

May 27-June 2, 2018



Freestyle™

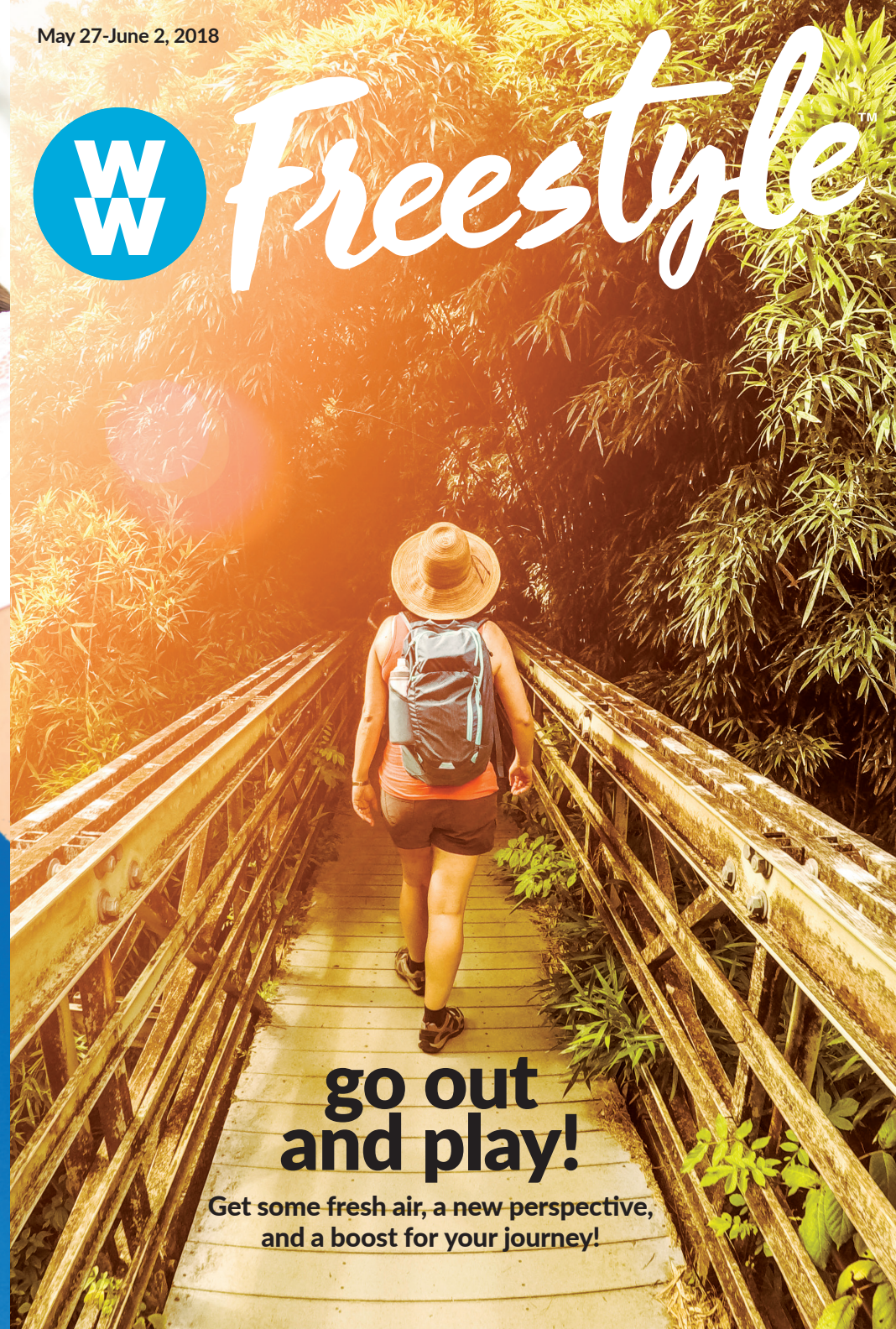


Better Together

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


Freestyle

weightwatchers



go out and play!

Get some fresh air, a new perspective,
and a boost for your journey!

*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.

the great outdoors

sleep quality, and our ability to handle stress. And being in the open air can help us keep moving: In one study of about 750 people, those who were physically active outdoors moved more than those who were physically active indoors.

So head out the door and do the things you love, or try a few new activities. It just might boost your mood, grow your confidence, promote better sleep.... And yes, even help you lose weight. When combined with eating better, increasing your physical activity can lead to 20% greater weight loss than changing your eating habits alone. We also know that physical activity is the single best predictor of who keeps weight off, and who doesn't.

No matter what gets you moving, make sure to do what you want to, instead of what you think you "should" do. For one thing, it's a lot more fun—and there's another payoff as well. When people are motivated to engage in physical activity for pleasure (rather than "exercise"), they're more likely to lose weight and keep it off over time. (Come to think of it, wait up—we're heading outdoors, too!)

* Coon JT, et al. Does Participating in Physical Activity in Outdoor Natural Environments Have a Greater Effect on Physical and Mental Wellbeing than Physical Activity Indoors? A Systematic Review. *Environ Sci Technol.* 2011;45(5):1761-1772.

Cover: Getty Images.



NAME
Gail

JOINED
2011

HOW SHE GETS MOVING WHEN SHE CAN'T GET OUTSIDE

"I do strength training with free weights, bands, or the circuit at the gym; yoga; PiYo [a Pilates-yoga hybrid]... I will try almost any class at the gym or video on demand, from body pump to kick boxing."

MOTTO

"You get out of it what you put into it."



"why I love being outside!"

Member Gail likes to boast that she does at 60 what she wouldn't (or couldn't) do at 30. Being outdoors year-round—kayaking, sledding, hiking, swimming—is a big part of that. Here she shares why she finds the great outdoors so motivating.

- ✓ **It recharges me. Being outside energizes me and the vitamin D from the sun gives me a natural feeling of well-being.**
- ✓ **I get a sense of accomplishment—especially if I'm working on a yard and garden project, or finishing a hike I never thought I'd do, either alone or with my golden retriever, Riley. It's an adrenaline rush to try new things and gain strength and endurance. It makes me happy.**
- ✓ **I sleep easy. The relaxed feeling I get after spending time outdoors—and subsequent good night's sleep—is like no other.**
- ✓ **It's life- and journey-enhancing. When I hit a great trail with a lot of visual interest I'll walk or run farther and for longer than I'd planned. Simply put, it doesn't feel like exercise. I'm just having fun being out on new adventures.**



How do you like to **#GoOutAndPlay**? Share on Connect in the mobile app (for subscribers).

what to do

make an outdoor action plan!

1 Choose an activity that you enjoy.

Take a look at this roundup; check off any ideas that appeal to you and add your own in the blank lines.

- Gardening
- Riding a bike

- Horse shoes
- Hiking
- Flying a kite
- Playing hide-and-seek or tag with the kids
- Miniature golf
- Walking the dog
- Outdoor yoga
- Playing ball (softball, soccer, catch)

- Skateboarding/rollerblading
- Swimming
- My ideas



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2 Set a realistic goal to help you stay motivated.

Answer these questions with specifics. (“I’ll swim for 15 minutes at my friend’s house on Saturday mornings” is more effective than “I’ll go swimming over the weekend.”)

a. What will I do?

.....

b. When will I do it?

.....

c. Where will I do it?

.....

d. Whom will I do it with?

.....

3 Track your activity afterward in the WW app (either manually or on your fitness monitor) and see how many FitPoints® you’ve earned.

Research shows that tracking your activity and sticking to your goals can increase the amount of physical activity that you do.

FOLLOW UP Pick an outdoor activity you enjoy and set a specific goal to do it, using the steps above. After you finish the activity, track it in the app.

think again

Shed your expectations of what activity should look like and feel like—and focus on what makes you feel good.

UNHELPFUL THOUGHT

“The idea of moving more is daunting because I don’t really like doing it.”



HELPFUL THOUGHT

“Moving more doesn’t have to be daunting. I just need to choose an activity that I enjoy, like playing fetch with my dog.”

UNHELPFUL THOUGHT

“I hate being stuck inside, but only working out at the gym really counts for activity benefits.”



HELPFUL THOUGHT

“Going to the gym isn’t the only thing that counts for activity benefits. Any movement counts, outside or inside. It’s important that I do what works for me.”



What unhelpful thought have you had recently about being physically active? Write it here. Give it a reality check, then write your helpful thought here.

UNHELPFUL THOUGHT

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HELPFUL THOUGHT

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tip from a leader

“Being outdoors is an enjoyable way to clear your mind and reset. I actually forget that I’m doing something ‘good for me.’ I love taking walks by the lake and riding bikes with my family—it immediately changes my mood. I’m going to try paddleboarding this summer!”

—KYLEI, LEADER



Swap chopped lobster for the shrimp if you prefer.

3 SmartPoints value



FAST + EASY from weightwatchers.ca

shrimp salad sandwich with cucumber & dill

3 SmartPoints® value per serving

PREP 10 min // SERVES 1

- 55 g (2 oz) cooked shrimp, coarsely chopped
- 45 ml (3 Tbsp) chopped cucumber
- 10 ml (2 tsp) reduced-calorie mayonnaise
- 10 ml (2 tsp) chopped fresh dill
- 10 ml (2 tsp) chopped red onion
- 1 ml (¼ tsp) fresh lemon juice
- 1 pinch table salt
- 1 pinch black pepper
- 1 pinch celery seed
- 1 reduced-calorie hot dog bun, toasted

IN a small bowl, combine shrimp, cucumber, mayonnaise, dill, onion, and lemon juice. Season with salt, pepper, and celery seed; spoon into bun.

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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 to find out if your employer or health plan offers WW discounts!



TAKE THIS TO THE SUPERMARKET! Plan your menus and go shopping with our two-in-one WW Freestyle™ Dining Out and Shopping guide. You'll find members' top tracked items in an easy-to-follow A to Z format, plus a huge range of zero Points foods and Weight Watchers favourites Available in participating meeting locations.

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