

1 SMARTPOINTS® NEVER  
**TASTED SO GOOD**



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5-Pack Snack Boxes Available Exclusively in WW Meeting Rooms

September 30-October 6, 2018



# Freestyle™

**move it,  
love it!**

How to find physical  
activity that helps  
you feel good



# feel-good moves

You've heard it before, but it bears repeating: Choose moves you enjoy and it's more likely you'll lose weight and keep it off than if you dutifully slog through something because "it's good for me." The secret: instant gratification. Taking a walk to clear your head or bike riding because it's fun will get you out the door faster than knowing that moving more can, over time, ward off certain ailments or improve health and well-being.

The power of pleasure when it comes to getting people moving isn't just a theory—it's science. Michelle Segar, PhD, a motivation and behavioural sustainability scientist, is the author of *No Sweat: How the Simple Science of Motivation Can Bring You a*

*Lifetime of Fitness*. Dr. Segar reports in her book that people who moved because they liked the way it made them feel clocked up to 32% more physical activity than those whose goals included weight loss or health.

So don't pressure yourself to move because you "should" or because it will help you in the long run (but yes, of course it will!). Instead, think about how you feel now vs. how you want to feel tomorrow and set a goal to increase this feeling. For example, if you want to feel more energized, make that your goal, and choose a way to move that will boost your energy. And those long-term wellness, health, and weight-related benefits will be happy byproducts!

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## AUTOMATE YOUR MOVES!

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**Say you love swimming because it feels so refreshing. Excellent! It's easier to make moving more of a habit when you do something you already enjoy. Pick a day and time you can swim each week. Set a calendar invite on your smartphone. The invite's "ding!" is your CUE to head to the pool, change into your swimsuit, and paddle away (the BEHAVIOUR). And your REWARD? It's what you were looking for at the start: that wonderfully refreshed feeling!**



What are your favourite **#FeelGoodMoves**? Share your ideas (and get some inspiration from fellow members) on Connect on the mobile app (for subscribers).

# inspiration

from a member

**NAME**

Kari

**JOINED**

2017; this was my second time.

**MOVE MORE MOVE**

I plan and make time for activity so I can guarantee it will happen!

**FAVE WW SAYING**

"We can and we will."

## Kari's Motivating Moves

**WHAT I LIKE:** In nice weather, I enjoy walking the neighbourhood. I like the treadmill and the elliptical. But jumping on the trampoline with my kids is fun, too!

**START SMART!** My entire day goes better when I take 30 to 60 minutes first thing in the morning to move more. I usually prefer to be active alone so I can use that time to

think and reflect. It really does clear my mind to start the day fresh.

**MOOD BOOSTERS:** If I've had a rough day, spin class is fun—I go and spin it off. I enjoy taking step classes to get pumped up, or a yoga class to calm down. Joining my local gym has paid off in so many ways: I have a variety of activities to choose from. Knowing

that I accomplished something I set out to do feels great, too.

**LONG-TERM PERKS:** I can do things I never thought I'd do. I thought I wasn't a runner—at all! But I ran my first 5K and am training and motivating myself for a local half marathon. I've started to enjoy taking care of my mind and body. After all, I only get one!



## what to do

# find your “I love this!” moves

Use these steps to choose how you want to feel and the activity that will get you to that great feeling.

- 1 Take a minute to **visualize how you want to feel** the next time you're active. Do you want to feel calm? Empowered? Energized?
- 2 Use the menu on the next page to **pinpoint the feeling** that resonates most for you. Check the box next to it.

## Feel-Good Activity Menu

If your goal is  
to feel...

Try....

|                                    |                                       |
|------------------------------------|---------------------------------------|
| <input type="checkbox"/> CALM      | walking, hiking, yoga                 |
| <input type="checkbox"/> ENERGIZED | biking, HIIT, running                 |
| <input type="checkbox"/> STRONG    | Pilates, weight training, barre class |
| <input type="checkbox"/> REFRESHED | swimming, stretching                  |
| <input type="checkbox"/> HAPPY     | dancing, trampoline, Zumba®           |
| <input type="checkbox"/> EMPOWERED | kickboxing, team sports,<br>HIIT      |
| <input type="checkbox"/> RELAXED   | yoga, tai chi, stretching             |

**3 Choose one of the suggested activities** in the menu above (or come up with your own) to deliver that feeling—remember, go for something you think or know you will enjoy, not something you feel you “should” do. Circle it.

**4 Make a plan to try the activity the next time you’ll be active.** Use the 4 Ws to create your plan: Along with What you’ll do, note When, Where, and with Whom you will try it—and don’t forget to include your feel-good goal!

### Sample plan:

You **visualize** feeling more relaxed as your payoff for activity and **pinpoint** that feeling on the menu. You **choose** yoga as your “I love this!” move to produce that feeling. Your **plan** might be: “To feel more relaxed, I’ll try the yoga class at 3 p.m. Sunday afternoon at my local community centre with my sister.”



### tip from a leader

*“I struggled to get in physical activity because putting on sneakers always seemed like such a hassle. Once I realized that, I started looking for activities that could be done barefoot, like yoga and swimming. I love these activities, so they don’t feel like work, and I’m much more likely to do them regularly!”*

—SHANNON

**FOLLOW UP** Use the moods and activities in the menu above to create your feel-good plan. Reflect on how the activity made you feel afterward. Come back to this menu any time for other inspiring ways to keep moving.



From [weightwatchers.ca](http://weightwatchers.ca)

## individual apple-cinnamon pies

5 SmartPoints® value per serving // PREP 25 min // COOK 28 min // SERVES 8

5 sprays cooking spray  
680 g (1½ lbs) Honeycrisp apples,  
peeled and diced  
45 ml (3 Tbsp) dark brown sugar  
30 ml (2 Tbsp) fermented apple cider  
or apple juice  
5 ml (1 tsp) ground cinnamon  
2 ml (½ tsp) fresh lemon juice  
1 pinch table salt  
5 ml (1 tsp) cornstarch  
5 ml (1 tsp) water  
200 g (7 oz) refrigerated or homemade  
unbaked piecrust  
11 ml (2½ tsp) powdered sugar

**PREHEAT** oven to 220°C (425°F). Coat 8 large muffin cups (7.5 cm [3 inches] at top; 7.5 cm [3 inches] on bottom) with cooking spray.

**PLACE** apples, sugar, apple cider, cinnamon, lemon juice, and salt in a small saucepan; heat over medium-low heat, stirring often, until apples begin to soften, about 6-8 minutes.

**COMBINE** cornstarch with water in a small cup; stir into apple mixture.

**USE** a 10-cm (4-inch) glass or cookie cutter to cut 8 circles out of piecrust (re-roll scraps with a rolling pin as needed to cut the last circle). Place crust circles in bottom of prepared muffin cups; press down on bottoms and slightly up sides. Evenly divide apple mixture among crusts.

**BAKE** until crusts are browned and filling is bubbly, about 20 minutes. Let cool completely before removing from pan.

Store at room temperature until ready to serve; dust with powdered sugar.

**YIELDS** 1 individual pie per serving.

# thoughts on my meeting...

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

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## BE A PORTION PRO

Get accurate SmartPoints values for the foods you weigh with our Kitchen Scale. Calculate the SmartPoints by entering nutrition info—or tap into the built-in directory of over 400 foods. You also have the ability to add up to 10 additional foods. There's no smartphone or app required! Available in participating meeting locations.

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