

weightwatchers

# weekly

February 26-March 4, 2017



*boost your*  
**BODY CONFIDENCE**

You can do amazing things—here's how to  
feel great about yourself, every step of your journey

# boost your **BODY CONFIDENCE**

**How you feel and think about your body** is shaped by many sources, from life events and societal standards to your own self-talk. If you have negative thoughts about your appearance and how others perceive you, it's time to reframe your thinking and start feeling positive about what your body is capable of. We know you're amazing—do you?

**Why change how you think?** A negative body image can get in the way of your weight-loss efforts—crushing your confidence and sabotaging you before you even begin. Improving your body image will help you shut down the trash talk and appreciate the healthy changes you're making. This can make you more apt to

feel motivated to keep up your good work. Simply put, a positive body image can boost weight-loss success—and may help you keep those lost pounds from coming back.

**WHAT TO DO: Give Yourself a Body Boost.** Reshape how you think about your body by taking a long, thoughtful look at it. (OK, not that long—only 10 minutes or so.) You'll need a full-length mirror, notepad, and pen.

**1 LIST WHAT YOU LOVE** Close your eyes and think about all the different areas of your body—from ankles to elbows, hair to hips. What two areas are you most satisfied with or proud of? Open your eyes and write them down.

**2 LIST WHAT YOU DON'T** Close your eyes. Identify 4 or 5 areas you are least satisfied with. Open your eyes and write them down.

**3 RANK THEM** Assign a number from 0-10 to each body part you've written, with 0 meaning "most content" and 10 "least content". Reorder your list, from most satisfied to least.

**4 EXAMINE YOUR BODY** Stand in front of the mirror, close your eyes, and breathe deeply until you feel calm and relaxed. Visualize the body area you're happiest with for about 15 seconds, then focus on relaxed breathing. Open your eyes, look at that part in the mirror for 15 seconds, then close your eyes and resume relaxed breathing.



**5 THINK ABOUT IT** Open your eyes. Look at this body part again and consider what it does for you. For example, you might look at your nose and think: It helps me smell the air after it rains, and it holds up my sunglasses on a sunny day. Take a moment to appreciate what it does for you.

**6 NEUTRALIZE NEGATIVE THOUGHTS** If it's difficult to feel thankful for an area, take the sting out of your immediate unhelpful thought when you look at that body area. For example, if your reaction is *My stomach is disgusting*, try shifting your thinking to a neutral observation: *My stomach is round*. Then close your eyes and breathe slowly until you are relaxed.

**7 GO DOWN YOUR LIST,** repeating steps 4-6 for each body area, treating it with respect and care. If it's easier, spread this activity over a few days or a week. Take time to give your body the positive attention it deserves.

For research on body image and weight loss, go to [weightwatchers.com/us/wwwupdates](http://weightwatchers.com/us/wwwupdates)

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## THINK AGAIN

Every time a negative body thought comes into your head, give it a reality check. Check your thinking style: are you overgeneralizing (“always”/“never”), using black-and-white thinking, or putting a negative lens on a situation? Some examples are below.

### UNHELPFUL

“My arms will never look as good in a tank top as hers do.”



### HELPFUL

“Her arms look good in that tank top—but that doesn’t mean mine won’t someday, too.”

### UNHELPFUL

“Finally, my jeans fit me! Now if only I could do something about the bags under my eyes.”



### HELPFUL

“Why let a small aspect of my appearance bug me? I’m thrilled with how these jeans fit.”

**YOUR TURN!** What **unhelpful** thought about your body have you had? Write it down here. Give it a reality check. Now, what is your **helpful** thought? Write it here. For more info, check out pages 2-3 in your *Shift Your Mindset* guide.

### UNHELPFUL

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### HELPFUL

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Lightbulb icon by Shutterstock.

PAY ATTENTION TO YOUR BODY LANGUAGE: STAND UP STRAIGHT AND SMILE. THAT CAN HELP YOU FEEL MORE CONFIDENT!



TERRI

When I don’t feel very #bodypositive I scroll through my Connect feed to see the amazing changes I’ve made.

—ABURCKHARDT\*

I DON’T LOVE THE WAY MY BODY LOOKS, BUT I’M LEARNING TO ACCEPT IT WHILE WORKING TO IMPROVE IT. THE TWO AREN’T MUTUALLY EXCLUSIVE.

—AISFORAMANDA\*



Share your #BodyLove tips on Connect on the mobile app (for subscribers).

I STILL HAVE WEIGHT TO LOSE, BUT I’M PROUD OF MY 30 LB LOSS AND THINK I LOOK PRETTY GOOD!

—BEEBROWN02\*

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

**FAST  
& EASY**

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



[SWEET SNACK]

## **SWEET POTATO TOAST WITH BANANA, HONEY, AND PECANS**

Use a regular toaster or a toaster oven!

4 SmartPoints® VALUE PER SERVING // PREP 7 MIN //

COOK 10 MIN// SERVES 2

- |  |                                      |
|--|--------------------------------------|
| <b>4 oz sweet potato, cut into two ½-inch thick slices</b> | <b>1 small banana, thinly sliced</b> |
| <b>2 sprays cooking spray</b>                              | <b>1 pinch ground cinnamon</b>       |
| <b>1 pinch table salt</b>                                  | <b>4 tsp chopped pecans, toasted</b> |
| <b>2 tsp honey</b>   |                                      |

Spray sweet potato slices lightly with cooking spray and season with salt. Toast on highest setting in toaster or toaster oven 2-3 times, until potato slices are lightly browned and fork tender (flip slices each time for even toasting). • Drizzle each potato slice with 1 tsp honey, layer with bananas, and garnish with cinnamon; sprinkle each with 2 tsp pecans. Serve. Yields 1 piece toast per serving.