

1 SMARTPOINTS® NEVER
TASTED SO GOOD



SQUISHY • CHEWY • FRUITY

5-Pack Snack Boxes Available Exclusively in WW Meeting Rooms

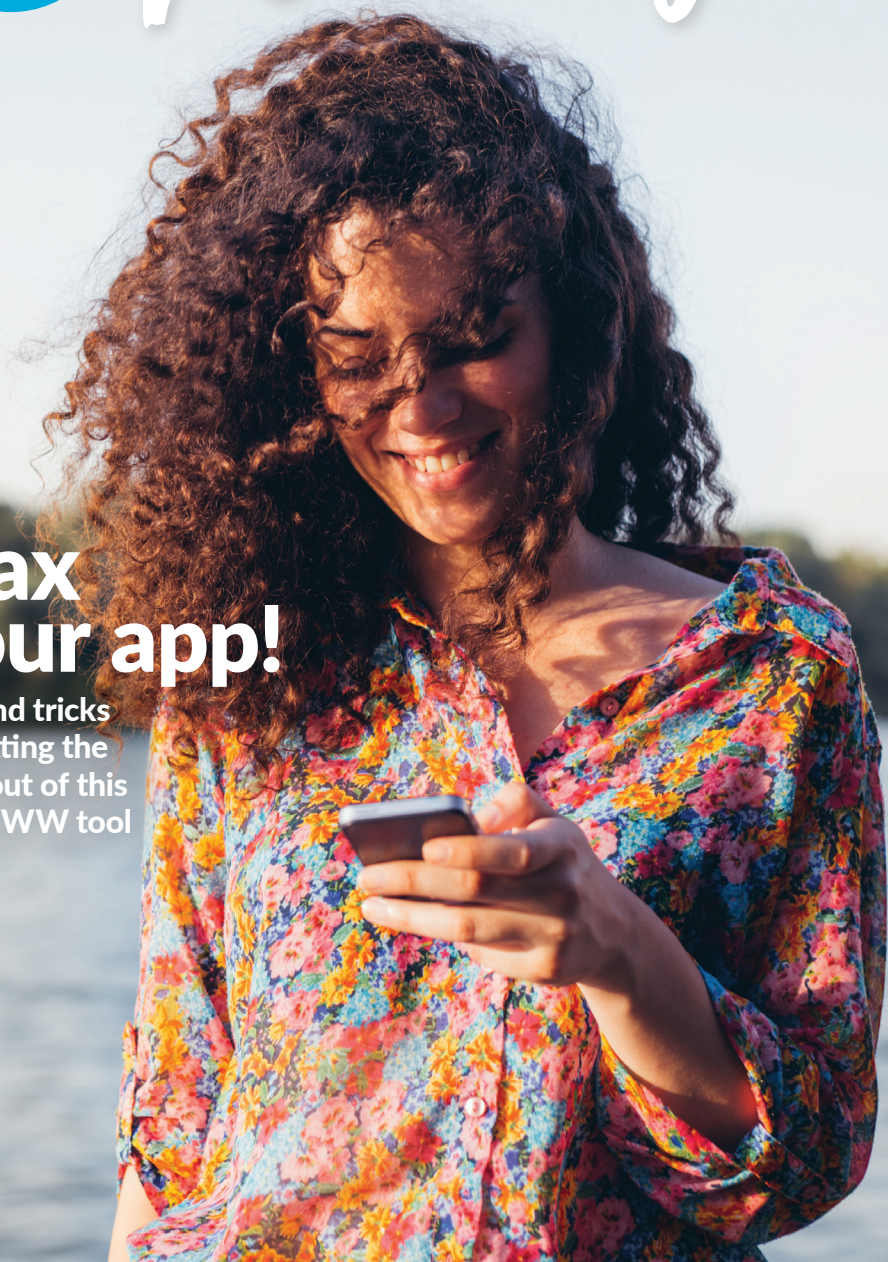
September 2-8, 2018



Freestyle™

max your app!

Tips and tricks
for getting the
most out of this
digital WW tool



insider's guide to the

The WW app is like a smart, sympathetic friend who's always there to help you on your journey. It provides you with ways to track your behaviours and weight, as well as what you eat and how you move. It delivers inspiration and congratulations for achievements and connects you with fellow members across the country. And it's a great weight-loss companion, too: Research has found that members who use the WW app and/or weightwatchers.ca lose more weight than those who don't.

You're likely to have discovered how to track food, activity, and weight, and to use the barcode scanner (if you need a refresher, turn to pp. 20-21 in your *Introducing WW Freestyle™* book), but here are five things about WW's digital offerings that you might not know. The more you take advantage of the features, the more likely you are to succeed!



Connect

OK, you probably know about Connect—you get to it by tapping on the people icon on the bottom of your screen. But did you know that this exclusive social network is one of WW's most powerful tools? Research shows that

people-to-people support—which is the heart and soul of Connect—encourages helpful behaviours such as healthy eating and physical activity. And don't just ask us how great it is; racked.com called Connect “the only good social network.” It's a space to feel

app (and more)

safe, welcome, and cheered on. If you're new to Connect, **tap the person icon at the top right to access your Profile**, where you can add a short bio and photo. In Profile, tap the gear icon to customize other settings.

When you open Connect, you'll see Trending posts—ones receiving a lot of interaction from other members. You can tap New for the latest posts, or tap Following to see posts from members you're "following." To **follow a member**, tap the Follow button on the top right of one of their posts, and they'll be added to your feed. (To see who wants to follow you, tap the bell at top left on your screen to approve or ignore requests.) May we modestly

suggest you follow **wwcanada**? Our posts include helpful hacks, inspiring mantras, recipe ideas, and challenges.

Whether you post regularly, or just love to read others' posts, you can **search by hashtag or by user name** via the bar on top of the screen (pull down and release the screen to access the bar if it doesn't appear at first). Along with super-popular hashtags like those at right, find like-minded folks by searching for hashtags like **#wwbrides**, **#zumba**, **#vegan**, **#dadsofWW**, **#pizzalover**, **#5amclub**, **#lovinglife**.... There's something for everyone! And you can forge your own path by creating hashtags when you post.

Top 10 hashtags on Connect

#justwatchme
(99k+)

#wwphotoaday
(18k+)

#nsv
(15k+ posts)

#100daysofwhy
(8k+),

#backontrack
(8k+)

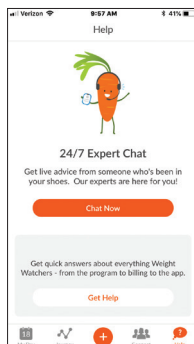
#weightwatchers
(7k+)

#facetofacefriday
(6k+)

#igotthis
(6k+ posts)

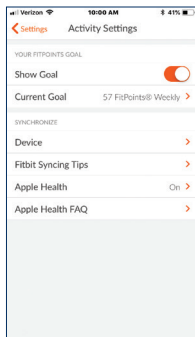
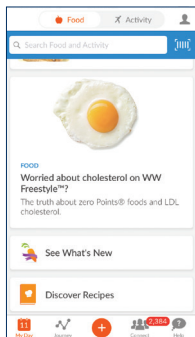
#wwcanada
(6k+)

#breakfast
(#5K+)



24/7 Expert Chat

Tap the Help icon at the bottom right of your screen and then tap Chat Now to reach a live expert who can answer your questions about WW Freestyle™, suggest tactics for navigating a party, encourage you when you're struggling, or help you find answers in plan materials. And yes, you really get a live Leader around the clock! (For quick answers about everything WW, tap the Get Help button to access frequently asked questions.)



Articles

Scroll up in My Day; below your tracking dashboard and the recipe collection, you'll find **articles that deliver information and inspiration for your journey**, including tips for eating out, managing plateaus, and treating yourself with kindness. The articles change every few days, so check back often. (And while you're in My Day, tap the other sections to get recipe ideas, find restaurant menu items, and make the most of WW Freestyle™!)

Activity settings

You can connect more than just your Fitbit® to the WW app to sync your moves and record your FitPoints® earned. You can also **sync with a bunch of other devices plus apps like Map My Run and Daily Burn**. (And if you have an iPhone 5S or later, you can link it to your Apple Health app. Easy-peasy!) Go into your Profile at top right of your screen, and then Settings. Tap Activity Settings to sync with your device, as well as customize your FitPoints goal.

And WW gets social

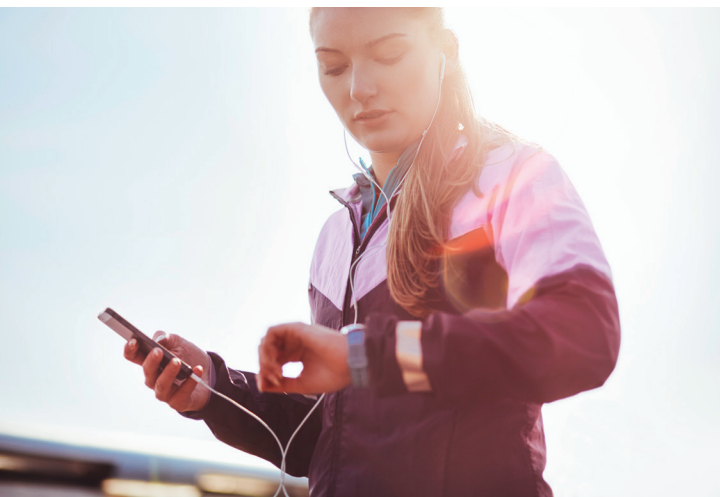
We're all over "regular" social media, too: Follow **@wwcanada feed on Instagram** for everything from luscious, want-it-now recipe photos to fun videos to food hacks to powerful member stories. Tip: To save a post for later, such as a recipe, tap the little flag on the right, below the image; access the post later by tapping the flag icon in your Profile. Check out our Facebook page and Pinterest, too, for great ideas, comments, and inspiration.



tip from a leader

"The app tries to get to know you the more you use it! By making a food item a 'favourite' (tap the star on the Food Detail page to turn it orange), your app adds it to your 'top hits,' which come up first when you search. The serving size of your 'favourite' is saved, too. All I have to do is swipe right on my iPhone and select the meal time to track it to. Couldn't be quicker!"

BRE



what to do

rock the WW digital experience

Consider which features from WW's digital tools might help you on your journey:

- ☐ Search for a hashtag on Connect
- ☐ Create your own hashtag (this could be for alumni from your college, people who live in your province, fans of your favourite hockey team—whoever you'd like to #connect with!)
- ☐ Post on Connect
- ☐ Read an article on My Day
- ☐ Explore "Discover Recipes" on My Day
- ☐ Find tips and tricks on WW's Instagram
- ☐ Use the barcode scanner
- ☐ Track a food
- ☐ Sync an activity device or app

THIS WEEK Pick two days to use one of the features above, or choose your own digital feature to explore.

What members love about the app

"I can pre-track in the app and plan for higher SmartPoints meals if needed."

—KARENDELLOVO2

"I used to dislike those little paper trackers, but the app makes tracking feel like a game."

—JANGEEMAX

"I love how the app displays my weekly, remaining, and used SmartPoints® as well as my FitPoints earned in one place. My Day is a great summary of where I am."

—MWILLIAMSON2018

"Connect helps me stay focused, motivated, and positive! Every time I am about to emotionally eat, I go to Connect."

—LATRONDAFREEMAN

"Love the scanner. It helps me make the best choices at the grocery. It is so fast and easy to use at home."

—BAMMCALDWELL

**8**SmartPoints
value

You can also swap
cannellini beans for
the sausage and
vegetable broth for
the chicken broth.

FAST + EASY from weightwatchers.ca

rigatoni with turkey sausage and kale

8 SmartPoints® value per serving // PREP 12 min // COOK 20 min // SERVES 4

500 ml (2 cups) uncooked rigatoni
0.5 ml (½ tsp) table salt, or to taste, for
cooking pasta
225 g (8 oz) sweet Italian turkey sausage
1 L (4 cups) roughly chopped kale
(bite-size pieces)
250 ml (1 cup) canned chicken broth
1 ml (¼ tsp) table salt
1 ml (¼ tsp) black pepper
125 ml (½ cup) shredded
Parmesan cheese, preferably
Parmigiano-Reggiano

COOK rigatoni in salted water according to
package directions; drain.

MEANWHILE, remove sausage from casing
and cook in a large nonstick skillet over
medium heat, breaking up sausage as it
cooks, about 3 minutes. Add kale; cook,
stirring frequently, until limp, about 3 to
5 minutes.

ADD broth to skillet and scrape up
brownied bits on bottom of skillet with
a wooden spoon; season with salt and
pepper. Cover skillet and reduce heat to
low; cook until kale is tender, about 5 to
10 minutes. Stir in rigatoni; heat through.
SPRINKLE each serving with about 30 ml (2
Tbsp) of cheese before serving.

YIELDS about 375 ml (1½ cups) per serving.

thoughts on my meeting...

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



JOIN US FOR A VACATION OF A LIFETIME AT SEA!

Experience an unforgettable getaway in paradise aboard #WWCruise with everything you need to live your best life. Savour SmartPoints® friendly meals, bask in the sun as you lounge poolside, and feel inspired to try something new. The WW Cruise sets sail Nov. 10-17. Book at wwcruise.com.



Loving WW? Invite a Friend! Visit “My Day” on your Weight Watchers® mobile app or desktop and start inviting. For each friend who signs up for a subscription plan, you'll both get an additional month on us!

Restrictions apply.

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