

weightwatchers weekly

June 18-24, 2017

A woman with long dark hair, wearing a blue tank top, blue leggings, and a large black backpack, stands on a large, light-colored rock. She is looking out over a vast, scenic valley with rolling hills and green vegetation under a bright sky. The overall mood is peaceful and inspiring.

Move
MINDFULLY

Tap into the power of awe to enhance your happiness.

Move MINDFULLY

What it is: Do you ever really think about the word “awesome”? Often we use it to mean great, amazing, cool—but in fact, awe is a reaction to vastness and to scenarios that challenge how we think about the world. Combining physical activity with awe-inspiring scenes—anything from the deep blue of a summer sky to soaring skyscrapers—can help heighten a sense of wonder at the world, and make physical activity enjoyable and engaging.

How it helps: Studies show that having a sense of awe in life can enhance your happiness and physical well-being, while also increasing your generosity. It’s easy to get caught up in our own lives and not focus on others or the world around us. But experiencing



awe can put our lives into healthy perspective. Awe reminds us that no matter how consumed we are with our own lives—what we have, what we don’t, how we compare to everyone around us—ultimately, we’re all a part of something bigger. It’s a profound, pure sort of happiness—and happy people make healthier choices that can help them succeed at weight loss.

Cover photo by iStock. Photos at left and right by Thinkstock.

WHAT TO DO: TAKE AN “AWE WALK”!

Encounters with physical vastness and novelty tend to be what triggers feelings of awe in each of us. You might be drawn to nature (for example, a forest) or an urban environment (skyscrapers can also inspire awe). Regardless of where you end up, these steps will help you tap into the “awe”-some power of the world (and you’ll log some fun activities while you’re at it)!

Leave your device(s) behind. Can’t bear to part with your cell phone? Switch it to airplane mode and slip it in a pocket or backpack. Electronic devices pull you into a virtual world when you want to focus on the physical wonders that surround you.

Be open-minded. Walked this path (or street, or seashore) a thousand times before? Look around anew, as if it’s the first time you’ve seen it. Better yet, each time you take an “awe

walk,” go somewhere different. You’re more likely to feel awe in a different environment.

Think small, too. No need to travel to the big city or the mountains if you find awe in your own backyard or the local park—just watching an ant carry a leaf many times its size can leave you wonderstruck.



THIS WEEK’S FOLLOW-UP

Pick a place that you know will give you a chance to revel in vastness and go for an “awe walk” at least once this week.



THINK AGAIN

Sometimes finding the right path to an experience of awe is a challenge. Consider these helpful thoughts.

UNHELPFUL

"I need my cell phone—I can't leave it behind to go for a walk!"



HELPFUL

"I can leave my phone behind for 30 minutes or so, but maybe this first time I'll just turn it off and carry it with me. That way I won't be distracted while I'm taking in the beauty around me."

UNHELPFUL

"It's a hassle to go somewhere new. I like taking my same route and seeing familiar sights."



HELPFUL

"Going on the same walk all the time is comforting, but trying someplace different can open my mind to new awe-inspiring experiences that I might not notice on my usual route."

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

UNHELPFUL



HELPFUL

INSPIRATION FROM OUR COMMUNITY!



"EVERY LIVING THING—THE GRASS, THE TREES, EVEN A NOISY CROW—IS ALL ABOUT ENERGY. IF YOU WANT HEALTH AND HAPPINESS IN YOUR LIFE, DRAW THAT ENERGY BACK TO YOU." —OPRAH

"Bonus sunset on our drive home. #biggerthanmyself."
—WALKINGGIRL1234*



"I'M AN AVID WALKER WHO LOVES BEING OUTSIDE, ENJOYING NATURE. I WALK FOR HEALTH, HAPPINESS, AND PEACE OF MIND."

"The frogs have started croaking in the evening—spring never ceases to amaze me."
—NOEL.CULBERTSON*

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



What moves help you to be more **#Mindful**?
Share on Connect on the mobile app (for subscribers).

Find
delicious
tastes
and new faves



NEW!

coming soon
to a store near you!



Find out where to buy your favorite products at www.weightwatchers.com/productlocator

[EASY DESSERT]

BLUEBERRY-LEMON SORBET WITH THYME

You can also make in small paper cups.

3 SmartPoints® VALUE PER SERVING // PREP 15 MIN //
COOK 8 MIN // SERVES 8

- 2/3 cup water**
- 1/2 cup sugar**
- 8 sprigs fresh thyme, plus extra for garnish**
- 2/3 cup fresh lemon juice, from 5-6 lemons**
- 3 cups unsweetened frozen blueberries**
- 1 tsp lemon zest, optional**

From weightwatchers.com

Combine water, sugar, and thyme sprigs in a small saucepan; bring to a boil over high heat. Reduce heat to medium; simmer 5 minutes. Let cool; then chill completely in refrigerator, 1 hour. • Remove thyme sprigs and then pour chilled sugar mixture, lemon juice, and frozen blueberries into a blender; puree until smooth. Immediately transfer mixture to an ice cream maker; process according to manufacturer's instructions. Freeze until ready to eat. Serve with optional garnish of lemon zest and fresh thyme. • **Serving** Yields 1/2 cup sorbet per serving.

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