

1 SMARTPOINTS® NEVER
TASTED SO GOOD



SQUISHY • CHEWY • FRUITY

5-Pack Snack Boxes Available Exclusively in WW Meeting Rooms

September 16-22, 2018



Freestyle™

find more time

Stop rushing
and start living
better, smarter,
happier!



time-saving moves

Would you say you excel at time management? Do you know anyone who does? We all crave more time—but since no one's building an extra hour or two into our days, the secret is using what you do have effectively and productively. The benefits are many: In studies, people who manage their minutes well are happier, less stressed, and overall healthier in mind and body. Makes sense, right? Think of how you feel when you're time-crunched:

cranky, stressed, anxious. And when our days feel too short to be active or plan healthy meals—well, that just compounds those feelings.

The good news is we can all “hack” the clock to use our time more efficiently each day. These small actions (for starters, see the ideas opposite) can free you to focus on what's most important to you: family, friends, work, hobbies—and, of course, your journey to wellness and healthy living.



What are your most useful #TimeHacks?
Share on Connect on the mobile app (for subscribers).

AUTOMATE IT!

Make a time hack a habit and you won't spend an extra second thinking about it. Choose your CUE—say, after finishing dinner on Sunday—and commit to doing the time-hack BEHAVIOUR, like picking the week's outfits when you get the cue. Then pick a REWARD that encourages you to keep using the hack, like reading or going on Connect.



tip from a leader

“When I first joined WW in 2011 I worked 60+ hours a week and needed to find things to fit my hectic life. So, in addition to meal prepping, I started snack-prepping! My reusable snack bags are always ready with portioned veggies, fruit, or pretzels.”

—JOHN

what to do

practise 10 tiny time hacks

1

Wash and prep a week's worth of fresh fruits and vegetables at a go, or buy washed and pre-cut produce at the supermarket.

2

Squeeze in activity by standing up and doing squats or marching in place while you tap away on your laptop or tablet.

3

Stock up on greeting cards so you don't need to make a separate trip to the store every time someone has a birthday or life event. You can even find boxes of assorted occasion cards.

4

Double up on dinner prep so you can pack leftovers for lunch the next day.

5

Plot your around-town errands on a map—and then tackle each task in sequence on your walk or drive. No more running back and forth across town, and belatedly remembering something else to do.

6

Double up your socializing: Invite your partner along on your regular walk, go to the supermarket with your best friend to get in both your grocery shopping and a good conversation, or hold a meeting with your school volunteer committee on the playground while the kids are playing.

7

Check the week's weather on Sunday, then pick outfits for each day of the week ahead of time (activity clothes, too!).

8

Set a timer before hopping online to shop or catch up on emails. When the timer goes off, shut down.

9

Put regular purchases (think paper towels, kitty litter, pet food, toothpaste, prescriptions) on auto-refill at sites such as shoppersdrugmart.ca or Amazon.ca. Try online grocery shopping, for pick-up or delivery, too!

10

My ideas/ideas from my meeting:

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FOLLOW UP Choose a time hack you'd like to try from the ideas above, or the member ideas on page 5. Make a plan that includes when, where, and how you will make your time hack happen.

think again

Sometimes it's hard to change routines—but a shift in perspective can help you see what you'll gain, like more time!

UNHELPFUL THOUGHT

"Sunday is my only day to relax; it'll be ruined if I use it to prepare for the week ahead."



HELPFUL THOUGHT

"It won't take all day—a few minutes spent planning for the week ahead now will give me more time to relax with my family during the week."

UNHELPFUL THOUGHT

"I have so much to do, it's impossible to find a chunk of time to be active."



HELPFUL THOUGHT

"I *am* busy, but being active gives me energy and clears my head, which helps me tackle my to-dos better. Even if I only have 10 minutes between meetings, I can take a quick walk."



Reflect on a time when you felt too busy to even consider ways you could save time or set priorities. Write down an unhelpful thought you had about it. Give it a reality check, then write down your helpful thought.

UNHELPFUL THOUGHT



HELPFUL THOUGHT

how you do it

GREAT IDEAS FROM THE CONNECT COMMUNITY ON MAKING THE MOST OF YOUR TIME—AND HOW IT CAN PAY OFF

“I recently discovered online grocery shopping! I don’t buy things I don’t need, I spend less time going shopping, and now I have time for a walk outside instead.” — SHANNON_LG

“I use my phone calendar to schedule blocks of time for meal planning, grocery shopping, movement, even when I’ll prepare and eat meals. If it’s on the calendar, most of the time it gets done!” —LISAMPETE

“I clean my fridge a bit every day—I check dates on bottles, toss uneaten leftovers, and keep healthy stuff front and centre. The best time to clean shelves? Right before my big grocery trip. The fridge is more empty and I can take a quick inventory before I go.”

—JULIESWARTZ1972

“Food shopping? Use the barcode scanner. If you’re going to buy the food, write the SmartPoints® on the package so you don’t have to look it up later.” —ANNIE33334

“With an active 2-year-old and a baby, it can be difficult to find ‘me time.’ But I’ve started taking them for walks in the stroller, and as I walk I meditate on everything I’m grateful for.” —HOTWHIPS

tuscan steak with white beans & broccolini

4 SmartPoints® value per serving // PREP 15 min // COOK 7 min // SERVES 1

2 sprays cooking spray
115 g (4 oz) lean flank steak
Coarse sea salt
Black pepper
5 ml (1 tsp) extra-virgin olive oil
2 ml (½ tsp) minced garlic
2 ml (½ tsp) minced fresh rosemary
125 ml (½ cup) canned cannellini beans,
rinsed, drained, and warmed
4 stalks steamed or roasted
broccolini
½ medium lemon, cut in a wedge

COAT a stove-top grill pan with cooking spray; heat over medium-high heat. Season steak with salt and pepper; cook, turning once, until cooked to desired doneness, about 6 minutes for medium-rare. Let stand 3 minutes; thinly slice. **MEANWHILE**, put oil, garlic, and rosemary in small cup; microwave just until fragrant, about 30 seconds. **ARRANGE** steak, beans, and broccolini on a plate; drizzle oil mixture over top. Season with salt and pepper; serve with a squeeze of fresh lemon.



This Italian-inspired dinner is a fabulous, quick meal for one, or easily multiplied for a crowd.



4
SmartPoints
value

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

