



weightwatchers  
reimagined



# Healthy Habits e-book

**We're teaming up to inspire healthy habits for real life and to help those over 50 eat well, move more, and stay connected to their communities.**

# Get healthy over 50

We believe your wellness journey can begin anytime. Looking at your choices through the lens of health and weight goals is especially important since your nutrition needs may have changed if you're over 50.

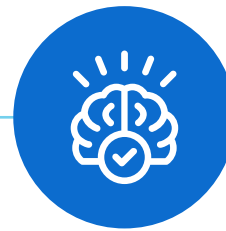
**Your wellness journey is about:**



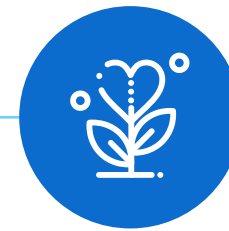
**Nutrition**



**Activity/  
Community**



**Mindset**



**Gratitude**

## Now, let's get started!

# MyPlate for Older Adults

## Fruits & Vegetables

Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

## Healthy Oils

Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

## Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.



## Liquids

Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

## Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.

## Dairy

Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

## Protein

Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.



**Remember to Stay Active!**

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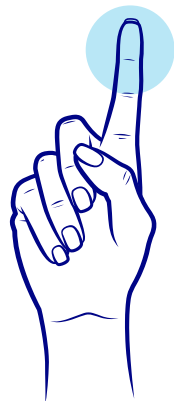
# Portion estimator

You can't always pull out measuring cups before lunch.

Use this guide to help you estimate portions, using just your hand.\*



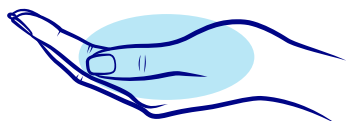
**Fist**  
1 cup



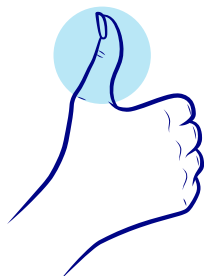
**Fingertip**  
1 tsp



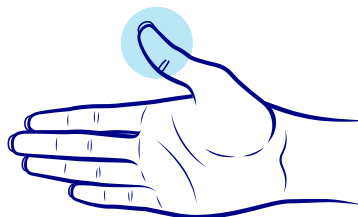
**Palm**  
3 oz meat



**Cupped hand**  
1-2 oz meat



**Thumb**  
1 oz meat or cheese



**Thumb tip**  
1 Tbsp

\*Of course, not all hands are the same size, so it wouldn't hurt to measure your own hand against some measuring spoons or cups, just so you know what you're working with.

## Menu decoder

These words are hints that a dish might be high in SmartPoints.®

**au gratin**  
**battered**  
**bisque**  
**creamy**  
**dipped**  
**double-baked**  
**hollandaise**  
**just like mom's**  
**pan-fried**  
**tempura**  
**crispy**

*Instead look for:*

**grilled**  
**broiled**  
**steamed**  
**poached**  
**au jus**  
(cooked in its own juices)



# Eat healthier—without breaking the bank



## At the grocery store

- Try planning out your next week of meals to avoid buying impulse items you don't need.
- Opt for canned or frozen fruits and veggies instead of fresh produce.
- Buy a rotisserie chicken and incorporate it into your meals all week long.
- Buy sharp cheddar instead of regular or Parmesan cheese. Same ingredient, same price, bigger flavor.
- Look for products with long shelf-lives. Canned tuna, rice, and lean proteins generally have later expiration dates.



## In your kitchen

- Prep your meal, but freeze the remaining portions so they don't go to waste.
- Shop your pantry before you head to the grocery store, and pick recipes based on what you already stocked.
- Keep vegetable trimmings and bones for soup stock and freeze unused herbs in ice cube trays.
- Extend the lifespan of perishable items, like milk, by pouring your favorite dairy (or non-dairy!) beverages into plastic ice cube trays and freezing them to have on hand for tea or coffee. Defrost only what you need!
- Try using a slow-cooker to prepare lower-cost cuts of meat. They tend to turn melt-in-your-mouth tender!

# Flavor boosters

NUTRITION

These ingredients are a surefire way to add flavor.



**Dried cranberries**  
1 tbsp



**Maple syrup**  
1 tsp



**Shredded Parmesan**  
2 tbsp



**Candied ginger**  
2 tbsp



**Blue cheese**  
1 tbsp



**Olives**  
8 large



**Pistachios**  
14 nuts



**Powdered sugar**  
2 tsp

*You don't  
need much.  
A little  
powdered  
sugar goes  
a long way.*

# Stock your pantry

NUTRITION

This is a great list of recipe staples. Check off the items you want; skip what you don't need.

## PRODUCE

- ☐ Fresh fruit
- ☐ Fresh vegetables
- ☐ Fresh herbs
- ☐ Leafy greens, coleslaw mix, or shredded carrots for salads
- ☐ Pre-cut fresh vegetables for soup, stir-fries, and kabobs
- ☐ Corn
- ☐ Peas (green, sugar snap, snow, etc.)
- ☐ Silken or firm, regular or low-fat tofu



## MEAT + POULTRY + FISH

- ☐ Skinless chicken or turkey breast, chicken thighs
- ☐ 98% fat-free ground turkey or chicken

- ☐ Lean pork chop or pork loin
- ☐ Lean, trimmed flank steak, beef tenderloin, or strip sirloin
- ☐ Fish
- ☐ Shellfish

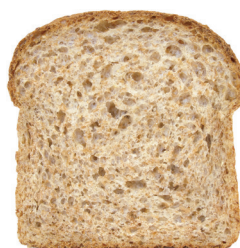
## DAIRY + EGGS

- ☐ Eggs, whole or egg substitute
- ☐ Fat-free or low-fat milk
- ☐ Regular soy milk (plain)
- ☐ Almond milk
- ☐ Nonfat plain yogurt
- ☐ Reduced-fat or regular cheese
- ☐ Low-fat shredded or string cheese
- ☐ Crumbled feta or Parmesan cheese
- ☐ Reduced-fat cream cheese
- ☐ Nonfat cottage cheese
- ☐ Part-skim ricotta cheese

## BREAD + CEREAL

- ☐ Reduced-calorie bread
- ☐ Thin sandwich bread or English muffins

- ☐ Whole-wheat or corn tortillas
- ☐ Plain oatmeal
- ☐ Unsweetened shredded wheat or whole-grain cereal
- ☐ Pizza dough



## DELI

- ☐ Roasted whole chicken
- ☐ Lean deli meats
- ☐ Hummus

## GRAINS + PASTA

- ☐ Whole-grain or regular pasta
- ☐ Brown rice or white rice
- ☐ Bulgur, quinoa, or barley

## CANNED FOODS + STAPLES

- ☐ Tomato sauce or jarred marinara sauce
- ☐ Diced tomatoes

- ☐ Fat-free salsa
- ☐ Black beans or chickpeas
- ☐ Vegetables (without added salt, sugar, or oil)
- ☐ Unsweetened fruit (in water)
- ☐ Chicken or vegetable broth
- ☐ White tuna (in water), canned salmon
- ☐ Peanut or other nut/seed butter

## SNACKS

- ☐ Air-popped popcorn
- ☐ Popcorn kernels for at-home popping
- ☐ Baked potato or tortilla chips
- ☐ Almonds
- ☐ Pistachio nuts

## FROZEN

- ☐ Edamame
- ☐ Vegetables (without added sauce and salt)
- ☐ Unsweetened fruit
- ☐ Veggie burgers (with 2 g of fat or less)
- ☐ Vegetarian ground "meat"

- ☐ Whole-grain waffles
- ☐ Sorbet

## SEASONINGS + CONDIMENTS

- ☐ Nonstick spray, oil, and vinegar
- ☐ Salt and black pepper
- ☐ Dried herbs and spices, seasoning mixes, dry rubs
- ☐ Hot sauce
- ☐ Mustard
- ☐ Ketchup
- ☐ Reduced-sodium soy sauce
- ☐ Steak sauce
- ☐ Teriyaki sauce





# Build a meal

Did you know that you can create entire meals using a few low-cost items? Check out these money- and time-saving recipes.



## ROTISSERIE CHICKEN

Building your meals around a great and versatile source of protein, like store-bought rotisserie chicken, can keep you fuller longer—especially in between meals and snacks. It also makes cooking for one or two people a breeze.

## NUTRITION



## Cheesy chicken nachos

On a baking sheet, place 12 **tortilla chips** close together; top with 3 oz shredded cooked **chicken breast**, 2 tbsp **salsa**, 2 tbsp chopped **scallions**, and ¼ cup shredded reduced-fat **Mexican cheese**; bake until heated through and cheese melts. Top with 3 tbsp **guacamole**. Serves 1.

*For a gluten-free veggie version, use cooked zucchini rounds instead of the tortilla chips.*



## Feta, egg, & chicken salad

Combine 1 cup mixed **greens**; ½ cup each chopped **carrot**, **bell pepper**, **tomato**, and **apple**; 2 oz shredded **chicken breast**; 1 hard-boiled **egg**, sliced; and 3 tbsp crumbled **feta**. Toss with 2 tbsp low-fat **vinaigrette**. Serves 1.

*A little bit will go a long way with a strong cheese like feta.*



## Pesto chicken salad sandwiches

To make chicken salad: In a bowl, mix 2 tbsp reduced-fat **pesto**, 2 tsp light **mayonnaise**, and 2 tsp plain nonfat **yogurt**. Stir in 4 oz cooked chopped **chicken breast** and 3 tbsp water-packed **roasted red peppers**; toss to coat. Put ¾ cup chicken salad between 2 slices reduced-calorie **wheat bread**, toasted; add **baby arugula** and sliced **tomato**. Repeat to make 1 more sandwich. Serves 2 (1 sandwich per serving).



# Build a meal

Your pantry's hidden secret? Canned beans. They're an inexpensive way to up your fiber intake and add a filling, lean protein to any meal. Give them a whirl—pureéd, mashed, or sautéed.



## NUTRITION

### Tuscan steak with white beans & baby broccoli

Coat a grill pan with **nonstick spray**; warm over medium-high heat. Season 4 oz lean **flank steak** with **sea salt** and **black pepper**; cook, turning once, 6 minutes for medium-rare (or longer). Let stand 3 minutes; thinly slice. Meanwhile, in a small cup, microwave 1 tsp **olive oil**, ½ tsp minced **garlic**, and ½ tsp minced **rosemary**, 30 seconds. On a plate, arrange steak, ½ cup warmed **cannellini beans**, and 4 stalks cooked **baby broccoli**; drizzle with oil mix. Season to taste; garnish with two **lemon** wedges Serves 1.



### Refried pinto beans

Coat a small nonstick skillet with **nonstick spray**; warm over medium-low heat. Add ¼ cup minced **onion** and ¼ tsp kosher **salt**; cook, stirring, 5 to 7 minutes. Stir in 1 tsp each minced **garlic** and **cumin seeds**; cook 30 seconds. Stir in 1 (15-oz) can **pinto beans**, rinsed and drained, and ½ cup **water**; simmer, covered, until soft, 5 minutes. Stir in ½ tsp **lime juice**. Puree in a blender until creamy (add water if needed). Serves 2 (½ cup per serving).



*Great with tacos, fajitas, and quesadillas!*

### White bean and tomato ragu

Set a medium nonstick skillet coated with **nonstick spray** over medium heat. Add ¾ cup diced **onion**, ½ tsp kosher **salt**, and ¼ tsp **black pepper**; cook, stirring often, until softened, 7 to 10 minutes. Add 2 minced **garlic cloves**, ¾ tsp minced **rosemary**, and a pinch of **red-pepper flakes**; cook, stirring, 1 minute. Stir in ¾ cup canned diced **tomatoes** and 1 (15-oz) can **cannellini beans**, rinsed and drained; cover and simmer 5 minutes (add water to skillet if too dry). Stir in 2 tbsp chopped **basil**. Serves 1 (½ cup)





# Grab a snack

Snacking throughout the day can help stave off hunger between meals—but choose wisely to stay on track.

NUTRITION



## Tangy ranch popcorn

Coat 2 cups warm plain air-popped popcorn with nonstick spray; toss with 2 tsp ranch seasoning and a pinch of cayenne. Serves 1.

*Swap in finely minced herbs and a pinch of salt for a fresh twist.*

## Yogurt with blueberries & granola

Top 1 cup plain nonfat Greek yogurt with  $\frac{1}{2}$  cup blueberries and  $2\frac{1}{2}$  tbsp granola. Serves 1.



## PB & strawberry rice cake

Spread 1 plain rice cake with 2 tsp creamy peanut butter; top with a few strawberry slices. Serves 1.

## Everything-bagel chips

Preheat oven to 350°F. Brush a beaten egg white over 3 medium low-carb, high-fiber whole-wheat tortillas. Sprinkle  $2\frac{1}{4}$  tsp everything-bagel seasoning over tortillas; cut each into 8 wedges. Bake on a parchment-lined large baking sheet until lightly browned, 15 to 17 minutes. Serves 3 (8 chips per serving).



*DIY your own protein box!*



## Cheese, fruit, & nut snack

Enjoy 2 oz low-fat Swiss cheese, cubed, with grapes and 14 pistachios. Serves 1.



# Try DIY dough

Our fan-favorite two-ingredient dough (you read that right) is the healthier way to have all the carbs. Our basic version will help you make impressive bagels, pastries, and more.

NUTRITION



*Just note:  
The yogurt-to-  
flour ratio in  
these recipes  
varies slightly.*

## Two-ingredient dough

In a medium bowl, place  $1\frac{1}{2}$  cups self-rising **flour** and 1 cup plain nonfat Greek **yogurt**. Using a wooden spoon, stir until just combined; with your hands, knead dough until smooth, about 2 minutes. If dough is too sticky to knead, add more flour, 1 tbsp at a time, until no longer sticky. Let sit 5 minutes.



## Turkey pepperoni pizzas

Preheat oven to 375°F. Sprinkle a large piece of parchment paper with a little flour; place **two-ingredient dough** on top. Cut dough into 4 equal pieces. Using a rolling pin, roll each piece of dough into a 6 to 7-inch oval. Place on a parchment-lined baking sheet; bake until dough is lightly golden, about 18 minutes. Remove from oven; top each with  $\frac{1}{4}$  cup canned **tomato sauce**, 3 tbsp shredded part-skim **mozzarella cheese**, and 5 pieces thinly sliced **turkey pepperoni**. Return to oven; bake a few more minutes until dough is cooked through and cheese is melted. Serve each sprinkled with 1 tbsp grated **Parmesan**,  $\frac{1}{2}$  tbsp chopped **basil** and a pinch **red-pepper flakes**. Serves 1 (1 pizza per serving)



## Cheddar bay drop mini biscuits

Preheat oven to 425°F. Line 2 baking sheets with parchment paper. In a medium bowl, combine 2 cups self-rising **flour**, 2 tbsp **sugar**, 1 tsp **garlic powder**, and  $\frac{1}{2}$  tsp **cayenne pepper**. Add  $\frac{1}{2}$  cup shredded **cheddar** and  $\frac{1}{4}$  cup chopped **parsley** and toss to combine. Add  $2\frac{1}{2}$  cups plain nonfat Greek **yogurt**; stir with a spoon until a soft dough forms. Scoop dough by  $\frac{1}{8}$ -cupfuls onto prepared baking sheets. Bake until lightly browned, about 20 minutes. Brush biscuits with 2 tbsp melted **butter**. Serves 24 (1 biscuit per serving)



# Get active, stay active

Especially when you're over 50, staying active is crucial to your wellness journey. Even five minutes of exercise can have an impact on your health, so find some time to move daily. Here are strategies for moving more:



## Put it on the calendar.

Think of exercise as a meeting or business appointment. Being able to see your planned activity helps ensure that nothing gets booked in that spot.



## Sign up for a class—even if it's virtual!

It's on your calendar, you've paid for it, and (hopefully) it actually sounds fun.



## Set specific goals.

Goals work better if they're specific, so trade in "I'll exercise everyday" for "I'll walk for 15 minutes after dinner" and success is much more likely.



## Track your progress.

Seeing the number of steps you took yesterday or the FitPoints® you earned while walking at lunch can make a big difference in how motivated you are to make time for exercise moving forward.



## Prioritize convenience.

Even if you're working out from home, set your workout clothes next to your bed the night before, or keep your hand weights and mat in a visible place in your living room.



## Make it social.

If you've heard it before, that's because research shows it works: You're more likely to exercise consistently if you work out with other people. People also tend to work out harder when they're with others versus if they go it alone. Try doing so over video chat!

## Find your people

In addition to buddying up with an activity partner, it's important to share your experiences with like-minded individuals who also want to build healthy habits. Think of it as a support system to help you celebrate your wins and push you through challenges!

*Did you know?*

## You can meet people in...

- Workshops, a weekly check-in with a Coach and other members
- Connect, our members-only online community, and through our other digital tools that help you stay connected!
- AARP's Healthy Living Online Community

# Every move counts

The rewards of regular activity? Huge. Want to manage stress and sleep better? Being active definitely helps. It's also the single best predictor of who keeps weight off and who doesn't.

## This really works

Every habit starts as a single conscious action. The more you repeat it, the more it becomes second nature. Want to turn taking a yoga class after work into a habit? This trick can help.

1.

### Create a cue

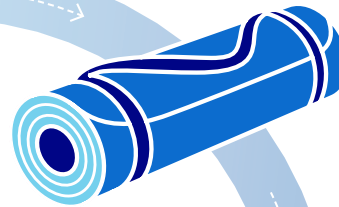
You could set a calendar alert for 15 minutes before the class to remind you.



2.

### Take action

When the alert pops up, turn off your computer, and get ready to move.



3.

### Experience the reward

Feeling relaxed (or just the satisfaction of taking care of yourself) will inspire you to do it again and again.



# Kick off your journey

Wondering how to get started? Here's a simple list to help guide you:

## 1 Find your why

Building **healthy habits can help you feel better in more ways than one**, including fending off illnesses and conditions (the risks of which increase with age) like high blood pressure, diabetes, and memory loss.

Whatever moves you to start your journey—whether to shed pounds or improve your overall wellness—your why is what keeps you going when things are going great and when they get tough. **The clearer your why is to you, the more focused you'll be as you work toward your goals.**

Now, either on paper or in your head, fill in your answer to this statement.

**I want to build healthy habits so that I can:**

## 2 Start building healthy habits

Wellness is about nutrition *and* mindset, so focus on a few other things to set yourself up for success. First up?

**Eat mindfully.** Pay attention to how hungry or full you feel, focus on how each bite tastes, and forgo the distractions of your phone or TV at meal times. Try and put your fork down between bites, and chew your food thoroughly. **The point is to consciously eat in a way that makes you feel positive about your approach to food.**

Next, **think of exercise as “me time.”** Make it something you enjoy—like dancing or walking dogs—so the habit is more likely to stick. Pencil it in on your calendar, and consider it a commitment to yourself.

Do you skimp on sleep? Don't. Research has shown that **people who are overweight or obese get less sleep than those of normal weight.** That's because when you're sleep deprived, your body ups its production of hormones that increase hunger and stimulate appetite. Plus, **as we get older, the quality of the sleep we get decreases.** In our 50s, our ability to produce melatonin, a powerful sleep hormone, may begin to slow. So power down your TV and cell phone earlier in the evening to set yourself up for success the next day.

## 3 Don't let a slip-up stop you

When you face a challenge, **take five minutes to focus on what you're really thankful for, then take 10 deep breaths.** Or, go on a 10-minute walk around your neighborhood—being outside is a proven mood booster and stress reducer—call or email a friend to set up an activity, and revisit your why.

# Be thankful for every moment

Did you know? Practicing gratitude—whether you're 35 or 65—can increase your happiness, and research shows that happier people make healthier choices.

## How to do it:

- 1 Think about whom you'd like to thank.**  
A coworker? Friend? Significant other? Your WW Coach? It should be a person who has had a positive effect on your life in any way—big or small.
- 2 Don't sit down to type that thank you email just yet.**  
Gratitude is best practiced in a hand-written note, so put it on paper!
- 3 Write their name.**  
Act as if you're addressing them directly ("Dear \_\_\_\_\_"). Describe what the person did to help you out, and why you feel grateful toward them. Be specific!
- 4 Keep it real, and keep it short.**  
Don't worry about perfect grammar or spelling—authenticity is what's most important—and aim for around 300 words, max.
- 5 Deliver it yourself.**  
Give them a phone call or start a video chat!

# Start getting—and staying—healthier today

We want you to have access to WW's science-backed strategies, tools, and community you need to succeed, which is why we have an exclusive WW x AARP offer.

## AARP Registered Users

**Save \$35\***  
on **Digital**

**Save \$50\***  
on **Workshop + Digital**

with purchase of a 6-month plan

To find more info and to sign up, go to  
**[aarp.org/myww](https://aarp.org/myww)**

**AARP Registered User Offer Terms:** Purchase a 6-month membership plan and you'll pay a discounted monthly rate resulting in savings of \$35 on Digital or \$50 on Workshop + Digital over the course of the six month plan period. Plans auto renew thereafter at the standard monthly fee until you cancel. Website exclusive—must be purchased online. Offer ends 6/1/21. **For Workshop + Digital:** Available in participating areas only. In-person Workshops are temporarily virtual.



## AARP Members

**Save \$60\***  
on **Digital**

**Save \$120\***  
on **Workshop + Digital**

with purchase of a 6-month plan

To find more info and to sign up, go to  
**[aarp.org/myww](https://aarp.org/myww)**

**AARP Member Offer Terms:** Purchase a 6-month membership plan and you'll pay a discounted monthly rate resulting in savings of \$60 on Digital or \$120 on Workshop + Digital over the course of the six month plan period. Plans auto renew thereafter at the standard monthly fee until you cancel. Website exclusive—must be purchased online. Offer ends 6/1/21. **For Workshop + Digital:** Available in participating areas only. In-person Workshops are temporarily virtual.

# We'll help you get started

## WW resources:



Go to **WW.com/shop** and check out our cookbooks, kitchen tools, snacks, scales, and other products designed to simplify your wellness journey.



For WW questions, please visit:  
**foundations.weightwatchers.com/help**



To chat with a Coach, please visit the 24/7 Live Coaching section in the WW app by tapping the **speech bubble icon** in the bottom right corner.

## AARP resources:



For tips on healthy living, go to  
**aarp.org/healthyliving**



For advice on staying fit, go to  
**aarp.org/health/healthy-living/staying-fit**



For guidance on healthy eating, go to  
**aarp.org/food/healthy-eating**



For tips on taking control of your brain health, go to  
**stayingsharp.aarp.org**



**weightwatchers**  
**reimagined**



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