

weightwatchers

weekly

September 17-23, 2017

Make Your
**MEETINGS
MATTER**

Show up each week—and you're more likely to win at losing. Here's how to make it happen.

Make Your MEETINGS MATTER

A Weight Watchers® meeting is more than a chance to get weighed in

and learn about a useful topic. Meetings instantly connect you with a welcoming community—and surround you with the inspiration and motivation to keep going. Your fellow members and staff become friends and cheerleaders, and you benefit from the accountability, we've-been-there understanding, and tips, tricks, and hacks that help you stay on your plan. Coming to your meeting every week is also a rewarding way to put yourself first—even when life gets in the way. In fact, days when it's the hardest to get to your meeting are

often the days when you need it the most.

Coming to your meeting can help you reach your goals. Research shows that meeting attendance is a key predictor of success: The more meetings you come to, the more likely you are to lose weight on your plan. Members who attend regularly are 11.2 times more likely to reach their 5% weight-loss goal at 6 months and 15.5 times more likely to reach their 10% weight-loss goal at 6 months compared to those who attended fewer meetings.¹ And we also know that weight loss in the first four weeks sets you up for longer-term success!

WHAT TO DO: BUST BARRIERS!

I CAN'T MAKE MY MEETING BECAUSE...	HERE'S HOW I CAN SOLVE IT:
"My babysitter cancelled."	Confirm 2-3 days ahead and have backup.
"Work is crazy busy!"	Schedule it in your calendar.
"The kids have so many activities."	Coordinate with your spouse or another parent ahead of time.
"My friend isn't going."	Go by yourself or make plans to meet someone else.
"I feel like I've gained weight."	Go to the meeting, find out for sure—and then make a new plan!

Now, think about any other meeting barriers you might face. Write them on the left, and how you'll solve it on the right.

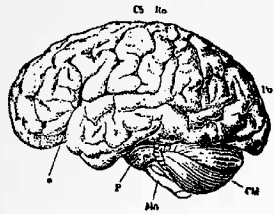
FLIP THE SCRIPT

Shifting your mindset can help you stay committed to your meeting and remind you that you *can* make it there—even when life gets in the way.

- Using an "I will go to my meeting only if..." formula, identify an unhelpful "only if" thought that's crossed your mind:
I will go to my meeting only if _____
For example: "I will go to my meeting only if I have a 'good' week" or "only if my friend is going, too."
- Re-write the thought, swapping a helpful "even if" thought for "only if" that recognizes those less-than-ideal conditions:
I will go to my meeting even if _____
For example: "I will go to my meeting even if I don't have a 'good' week" or "even if my friend is not going."

FOLLOW UP

Stay committed to attending your meeting even when conditions aren't ideal. Complete the worksheet above to help you prioritize your time and use the "only if/even if" technique to create a new thought to bolster your resolve.



THINK AGAIN

Making your meeting a priority might involve thinking about it differently. Here's how you might shift your mindset to make sure you show up.

UNHELPFUL

"I don't feel like going to my meeting this week. I think I'll skip it. No big deal—I'll get there next week."



HELPFUL

"Going to my meeting is a big deal to me. I need to make the time to get there each week, even when I don't feel like it or life gets in the way."

UNHELPFUL

"I had a tough week and I really don't want to get on the scale. I'll just skip this meeting, get back on track, and then go next week."



HELPFUL

"The tough weeks are the weeks I need to go to my meeting and get on the scale the most. Going to my meeting is the best thing I can do to get back on track."

YOUR TURN! What **unhelpful** thought have you had about your meeting? Write it here. Give it a reality check, then write your **helpful** thought here.

UNHELPFUL



HELPFUL

INSPIRATION FROM OUR COMMUNITY!



"FOCUS ON MAKING CHOICES THAT GIVE BACK TO YOU."

—OPRAH

"I attended my meeting last week because I knew I was up. Accountability, got myself back in line. Down this week!"
—ANNEGAEHART*



"I ASKED MY MEETING FOR HELP IN AVOIDING MY USUAL COFFEE-DRINK STOP. A MEMBER SUGGESTED DRIVING A NEW WAY. IT WORKED! IDEAS SHARED IN MEETINGS ARE OFTEN POWERFUL." —SHELLEY

"On the way to my meeting, had a conversation with myself, trying to find an excuse not to go. But I drove there, walked in, and attended the meeting. So glad I went!" —NICALY97*

*Posted on Connect on the mobile app (for subscribers).



What do you love about your **#Meeting**?
Share on Connect on the mobile app (for subscribers).



From weightwatchers.com



[COMPANY FARE]

ROASTED SIRLOIN BEEF

Herbs lend zest to a classic dish.

2 SmartPoints® VALUE PER SERVING // PREP 10 MIN // COOK 20 MIN // SERVES 8

- 2 sprays cooking spray**
- 2 lbs lean trimmed beef sirloin**
- 1 tsp table salt, or to taste**
- 1 tsp freshly ground black pepper, or to taste**
- 4 garlic cloves, minced**
- 2 Tbsp minced fresh rosemary, or 2 tsp dried rosemary**
- 2 Tbsp minced fresh oregano, or 2 tsp dried oregano**

Preheat oven to 400°F. Coat a shallow roasting pan with cooking spray.

- Season beef all over with salt and pepper; transfer to prepared pan.
- Combine garlic, rosemary, and oregano in a small bowl. Rub herb mixture all over top of beef; gently press mixture into beef with your hands so it sticks.
- Roast until a thermometer inserted in center of beef reads a minimum of 145°F, about 20 minutes.
- Let beef stand 5 minutes before slicing against grain. Yields 3 ounces per serving.

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