

Weekly

WeightWatchers 360[®]

27TH JANUARY 2013 — WEEK 5

**TRIM YOUR
WAISTLINE AND
SAVE MONEY**

*The cost
of unhealthy
eating revealed*



Sweet **TREAT**

Reward yourself with a
mouth-watering pavlova

FLEX IT!

*How to handle
breaks in your
Routine and score
on the scales*

Real life slimmer "I made the time to fit exercise into my day"

FLEX *it*

Sometimes the weekend throws your Routine out. Here's how to handle it and score on the scales by being flexible.

On the weekend, even the best laid plans can be derailed. "Flexibility is so important in leading a healthy life, especially on the weekend," states Dr Cindy Nour, a clinical psychologist.

While planning and structure is crucial for weight loss, being inflexible isn't helpful to your end-goal. "Being rigid in your thinking and behaviour can work against your efforts and be detrimental to your motivation," Dr Nour explains.

Additionally, this rigidity hinders weight loss and can develop an unhealthy relationship with food. English research has found that if you're too rigid with your diet it can lead to constantly jumping on and off the weight-loss wagon.

BLACK AND WHITE

"Life is full of grey area," says Dr Nour. "Rigid thinking is black and white, right and wrong, good and bad. Life's just not like that."

Being inflexible sets up lots of unrealistic expectations and can

result in what Dr Nour calls the 'Tyranny of the shoulds'. You know the ones... I should be better; I should be doing more; I should have done this; I should have eaten this; I should've lost more weight. "You need to stop 'shoulding' yourself!" exclaims Dr Nour.

LEARNING HOW TO ADAPT

An over-planned life full of rules, lists and burgeoning schedules is stressful, a beeline for failure and simply not fun!

Multiple studies have shown that people who are flexible and are open to change are able to cope better in new situations, have a better quality of life and have better psychological and physical wellbeing.

If the thought of bending in your ways is daunting, Dr Nour reassures you that this isn't something to worry about. "To develop flexibility you have to chip away at it. It can't be done in an instant."

However, she says that to speed

up the process, look for the health benefit in adapting to a situation. Weigh up the pros and cons to help adjust. “If you look for the positives it is easier to change,” says Dr Nour.

FLEXIBLE PLANNING IN PRACTICE

1. “The first thing you can do to prepare for unexpected events on the weekend is to be less critical of yourself,” says Dr Nour. “Sometimes things happen and you can’t control them.”

2. Set your priorities such as getting in exercise before other activities, and having the kitchen stocked with healthy foods. Having solid foundations and continuity makes adapting to unexpected weekend circumstances easier.

3. Say no. Being flexible doesn’t mean saying yes to everyone and everything. It means knowing your limit and saying no, whether it is to an impromptu breakfast that conflicts with your workout, an extra round of drinks or a chore you really don’t have time for.

4. Keep your extra 49 **ProPoints** allowance for the weekend and remember that you can earn bonus **ProPoints** values through activity.

5. Flexibility doesn’t mean throwing caution to the wind and forgetting your health goals. Keep your aims in mind in all your decisions — but remember that life is for living and a healthy life is even better.



“PEOPLE WHO ARE FLEXIBLE AND ARE OPEN TO CHANGE ARE ABLE TO COPE BETTER IN NEW SITUATIONS, HAVE A BETTER QUALITY OF LIFE AND HAVE BETTER PSYCHOLOGICAL AND PHYSICAL WELLBEING.”

Flexibility and food



Did you know that one of the strategies for long-term weight loss is being flexible? If you exhibit flexible restraint when it comes to eating — that is, finding a balance between eating enough for weight loss but not depriving yourself — the more successful you're likely to be at losing weight and keeping it off.

Excuses excuses!

According to the Australian Government, the reason people don't exercise is that they don't have enough time due to work, study or family reasons. The Australian National Physical Activity Guidelines explains that you can clock up your daily 30 minute exercise quota by working out in 10 minute chunks. 10 minutes three times a day — that's fitness in a flash!

JUMP ONLINE TO LOSE

Losing weight through online support is just as effective as face-to-face support, says research out of the Department of Nutrition and Food Sciences at the University of Vermont. So why not increase your chances of losing weight and keeping it off by hitting the Weight Watchers online community as well as attending your regular meeting?



TRACKING PAYS OFF

Keeping a detailed and consistent food journal throughout your weight-loss journey can lead to greater weight loss, reports an American study. Over 120 obese women participated in the 12 month study and lost an average of 10 per cent of their body weight — but the women who tracked lost an additional 4 per cent of their body weight.

FOOD FIGURES

Think eating healthy is more expensive? Think again.

- 150g of frozen chips is twice the price of the same weight potato.
- 100g of pre-made chicken kebabs is over three times the price of raw chicken pieces.
- A 50g chocolate bar costs five times as much as a 100g apple!

**LOST
20kgs**
in 48 weeks

Over the course of a year, since returning to work full-time from maternity leave, the weight had piled on. I was busy, wasn't doing any exercise and, while my diet was relatively healthy, I was using food as a reward. So I signed up with Weight Watchers and haven't looked back. One of the biggest changes I made was starting regular exercise. I used to feel as though I didn't have time for it, but I've changed my thinking so that it's now a priority. Four to five times a week, I'll get up early so I can go swimming at 6am. I'm not a morning person, but it's the only time I have to exercise. If I don't do it then, it won't happen. I also try to fit in two to three runs a week after work or on weekends. Making time to exercise is a reward in itself; it's 'me time'. I don't have a lot of it as a working mother, and I love how energetic it makes me feel.

**FOR BUSY WORKING MUM
AMBER BREMNER, 33,
PRIORITISING FITNESS
WAS THE KEY TO
LOSING 20 KILOS.**



Pavlova with berries & raspberry sauce

5 **ProPoints** values per serve |
 SERVES: 8 | PREP: 20 mins |
 COOKING time: 1 hour, plus cooling

- ▲ 6 egg whites
- 1 cup (220g) caster sugar
- 1 tsp vanilla essence
- 1 tsp white vinegar
- 3 tsp cornflour
- 2 x 150g tubs 99% fat-free strawberry fromage frais
- ▲ 100g Nestlé Soleil Vanilla Flavoured Yoghurt
- ▲ 125g fresh raspberries
- ▲ 250g fresh strawberries, halved
- ▲ 125g fresh blueberries
- 120ml pkt Weight Watchers Raspberry Dessert Sauce (see note)

Filling & Healthy Foods are marked with a green triangle. These foods help fill you up and keep you healthy.

1 Preheat oven to 160°C or 140°C fan-forced. Draw a 23cm circle on a sheet of

- baking paper and place on a baking tray.
- 2 Using electric beaters, beat egg whites in a clean, dry bowl until soft peaks form. Add sugar, 1 tablespoon at a time, beating well after each addition until sugar has dissolved. Fold in vanilla, vinegar and cornflour.
 - 3 Spoon mixture onto prepared circle and make a slight indentation in the centre. Bake for 1 hour or until pavlova is firm. Turn off oven. Leave pavlova in oven, door slightly ajar, until cool.
 - 4 Combine fromage frais and yoghurt in a medium bowl. Spoon mixture onto pavlova and top with raspberries, strawberries and blueberries. Drizzle pavlova with half the dessert sauce. Serve with remaining sauce.

NOTE: Weight Watchers Raspberry Dessert Sauce is available from Weight Watchers meetings or from our online shop (weightwatchers.com.au or weightwatchers.co.nz).

“First weigh-in this morning after four weeks in Europe and I only put on .3kg! I am so happy! I walked a lot and even went for a few runs, watched what I ate but still enjoyed myself! Stoked!!!!”

Teresa

— via Facebook



www.facebook.com/WeightWatchersAUNZ



www.twitter.com/WWAustralia



www.youtube.com/WeightWatchersAUNZ

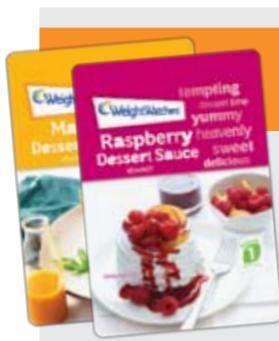
NEXT WEEK

WHEN WAS THE LAST TIME YOU PUT YOURSELF FIRST?

Next week we'll show you how to make yourself a priority and get to know yourself better. It's one meeting you definitely won't want to miss!

This week's action

Based on what you learned in your meeting write down a mini-action. Make it simple, specific and small:



PRODUCT OF THE WEEK

Create your own decadent desserts with these **NEW** delicious low **ProPoints** values dessert sauces.

THIS MONTH'S ROUTINE

Eat breakfast every day.

With a name
that means
sunshine, you'll
feel radiant with
every delicious
mouthful.



With a thick, delicious taste and all the confidence of no fat
and low sugar*, you'll be feeling it with Nestlé® Soleil™.

*Contains less than 0.15g fat, total and 5g sugar per 100g. SOLEIL and SOLEIL DIET are trademarks of the Fonterra group of companies. Used under licence by Fonterra Brands (Australia) Pty Ltd. ®Registered Trade Mark of Société des Produits Nestlé S.A., Vevey, Switzerland. NUTRITIONAL COMPASS® WEIGHT WATCHERS for services and ProPoints® are the registered trademarks of Weight Watchers International, Inc. Trademarks are used with permission by Fonterra Brands (Australia) Pty Ltd. ©2013 Weight Watchers International, Inc. All rights reserved.