

weightwatchers
weekly

MAY 8-14, 2016

Set up your path

Each of your actions leads
to another—for good
(and not-so-good). Here's how
to get to where
you want to be. **page 4**

Set up a
positive chain
reaction

THRIVE

Tips, inspiration
& food for thought!



“Every time you make a move in the direction of being strong and standing up for yourself and really honoring your own integrity, being accountable — you build strength. And strength times strength equals power.”

—OPRAH

[HABIT MAKEOVER]

THEN My routine was to click the seat belt, start the car, and reach for something to eat. It wasn't hunger, it was habit and boredom!

NOW I listen to books on CD instead. And I pack fruit and raw veggies for when I really *am* hungry.



Becky,
Leader in
Wisconsin

What's your
#HealthyHabit?
Share on
Connect on the
mobile app (for
subscribers).



LAST WEEK LOOK-BACK

If you felt an emotion-triggered urge to eat, how did you handle it?

Cover photo by Getty Images; Oprah Winfrey, Hair by Nicole Mangrum, Make-up by Derrick Rutledge

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



From Weight
Watchers *The Little
Big Book of Fruits &
Veggies* cookbook*



[FRESH FARE]

ENDIVE SPEARS WITH CHICKEN SALAD & GRAPEFRUIT

Serve these tasty morsels as party appetizers or for lunch *al fresco*.

1 SmartPoints™ VALUE PER SERVING //
PREP 20 MIN // SERVES 6

2 large Belgian endives, separated into leaves

1 red grapefruit

1 cup finely chopped roasted chicken breast

3 Tbsp chopped fresh chives
2 tsp olive oil

2 tsp champagne vinegar or white-wine vinegar

½ tsp salt

⅛ tsp freshly ground black pepper

Set aside 18 largest endive leaves. Finely chop enough remaining leaves to equal ½ cup. Peel and section grapefruit, removing pith and membranes. Chop 8 grapefruit sections; set aside. Reserve any remaining grapefruit for another use. • Combine chopped endives, chicken, 2 tablespoons chives, oil, vinegar, salt, and pepper in medium bowl. Mound 1 tablespoon chicken mixture in each leaf. Top evenly with grapefruit and sprinkle with remaining chives. Arrange on platter to serve. Yields 3 spears per serving.

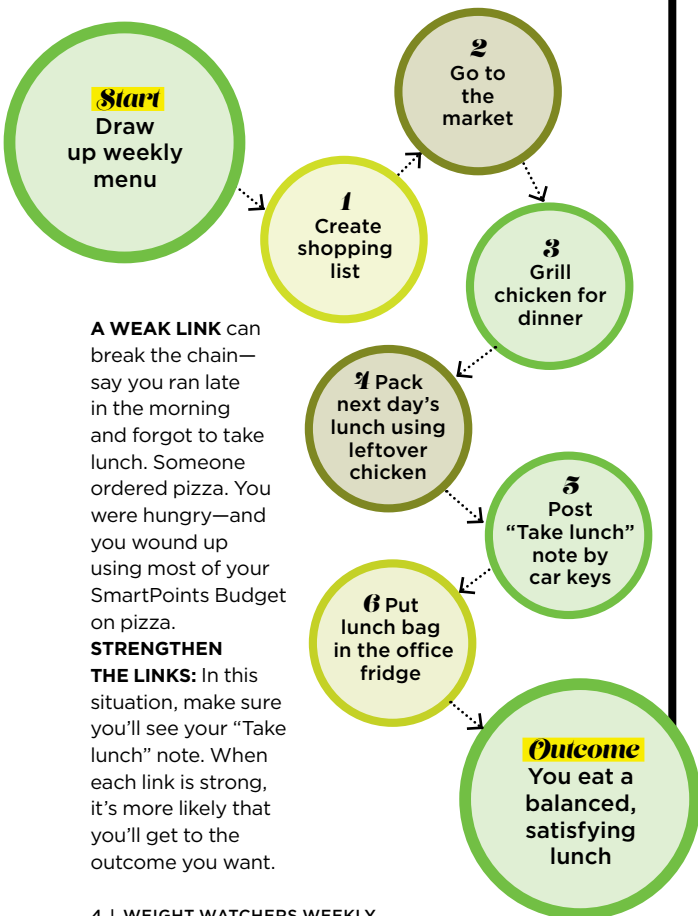
*Available in participating meeting locations.

Set up your path

Each of your actions leads to another.
Here's how to aim your steps in the right direction.

A healthy life doesn't just happen.

Consider a lunch of grilled chicken and salad. A chain of actions leads there, and one weak link can easily break the chain (and derail you). So it pays to be mindful and step wisely. For strategies, start with a look at this lunch chain:



Going out for dinner?

To ensure a good outcome, think about each decision or action point. For this, or any tricky situation you'll face, create a behavior chain. Where do you need to pay extra attention or solve for a weak link?

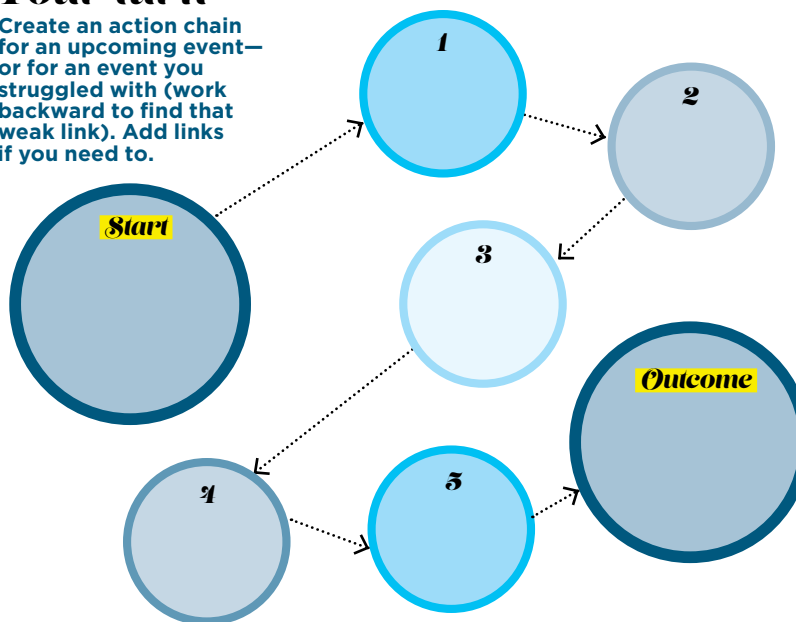


Reverse the chain

You can follow behavior chains backwards, too, when you've overeaten, or skipped a workout, to uncover that weak link: the action that led you away from the outcome you wanted. Next time, you'll be prepared to ace the situation!

Your turn

Create an action chain for an upcoming event—or for an event you struggled with (work backward to find that weak link). Add links if you need to.



MY NOTES

Photo by iStock

MOVE

Before starting any activity routine, please consult with your physician.

Start your day strong

[TWO-FER TRICK]

While you're brushing your teeth, clench your buttocks muscles for a beat, then release and repeat. Dentists recommend you take two minutes to brush, so that gives you a nice toning session!



3 SONGS TO SET AS YOUR MORNING ALARM

(Besides, of course, the theme from *Rocky*)

1 "Let's Go" by Calvin Harris (feat. Ne-Yo)

2 "On Top of the World" by Imagine Dragons

3 "Happy" by Pharrell Williams

What #WorkoutSong gets you going? Share on Connect on the mobile app (for subscribers).



[ASK AN EXPERT]

How can I make sure I follow through on my early-morning workout plans?

A External motivation. Set multiple alarms. If you have a smartphone, give each a motivating label: "Wake up, it's time to conquer today's workout!" or "You've got this!" Make it a rule that you can't turn it off until you're in your workout clothes. Schedule a phone call with a loved one/trainer/coach on your way to your workout to keep you accountable, or at night to discuss your day.
—ALISON WARRICK, PERSONAL TRAINER, WELLO.COM



Get in on the Excitement!



New varieties.
No Artificial Sweeteners.
4 SmartPoints™ value or Less.
Deliciously Decadent!

weightwatchers

weightwatchers

Save \$1.00

on any two (2)
**Weight Watchers®
Ice Cream
Novelty Cartons**



MANUFACTURER'S COUPON EXPIRES 8/31/2016

Consumer/Retailer: LIMIT ONE (1) COUPON PER PURCHASE on product/quantity specified and MAXIMUM OF TWO (2) IDENTICAL COUPONS allowed in same shopping trip. VOID IF altered, copied, sold, purchased, transferred, exchanged, used to purchase products for resale or where prohibited or restricted by law including LA. Valid only in the USA, APOs & FPOs. Consumer pays sales tax. Retailer: We will reimburse you the face value + .08¢ for handling this coupon according to our offer. Any other use constitutes fraud. Cash value 1/20¢. Mail to Wells Enterprises, Inc., CMS Dept. #70640, 1 Fawcett Dr., Del Rio, TX 78840.

0070640-101571



TO LEARN MORE ABOUT WEIGHT WATCHERS® ICE CREAM, VISIT WEIGHTWATCHERS.COM/ICECREAM

[THIS WEEK]

Ready, set, go!

- 1 Write down one challenge that you might encounter along with how you can use the behavior-chain steps to solve for it, as this week's **skillbuilder**.



- 2 **Challenge: on the go.** Solution: new Breakfast Squares in Cranberry Almond Yogurt and Dark Chocolate Nut. Convenient and perfectly portioned, for just 5 SmartPoints value each. Available in participating meeting locations.

- 3 Get more ways to strengthen your behavior chains in “**Weekly Extra**” in this week’s e-newsletter (for subscribers) or go to weightwatchers.

NOTES FOR MY WEEK



NEXT WEEK
Eat slowly & mindfully

VP Content/Editor in Chief
Theresa DiMasi

Managing Editor
Andrea Messina

Creative Director
Ed Melnitsky

Art Director
Karen Lew

Contributor
Patty Barnett

Photo Editor
Mary Galligan

Contact us
www.weekly@weightwatchers.com

The Weight Watchers Weight Loss System and these materials are proprietary to Weight Watchers International, Inc. and are licensed to Weight Watchers members solely for their personal use in losing and controlling their weight. Any other use is strictly prohibited. NOT FOR RESALE. U.S. patent pending.

WEIGHT WATCHERS is the registered trademark of Weight Watchers International, Inc. SmartPoints is a trademark of Weight Watchers International, Inc. ©2016 Weight Watchers International, Inc.

All rights reserved. **Printed in U.S.A.**

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

While supplies last. 20160508