

weightwatchers

weekly

June 5-11, 2016

SUCCEED THIS SUMMER!

How to balance food, fitness,
and fun all season long

JUMP IN!
Decide how to stay
connected to your
plan this summer—
we'll help!



SUCCEED THIS SUMMER!

What does success mean this season? Summer can be a time to kick back, relax, and enjoy longer, sunnier days with friends and family. But that laid-back attitude doesn't have to mean your weight-loss efforts are on hold! Stay focused on your

healthy lifestyle—eating well, staying active, and having fun—by setting realistic expectations. You might want to stick to your weight-loss pace. Or maybe you'll allow yourself a little more freedom and instead just maintain your weight over the next few months. Your *My Success Story*

FITNESS TIP

KEEP UP ACTIVITY THIS SUMMER WITH A.M. WORKOUTS. NO MATTER WHAT THE DAY BRINGS, YOUR WORKOUT IS DONE (AND IT'S COOLER.)

—BRANDON WILSON, PERSONAL TRAINER, WELLO.COM

TIP FROM A LEADER

Enjoy summer foods by planning and pre-tracking. And use your smartphone to snap photos of unplanned snacks and meals on the go so you can track them later.



ANITA, LEADERINNY

Cover photo by Stocksy

WHAT TO DO: SET UP YOUR SUMMER SUCCESS

Fill in the blanks, then tape this page to your fridge or mirror; or take a picture of it on your phone, as a positive reminder.

My "why": I'm committed to this weight-loss journey because _____.

My summertime goal: If I can _____ over the next 3 months, I'll feel proud of my progress.

My time-off plans: I look forward to _____,

_____ ,
_____ ,

and _____ ,
this summer, because these are fun activities that make me feel happy and worth it.



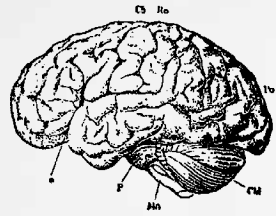
booklet can help you identify your goals, record your successes (on the scale and off), and build in time for yourself. (Plus, it's the perfect partner for our Summer challenge; see page 5 for more info.)

How does it help?

We've learned from our members that when they set goals that are personal

and meaningful to them, they're much more likely to stay focused and engaged. In fact, declaring your "why" before you decide on a goal can get you even more invested in succeeding. Why are you on this healthy life journey? What is your motivation for losing weight, eating better, and getting fit? Nailing down that idea will help clarify your goals.

YOUR WEEKLY, EVEN BETTER!



THINK AGAIN

Your thoughts affect how you feel—and how you feel affects what you do. That’s especially true with healthy-living efforts. So each week, this new section will help you think, and act, in ways that lead to success!

WHAT YOU KNOW:

“I want to enjoy my summer—and I’m worried I’ll go off the rails.”



REFRESH YOUR VIEW:

“I want to enjoy every day I have with family and friends, and I can do that while also taking small, meaningful actions that help me reach my healthy goals.”

WHAT YOU KNOW:

“I love to entertain and go to cookouts, which can make it hard to lose weight.”



REFRESH YOUR VIEW:

“I’ll have fun searching for new, delicious recipes for food and low SmartPoints® value cocktails on weightwatchers.com that I can make and enjoy with my guests.”

WHAT YOU KNOW:

“Summer’s body-baring shorts and tops make me anxious and self-conscious.”



REFRESH YOUR VIEW:

“I’m going to take time for myself to look for clothes with a trusted friend, at a store or in my own closet, and find a few outfits that make me feel confident.”

WHAT YOU KNOW:



REFRESH YOUR VIEW:

Pool photo by iStock



MY POOLSIDE DRINK:
5 FL OZ WHITE WINE
(4 SP), ADD ICE, FILL
WITH CLUB SODA.
SQUEEZE IN A LIME
WEDGE. SO DELICIOUS!
#SUMMER
—LIBBYOGRO*

YOUR ACTION PLAN

Write down one summer goal in your *My Success Story*.

Get more summer success ideas in “**Weekly Extra**” in this week’s e-newsletter (for subscribers) or go to weightwatchers.com/weeklyextra



TAKE OUR SUMMER CHALLENGE!

Try something new each week—and if you come to your meeting for 11 out of the 13 weeks of summer, you’ll get an award! See your Meeting Room team for info.

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



**FAST
& EASY**

From
weightwatchers.com

[VEGETARIAN]

LEMONY SUGAR SNAP PEA SALAD

Tangy, crunchy, and totally summer-y!

3 SmartPoints® VALUE
PER SERVING // PREP 15 MIN //
COOK 5 MIN // SERVES 4

- ½ lb sugar snap peas (about 2 cups), trimmed
- 2 Tbsp lemon juice
- 1½ Tbsp olive oil
- ¼ tsp salt
- ⅓ tsp black pepper
- 2 Kirby cucumbers, halved lengthwise and thinly sliced
- ¼ cup crumbled feta

- 3 Tbsp chopped fresh chives
- 3 Tbsp thinly sliced fresh mint leaves

Bring large saucepan of water to boil. Add snap peas and cook until just bright green and crisp-tender, 1-2 minutes. Drain and rinse under cold

running water; drain again. Thinly slice snap peas lengthwise. • To make dressing, whisk together lemon juice, oil, salt, and pepper in medium salad bowl. Add snap peas, cucumbers, feta, chives, and mint; toss until mixed. Yields 1 cup per serving.

Recipe © Weight Watchers International, Inc. All rights reserved. Photo by Christopher Testani

THOUGHTS ON MY MEETING...

GREAT STUFF I HEARD... HELPFUL TIPS... WHATEVER!



THE JOURNEY IS EVEN BETTER WHEN YOU TAKE IT TOGETHER.

Invite a friend to join Weight Watchers* for a chance to win a 5-day retreat and **MEET OPRAH!** Ask your Leader for details.

NO PURCHASE NECESSARY. Open to legal residents of 50 US & DC, who are 21 years of age or older as of date of entry. The Better Together Sweepstakes begins 5/1/16; ends 10/31/16. Sponsored by Weight Watchers North America, Inc. For official rules, free method of entry, and complete details, visit www.weightwatchers.com/oprah-refer-a-friend

*Referred friend must sign up for a Weight Watchers subscription membership.

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LATE-BREAKING NEWS For updates and corrections to *Weekly* recipes and other content, go to weightwatchers.com/wwwupdates

LET US KNOW WHAT YOU THINK about the *Weekly* and our new approach! weeklycommunity@weightwatchers.com

While supplies last. 20160605



SUMMER SIPPING
Stay hydrated (and inspired!) with our Take-Along Tumbler. It's double insulated to keep in the chill, holds 24 fl oz, and is BPA-free and dishwasher-safe. Available in participating meeting locations.

ADVERTISEMENT

Say Goodbye to the Ordinary Burger



This delicious recipe is just one of the many chicken recipes available at www.weightwatchers.com/chickenrecipes.

All-American Burger with Secret Spicy Sauce

4 Weight Watchers® Chicken Burgers
4 rolls: Arnold, Brownberry or Oroweat 100% Whole Wheat Sandwich Thins®
4 lettuce leaves and 4 tomato slices

Secret Spicy Sauce

1/3 cup fat-free mayonnaise
2 Tbsp ketchup
1 tsp Dijon mustard
1 tsp pickle juice
1/8 Tbsp hot sauce

1/8 tsp Worcestershire sauce
3 Tbsp unsweetened dill pickles, finely chopped
2 Tbsp uncooked shallots, minced
1 pinch black pepper, to taste

Instructions:

1. Combine all Secret Spicy Sauce ingredients in a small bowl and chill until ready to serve.
2. Cook burgers according to package instructions.
3. Serve each burger topped with lettuce, tomato and Secret Spicy Sauce on a Sandwich Thin.

Note:

Serves four, where each serving consists of 1 burger, 1 roll and 2 Tbsp. sauce. The brand of ingredients used may impact the nutritional information of this recipe, resulting in a different SmartPoints value.

6
SmartPoints
value
per serving



weightwatchers

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