingly or not. Write an **unhelpful** thought you had in reaction. Give it a reality check, then write your **helpful** thought here.

UNHELPFUL THOUGHT



HELPFUL THOUGHT
