

weightwatchers
weekly

May 21-27, 2017



Walk It Out

Longer days and milder weather
make now the perfect time to step out!

Walk It Out

Walking is the most popular form of activity—

after all, humans are built for it! It's something you're doing already in daily life, so consider adding a few minutes here and there each day or, if you're already walking, doing it more often or for more time. Walk on your own terms: You can do it indoors or out, on a flat surface or incline, on a trail or sidewalk—and you don't need to join a gym or buy pricey equipment to do it. A comfortable pair of sneakers is all you need.

How it helps: As the weather turns milder and the air is fresh and warm, getting outside for a walk can boost your mood—and your physical health. Research shows that brisk walking 30 minutes a day

can help keep lost weight off. It's also a great excuse to spend time with family or friends—be sure to keep a steady pace that still lets you chat easily.



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WHAT TO DO: PLAN YOUR STEPS

Ready to walk it out? Planning ahead will make it easier to increase your steps. Fill in each section below, then get moving! (Tip: Use this worksheet for other activities, too.) If the only walking you do is for everyday activities, simply add a few minutes of purposeful walking each day or every other day: Take a break at work to get some fresh air, circle the block—whatever's easy and doable.

I'll do: _____

Example: Walk the dog

I'll do it on (day/time): _____

Example: Mon/Wed/Fri at 8 a.m.

I'll do it here: _____

Example: Around the block

I'll do it for: _____ minutes

Example: 10 minutes

I'll do it with (if anyone): _____

Example: My wife

Want some ideas? Whether you're new to walking or looking to ramp up your routine, check out.

THIS WEEK'S FOLLOW-UP

Create a plan for walking more, making sure to define the four Ws: What, When, Where, and with Whom, using this worksheet.



THINK AGAIN

When days are busy, it might seem there's not a spare minute to walk. Reality-check your schedule; you might find there's more time than you thought!

UNHELPFUL

"I don't have time to walk more. My schedule is jam-packed already."



HELPFUL

"My health is important and walking is so good for me, I can work it into my current to-dos. I'll get in some walking while I'm on my conference call, and I'll take an extra lap around the block when I walk the dog later."

UNHELPFUL

"Walking is so boring! It makes me not want to do it."



HELPFUL

"Walking can get boring, but there are lots of ways to spice it up. I'll listen to an upbeat playlist, partner with a neighbor and chat, or try a new route outside with new sights to see."

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

UNHELPFUL



HELPFUL

INSPIRATION FROM OUR COMMUNITY!



"I WANT YOU TO COMMIT TO BEING MORE PRESENT... AND MAKE A PROMISE TO BE ACCOUNTABLE TO THE MOST IMPORTANT PERSON— AND THAT IS YOU." —OPRAH

"I went for a really long walk today. Grateful for this opportunity to clear my head."
—CATHY4PIE*



"I WELCOME THE SUN WHEN I WALK—I'M IN THE WOODS BY 6:30! THE SUNRISES ARE BRILLIANT; THEY MAKE ME FEEL GOOD."
CHARLES

"Do you ever feel like dancing when you're listening to music while you're walking? I totally do."
—JILLK268*

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



How do you **#WalkItOut?**
Share on Connect on the mobile app (for subscribers).



From weightwatchers.com



[FAMILY FARE]

FETA-STUFFED CHICKEN BURGERS

Olives and roasted peppers add zing.

6 SmartPoints® VALUE PER SERVING // PREP 15 MIN // COOK 16 MIN // SERVES 4

- 1 lb ground chicken breast
- 1 Tbsp fresh oregano
- ¼ tsp garlic powder
- 7 Tbsp crumbled feta cheese
- 4 reduced-calorie hamburger buns
- 1 cup thick romaine lettuce strips
- ¾ cup sliced roasted red peppers (packed in water)
- 5 small black olives, sliced

Preheat grill or broiler. • In a medium bowl, combine chicken, oregano, garlic powder, and feta; divide mixture into four balls and then press them gently into patties. • Grill or broil patties until internal temperature of burgers reaches 165°F, about 7 to 8 minutes per side. • Serve each burger on a bun with ¼ of lettuce, ¼ of peppers and ¼ of olives. Yields 1 burger per serving.

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