

May 6-12, 2018



Freestyle™



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.



instead of eating...

Bored? Procrastinating?
When you're looking for a diversion,
food isn't the answer.

sidestep diversion eating

Picture this: You're sitting at your desk facing a major, daunting project on your computer—or you're at home at loose ends waiting for the electrician. You find yourself in search of a snack. For Stephanie, a Lifetime Member, that feeling tends to hit when things are quiet at work. "I'm not really hungry, I'm just bored, and the office is experiencing a temporary lull," she says. "My mind immediately turns to passing the time with coffee and sugary snacks."

WHEN THE "I'M BORED" URGE TO EAT STRIKES...

The thing is, at those times Stephanie doesn't feel internally hungry at all: Her stomach isn't rumbling, lunch wasn't all that long ago, and her sights are trained on specific foods (a plate of roasted broccoli just won't cut it!). The desire to

eat out of boredom is called diversion eating. It can also crop up when you're putting off an unpleasant phone call, work task, or other to-do. Diversion eating isn't about physical hunger, it's a response to other cues. And if we repeatedly wind up reaching for a cookie to ease tedium or to avoid a task it's likely to become our go-to action, a habit.

...PUT THE BRAKES ON.

When you notice yourself eating to divert yourself (and yep, we've all done it!) pause and ask yourself what eating will achieve. You'll see that food isn't solving the problem of boredom or completing a task. It'll still be there after you finish eating. And what we call "unplanned eating" could leave you disappointed or regretful afterward, especially if you eat quickly without savouring the food.



NAME
Stephanie

JOINED
2002 (2nd time!)

**FAVOURITE
WW TOOLS**
Tracking on the app and Connect, which changed my life. It gives me support 24/7!



↓
Alas, eating cookies won't make the laundry disappear! When you're facing a task you don't like, ask yourself the questions on page 4.

“
Changing the environment you're in will help you focus on other things. Go for a walk, call a friend, stroll around a store.”

Once Stephanie recognized that her urge to grab coffee and a sweet wasn't stemming from internal hunger, she broke the boredom-eating habit. "I get up and walk around the office or get outside, weather permitting," she says. "And I add to my FitPoints® for the day. It's a win-win!"

Other at-work solutions? Mindful breathing, gazing out the window, listening to a song on your computer... Like Stephanie, you can sidestep diversion eating by getting away from the scene. "Changing the environment you're in will help you focus on other things." Now that's a habit worth cultivating!

Cover: Getty Images. This page, left to right: iStock, Getty Images.

what to do

make the switch

Next time you notice yourself slipping into diversion eating, check the questions below to break the habit—and replace it with a nonfood solution. The more you choose this option, the sooner it will become your healthier go-to and the less likely you are to eat when you're bored or procrastinating. Ask yourself if eating (when you're not internally hungry) will really help...

... if you're bored:

"Will I still need to find something to do after? How will I feel after I eat? Will I be any less bored afterward?"

- Do a different task (wash dishes, organize your desk, clear email).
- Break the task into smaller parts and tackle the first one.
- Head outdoors (or gaze out a window).
- Close your eyes and practice mindful breathing.
- Take a walk.
- Read a magazine.
- Go on Connect.
- Your own ideas:



Then, pick something to do instead of eating:

- Call or text a friend.
- Listen to a favourite song.
- Play a game on your phone.

FOLLOW UP The next time you feel a desire to eat when you're bored or procrastinating, ask yourself the questions above and do something else instead.



tip from a leader

"I'm prone to eating out of boredom and procrastination sometimes. So I do the Green Bean test: If I'm hungry enough to eat green beans, then I'm internally hungry. If not, I get to the task at hand or distract myself from boredom. My favourite distraction: running!"

—KENDRA,
LEADER



Share how you #BeatBoredomEating on Connect in the mobile app (for subscribers).

think again

Interrupt the eating-as-diversion routine by asking what's going on when food's on your mind, but you're not internally hungry.

UNHELPFUL THOUGHT

"I can't find anything to do right now. Maybe I'll go see what's in the fridge."



HELPFUL THOUGHT

"Is there really nothing to do? Looking for food won't solve my boredom—I'll still be bored after and I'll regret eating. I'll straighten up the coffee table while I think of something to do."

UNHELPFUL THOUGHT

"Ugh, I have so much laundry to do. Maybe I'll just have some cookies first."



HELPFUL THOUGHT

"I don't feel internally hungry, and I don't really want cookies. Folding clothes isn't my favourite, but the laundry will still be there even if I do eat the cookies."



What unhelpful thought have you had recently about eating while bored or procrastinating? Write it. Now, reality-check that thought and write your helpful thought here.

UNHELPFUL THOUGHT



HELPFUL THOUGHT



1
SmartPoints
value

←
Serve this fruity sauce over yogourt, pancakes, or light ice cream. It's a scrumptious way to end your Mother's Day dinner.

FAST + EASY from weightwatchers.ca

chunky strawberry-rhubarb sauce

1 SmartPoints® value per serving // PREP 15 min // COOK 3 min // SERVES 8

- 250 ml (1 cup) thinly sliced rhubarb
- 375 ml (1½ cups) hulled and quartered strawberries
- 30 ml (2 Tbsp) fresh orange juice
- 30 ml (2 Tbsp) honey
- 10 ml (2 tsp) balsamic vinegar

BRING a small pot of water to a boil over high heat; add rhubarb and cook until just tender, 3 minutes. Drain and rinse rhubarb under cold water to stop the cooking process; drain thoroughly. **COMBINE** rhubarb, strawberries, orange juice, honey, and vinegar in a bowl; toss well to coat. **YIELDS** 52 ml (3½ Tbsp) per serving.

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thoughts on my meeting...

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



GET YOUR DRINK ON

Our Portion Control Glasses are sheer genius: Elegant, etched lines discreetly mark 150, 180 and 250 ml (5, 6, and 8 fl oz) servings, for smart, subtle sipping. Set of 2 dishwasher-safe glasses.

Available in participating meeting locations.



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.



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