

weightwatchers  
**weekly**

April 30-May 6, 2017

A man and a woman are running on a sandy beach. The woman is in the foreground, wearing a striped tank top and blue jeans, with her hair blowing in the wind. The man is running behind her, wearing a blue button-down shirt and khaki shorts. They are both looking towards the right. The background shows the ocean waves crashing onto the shore under a clear blue sky.

Get  
in the  
groove  
to **MOVE**

How to find physical activity that's right for you!

# Get in the groove to MOVE

**Thinking of physical activity as part of a full life** helps you make it a priority, just as you do eating healthfully and taking care of yourself. When you can let go of beliefs that keep you from moving more, you'll find it easier to do—and you'll reap the benefits!

**How it helps:** When you shift into a move-more mindset, you're more likely

to seek out ways of moving that feel good to you. And you're more likely to make them part of everyday life. You'll also reap the physical and mental benefits that come with moving more: You'll gain confidence, improve your mood, boost your health—and be better able to achieve and maintain your weight loss.



Cover photo and photos at left by iStock.

## WHAT TO DO: BREAK THROUGH BARRIERS

Whatever the mental roadblock between you and a move-more mindset, you can bust through it! Match up each barrier with its easy breakthrough.

### BARRIER

### BREAKTHROUGH

“Working out is way too hard.”

You don't need to leave home to get exercise. Download the FitBreak by Weight Watchers® app for easy do-anywhere ideas.

“I don't have money to join a gym.”

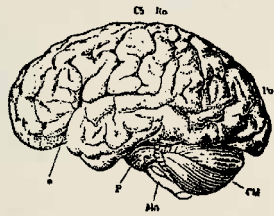
Get inspired to try something new: Ask others in the Connect community what activity they love and why.

“I don't have any more time in my day.”

Think of it as just moving more. Go at your own pace, and start by walking, swimming, or biking with the kids.

“Walking is boring and I hate running.”

Pair activity with stuff you already do: Make a yoga date with a pal, walk your errands, play catch with the kids instead of card games.



## THINK AGAIN

Apply a reality check to unhelpful thoughts about activity—and you'll be on your way to a healthier mindset!

### UNHELPFUL

"I'm definitely going to try being more active!"



### HELPFUL

"I'm going to be more active. To make it happen, I'll put that 5:30 p.m. spinning class at the Y on my calendar each Tuesday and Thursday."

### UNHELPFUL

"I'm eating right and losing. I don't need to add activity to my life."



### HELPFUL

"I'm eating right and losing. I don't *need* to add physical activity to do that. But it can help me maintain my weight loss and feel better. I can't go wrong."

**YOUR TURN!** What **unhelpful** roadblock thought have you had about moving more? Write it here. Give it a reality check. Now, what is your **helpful** thought? Write it here.

### UNHELPFUL

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\_\_\_\_\_  
\_\_\_\_\_



### HELPFUL

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Enjoyed a walk in the woods with my kids. Needed some time in nature!

—FAIGELA\*

I'VE NEVER BEEN A "GYM" PERSON. I THINK I AM NOW. I EXERCISED THE LAST 4 DAYS IN A ROW AND I'VE BEEN SLEEPING BETTER THAN EVER! —JPHERN\*

A GOOD WAY TO STAY MOTIVATED: SIGN UP FOR AN EVENT (EVEN BETTER IF IT'S COMBINED WITH A VACATION). THIS SUMMER, I'M GOING TO HAWAII TO COMPLETE MY GOAL OF FINISHING A MARATHON IN ALL 50 STATES!



TIM

Connecting with Oprah

TAKE A BREATH AND FEEL THE ENERGY MOVING THROUGH YOUR BODY!

—OPRAH

## TO DO THIS WEEK

**WHAT:** Choose one new activity to try.

**HOW:** Decide what day, time, and with whom (if anyone) you'll try it.

• What I want to accomplish this week:

\_\_\_\_\_  
\_\_\_\_\_



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



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

**FAST  
& EASY**

[SPRINGTIME SIDE]

## GRILLED SESAME ASPARAGUS

This sauce is also super for stir-fries.

1 SmartPoints® VALUE PER SERVING // PREP 10 MIN //

COOK 10 MIN // SERVES 6

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| <b>2 Tbsp low-sodium soy sauce</b>    | <b>2 sprays cooking spray</b>       |
| <b>1 tsp rice wine vinegar</b>        | <b>1 lb asparagus, ends trimmed</b> |
| <b>1 tsp sesame oil</b>               | <b>1 scallion, thinly sliced</b>    |
| <b>1 tsp honey</b>                    | <b>1 tsp sesame seeds</b>           |
| <b>1 tsp minced garlic</b>            |                                     |
| <b>½ tsp minced fresh ginger root</b> |                                     |

In a small bowl, whisk together soy sauce, vinegar, oil, honey, garlic, and ginger; set aside. • Off heat, coat grill rack with cooking spray; heat to high (or cook on a stovetop grill). Grill asparagus, turning frequently to char all sides, about 7 to 10 minutes. • Place asparagus in a shallow serving dish and pour sauce over top; toss to coat and garnish with scallion and sesame seeds. Yields ⅓ of recipe per serving.