

Time to hit refresh

We've all had days, weeks, or even months where we've fallen off course. (Now more than ever, life happens.) And while we've worked to create and adapt to our new normal, keeping up our healthy habits may not have been the number 1 priority. And that's OK! Yes, spring might look a little different this year, but there are still plenty of ways to see it as an opportunity for a clean slate.

WHAT TO DO

Pick a day to start afresh and try one strategy below at a time.

Set up your space.

Make healthy routines easier by leaving your yoga mat next to the TV or cutting up fruits and veggies so you don't have to think about snacktime.



Track smarter.

Pre-track this week's meals so you know what you're eating ahead of time, or set daily reminders to track on your phone.

Focus your intentions.

Reflect on what a new beginning means to you, and what you want to accomplish during this time.

Go back to basics.

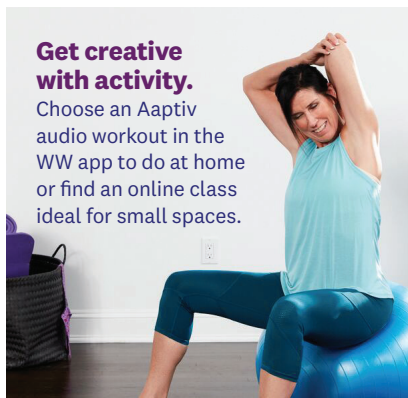
Look back at your first Success Planner. What helped when you started? Do it again!

Spring clean (your mind).

It's normal to worry about the future. Write down your thoughts and jot down steps you can take to refocus. It'll help you process them and move forward.

Get creative with activity.

Choose an Aaptiv audio workout in the WW app to do at home or find an online class ideal for small spaces.



For more tips on a fresh start, see the Weekly Topic in this week's e-newsletter, on the app, or at WW.com

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