



Better Together

Invite a friend to join Weight Watchers!
Both you and your friend will receive **1 MONTH FREE***!

 **Freestyle**

weightwatchers

*One Month Free: To be eligible for a one month extension to your Monthly Pass, friend must purchase a new Weight Watchers Monthly Pass (Meetings incl. Online) subscription by 12/31/2018, and continue for at least 2 weeks after purchase. If these criteria are met, you will receive an email indicating your eligibility. Your subscription must remain active for at least 2 weeks after you receive such email to allow for processing of your month extension. Processing of extension may take up to 45 days. The extension will be added at the end of your pre-paid period at the time of processing. Offer does not apply to any invited friends' current subscriptions and is only available to Canadian residents. You must have an active Weight Watchers Monthly Pass subscription to receive your extension. Extension is not transferable or redeemable for cash. This offer is available in participating areas only. Not available in At Work Meetings. Offer only valid for current/active Monthly Pass subscribers. To be eligible for a one month extension to your Monthly Pass, you must have a current Monthly Pass subscription that has been active for a minimum of 2 weeks, and friend must purchase a new Weight Watchers Monthly Pass (Meetings incl. Online) subscription by 12/31/18 and continue for at least 2 weeks after purchase.

May 20-26, 2018



Freestyle™

be here now

Paying attention pays off.
Here's how (and why) to be more mindful.



embrace mindfulness

It might sound woo-woo and new-agey, but “mindfulness” is simply being aware of your thoughts, feelings, and sensations in the present moment, without judging them as good or bad. For Weight Watchers member Kathy, the aftermath of an advanced cancer diagnosis 12 years ago set her on the path to WW and mindfulness. “My life was in chaos after I was sick,” she recalls. “Not only the challenges of recovering, but my marriage was in crisis and I had an aging father. Besides needing to lose weight, I was aware of the damage stress had done to my life.”

Easing stress is just one benefit of mindfulness. It also enhances well-being and life

satisfaction. And there are benefits for your journey, too. Practising awareness can improve your focus and attention, so you can **keep your goals top of mind** and notice how **your choices are affecting your progress** on and off the scale. It also can **boost your self-esteem**, which in turn makes it more likely you’ll **pick up healthy behaviours** that help you shed pounds and keep weight off.

One way to become more mindful is through meditation and breathing exercises, which is the path Kathy chose. “I thought it would empty my mind, which was always whirling, but I learned that it wasn’t about the emptying of thoughts but the willingness



NAME
Kathy

JOINED
First time
1971; most
recently in
2006; at goal
since 2009

HOW CONNECT
HELPS
I love the
friends I have
made: people
who are
interested in
the solution,
rather than the
problem. And
I’ve been lucky
enough to
have meet-ups
on some trips
this past year,
a wonderful
side benefit!

ADVICE FOR
MEMBERS
Baby steps!
Whether with
weight loss
or expecting
our life habits
to shift, take
it one day at
a time, treat
yourself
kindly, and
believe that
you are worth
the effort to
change.



Cover: iStock

to focus in a new way.” She found that sitting quietly and focusing on her breath helped her feel centred. The more regularly she did it, the more quickly she arrived at a place of calm, which has paid off for her journey. “I make healthier choices when I’m not running around with my hair on fire.”

Mindfulness remains a work in progress for Kathy: “I still have trouble with ruminating thoughts. But instead of thinking, *I can’t do this*, I sit it out and am grateful I was willing to give the time.”

how kathy lives (and breathes!) mindfulness

- ✓ I try to have my quiet time first thing in the morning. I start the day in a better place.
- ✓ A meditation teacher gave me this advice: “Try noticing the beginning of the breath and then the end of the breath” and that focus really has helped me. [Try this breathing tip yourself to pause whenever you find your thoughts circling in your head and you want to slow down and be present in the moment.]
- ✓ Tracking is also a mindful behaviour for me. In my previous attempts at weight loss, I had never tracked (“too much trouble”) but it’s now a faithful tool for me. I love tracking with the app. I wouldn’t say I do it perfectly, but I am consistent and that is because I give it my full attention.
- ✓ Mindfulness teachers say, “Above the clouds the sky is always blue,” which I love because there is almost always something good if I am willing to look for it and reframe.



How do you practise #Mindfulness? Share on Connect in the mobile app (for subscribers).

what to do

just breathe

One way to increase mindfulness is to take a few minutes a day to focus on your breathing. In the practice below, you're seated, but you can adapt this activity to do it elsewhere: in line at the grocery store, waiting for a meeting to begin, walking the dog. And even a minute can make a difference. Try this five-step breathing sequence* to bring you into the moment. The more often you do it, the more naturally it will fold into your life as you go about your day.

1

Sit in a comfortable position.

Close your eyes. Inhale deeply and slowly through your nose, hold two seconds, then exhale slowly through your mouth.

2

Tune into your body.

Notice how your body feels in the chair. Relax any areas of tightness or tension. Continue breathing slowly and deeply.

3

Focus on your breath.

Feel its natural flow and pace: in... and out.... Pay attention to where you feel your breath in your body—your chest, your belly, your throat. Let each breath happen. Be aware of your chest rising and falling, the feeling of air passing through your nostrils.

4

Notice if your mind wanders.

It's normal to be distracted by stray thoughts and bodily sensations. Gently return your focus to your breath.

5

Continue breathing mindfully for two minutes.

Then gently return your attention to your whole body, letting yourself relax even more deeply. Open your eyes and take a moment to appreciate yourself for doing this exercise.

FOLLOW UP

Pick three moments when you can practise mindful breathing for two minutes. Write down when (day/time) and where you will do it (at your desk, while your coffee is brewing).

*This mindful breathing technique has been adapted from UC California Berkeley's Greater Good in Action. To learn more about how this increases mindfulness and to listen to a mindful breathing activity, go to bit.ly/WWMindfulBreathing.

think again

Not sure about the rewards of slowing down and being present? Here's help in reframing how you approach mindfulness.

UNHELPFUL THOUGHT

"Every time I try to practise mindful breathing, my mind wanders. It's a waste of time."



HELPFUL THOUGHT

"It's normal for my mind to wander while practising mindful breathing—and it's not a waste of time. The fact that I noticed shows that I was being mindful."

UNHELPFUL THOUGHT

"My life is too busy and stressful to spend time trying to be mindful."



HELPFUL THOUGHT

"Yes, life can be busy and stressful, but I can find a couple of minutes to focus on my breathing. It'll help clear my mind, and may even help me deal with my stress."



What unhelpful thought have you had about being more mindful? Write it here. Now, reality-check that thought and write your helpful thought here.

UNHELPFUL THOUGHT



HELPFUL THOUGHT



tip from a leader

"Mindfulness has helped me break free from my old automatic patterns of reacting to environmental and emotional triggers. When I feel like eating, I pause to ask myself, 'Am I hungry?' and then I'll choose how to respond. When I eat with intention and attention it feels amazing!" —LISA, LEADER



→ Flavourful, herbed steak makes a tasty grill swap for the usual Victoria Day burgers and dogs.

FAST + EASY from weightwatchers.ca

grilled sirloin steak with balsamic-mustard glaze

4 SmartPoints® value per serving // PREP 12 min // COOK 14 min // SERVES 4

450 g (1 lb) lean trimmed beef sirloin steak

2 ml (½ tsp) table salt, or to taste

1 ml (¼ tsp) black pepper, or to taste

15 ml (1 Tbsp) finely chopped fresh rosemary

15 ml (1 Tbsp) finely chopped fresh thyme

1 small garlic clove, minced

10 ml (2 tsp) olive oil

60 ml (¼ cup) balsamic glaze

10 ml (2 tsp) water

7 ml (1½ tsp) Dijon mustard

3 ml (¾ tsp) Worcestershire sauce

SEASON steak with salt and pepper.

IN a small bowl, combine rosemary, thyme, garlic, and oil. Rub herb mixture all over steak; set aside for 15 minutes or up to an hour.

PREHEAT grill to high.

GRILL steak, flipping once, 5-7 minutes per side for medium-rare or longer to desired degree of doneness. Place steak on a cutting board and tent loosely with foil; let rest 5-10 minutes.

MEANWHILE, in a small bowl, whisk together balsamic glaze, water, mustard, and Worcestershire sauce.

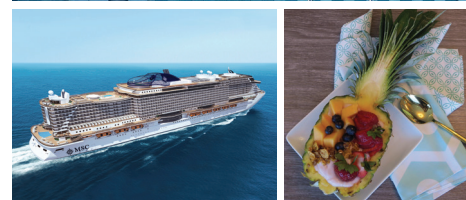
THINLY slice steak against grain; serve drizzled with sauce.

YIELDS 85 g (3 oz) steak and about 22 ml (1½ Tbsp) sauce per serving.

Recipe © Weight Watchers International, Inc. All rights reserved. Photo by Romulo Yanes.

thoughts on my meeting...

Great stuff I heard.... helpful tips... what I'll work on!



#WWFREESTYLE ON #WWCRUISE!

Live the program on the new MSC Seaside with WW-friendly meals, community events, and interactive programming to inspire your health and wellness journey. WW Cruise sets sail Nov. 10-17. Book: wwcruise.com.



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USE YOUR NOODLE!

Vegetable Spiralizer turns beets, zucchini, carrots, and more into delicious hot or cold "pasta"—ready for your toppings! Recipe booklet & cleaning brush included.

Available in participating meeting locations.

