

Weekly

WeightWatchers **360°**

6TH JANUARY 2013 — WEEK 2

INTRODUCING
OUR NEW
360°
PROGRAM



**FOOD FOR
THOUGHT**

*Slim down and
smarten up*

Weekend **WEIGHT LOSS**

Introduce your weekday Routine
to your weekend ways and watch
the weight-loss magic happen



**WORKOUT LESS
AND STILL SUCCEED**

*Why a shorter
workout can do
wonders for
your fitness*

Real life slimmer "I can still enjoy a social life on ProPoints Plan!"

Opposites **ATTRACT**

Introduce your weekday Routine to your weekend ways and watch the weight-loss magic happen.

It is Friday afternoon you can practically taste it... the weekend is here! You know the feeling, you want to let your hair down, kick your shoes off and just let go. The problem is that letting go too much can backfire, leaving you disappointed, feeling down and facing a climb back onto the healthy lifestyle wagon come Monday morning.

Clinical psychologist Dr Cindy Nour explains why we treat the weekend so differently to the week. "Weekdays have structure; we have a Routine of going to work, a family schedule, set exercise appointments and know where we will be for breakfast, lunch and dinner," she says. "The weekend, on the other hand, is more fluid and full of interruptions we don't have during the week."

It has been proven that weekends are often when all weight-loss Routines fly out the window. Research shows it is far more common for people to gain weight on the weekend because they tend to eat more and move less. In fact, a study testing 48 healthy adults found they lost weight each day Monday through Friday and come Saturday and Sunday they put it back on again. Sound familiar? Don't despair — there is a solution!

STOP WEEKEND WEIGHT GAIN

Overcome the kilo creep by transferring some of your weekday Routines to the weekend. The key is consistency. Participants in an American study had each lost an average of 33kg and managed to keep it off for more than five years. Their secret: maintaining a consistent

eating pattern across weekdays and weekends. This doesn't mean you can't relax a little on the weekend. "There's nothing wrong with going out and having some fun," Dr Nour says. "You just have to be mindful of your choices and behaviours."

Your extra weekly 49 **ProPoints** allowance works perfectly on the weekend — it keeps you on track, but gives you a bit of room to move with your food choices.

STRIKE A BALANCE

If your weekends and weekdays are polar opposites, it's time to strike a balance. Here's how to inject some of the weekday Routines into your weekend without losing the fun factor.

1. Set aside time each weekend to exercise. Make a date in your diary just like you do during the week.
2. Get chores out of the way on a weekday evening instead of sitting around watching TV. This gives you more time to do what you like on the weekend.
3. Get enough sleep — lazing around in bed or too many late nights will catch up with you and can even make you gain weight, according to a Canadian study in the *Journal of Sleep*.

tip

Only 17 per cent of people monitor their weight-loss efforts on the weekend. Consistent monitoring — both during the week and weekend is a predictor of successful weight loss.

4. Plan! Plan to exercise, plan meals and snacks and plan time just for you.
5. Arm yourself with your *Journal* and **ProPoints** calculator or app, *Shop* and *Eat Out* guides. That way you'll always have tools to turn to if your weekend is threatening to derail your healthy habits.



Healthy life support

Getting through life is easier when you've got a little help from your friends and same goes for when you're trying to lose weight. Research has proven that women who have a good support network have more confidence and control in their weight-loss efforts.



SLOW DOWN & SLIM DOWN

Slow and steady definitely helps in the weight-loss stakes. New Zealand researchers have discovered that the faster you eat, the more overweight you're likely to be. Very fast eaters were at least 10kg heavier than slow eaters. So, go slow!

WORK OUT SMARTER TO BOOST FITNESS

Increase your fitness levels by changing the way you exercise. European research has found that reducing your workout to 30 minutes and filling it with interval training bouts of low, moderate and high speed intensity boosted participants' fitness so much that they beat their best times by one minute in a 5km run!

WEIGHT OFF YOUR MIND

Did you know that losing weight may improve your brain and memory function? Research compared the differences in people's mental performance before and after weight loss during a three month period. On average study participants lost 23kg and as a result their memory function improved.

Attention adds up

American research focused around people's food choices in fast food restaurants found that even when the kilojoules of items were listed, diners still selected the unhealthy menu options. That's why it's so important to take control of your diet, make conscious decisions about eating healthy food and track exactly what you eat.



LOST
13kgs
in 29 weeks

TALITHA POWER, 23,
DIDN'T MISS
OUT ON HAVING
A SOCIAL LIFE
WHILE MASTERING
HEALTHY LIVING AND
SHEDDING 13 KILOS.

The kilos crept up on me slowly, so it was shocking to eventually notice the extra rolls around my hips and my tight jeans. By this stage, I'd hit 85 kilograms, so I tried a shake diet. It didn't work. In fact, I put most of it back on. This taught me I needed to do something that would fit around my lifestyle. I'd seen the ads for Weight Watchers and knew it was for me — especially because I could still eat whatever I wanted, as long as it fitted into my **ProPoints** budget. Having the weekly **ProPoints** allowance makes juggling a social life and weight loss so much easier. I usually save them for the weekend, so I can enjoy myself with wine and food at special occasions. My new lifestyle has become habit — I don't have to think about it anymore.



Haloumi, brown rice & spinach salad

9 *ProPoints* values per serve | SERVES: 2 |
PREP: 15 mins | COOKING time: 15 mins

- 2 tsp olive oil
- ▲ 1 garlic clove, crushed
- ▲ 1 red capsicum, chopped
- ▲ 2 field mushrooms
- ▲ 150g cherry tomatoes
- 100g haloumi cheese, thinly sliced
- 170g pkt microwave 90-second brown rice
- ▲ 2½ cups (75g) baby spinach leaves
- ▲ 2 tbs lemon juice

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

tip

You can use 170g cooked brown rice instead of microwave 90-second brown rice. The recipe will then have 8 *ProPoints* values per serve.

- 1 Preheat a barbecue or charrill over high heat. Combine oil and garlic in a small bowl. Drizzle or brush oil mixture over capsicum, mushrooms and tomatoes. Cook vegetables, in batches, for 5–6 minutes or until lightly charred and tender. Thickly slice mushrooms. Place vegetables in a large bowl.
- 2 Grill haloumi for 1 minute each side or until golden. Heat rice following packet instructions.
- 3 Add spinach, juice and rice to grilled vegetables and toss gently to combine. Serve rice salad topped with grilled haloumi.

“ I reached my Goal weight when I weighed in at my meeting yesterday. Can't believe how easy the Weight Watchers Program has been. Thank you! ”

Nicole

— via Facebook



www.facebook.com/WeightWatchersAUNZ



www.twitter.com/WWAustralia



www.youtube.com/WeightWatchersAUNZ

NEXT WEEK

CHEERS TO WEIGHT LOSS

How to enjoy alcohol and still lose.

THE SECRET TO NEW HABITS

We reveal two little tools that will help make changing your ways a cinch.

TWO HEADS ARE BETTER THAN ONE

Who to enlist in your healthy life journey.

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

The perfect weight-loss companion, your new **12 WEEK FOOD AND EXERCISE JOURNAL**

THIS MONTH'S ROUTINE

Eat breakfast every day.



RYKÄ SYNERGY



THE ULTIMATE **'DANCE FITNESS'** SHOE

IF YOU'RE A WOMAN WHO LOVES DANCING FOR FITNESS, THEN YOU'RE GOING TO LOVE THE ULTRA-LIGHT RYKÄ SYNERGY! WHILST YOU WORK OUT TO YOUR FAVE SALSA, SAMBA, MERINGUE, OR HIP-HOP MUSIC, THE RYKÄ SYNERGY HAS THE STYLE, COMFORT AND SUPPORT YOU NEED! ALL RYKÄ SHOES ARE BUILT ON A WOMAN'S LAST, SO YOUR NATURALLY NARROWER HEEL WILL BE CRADLED AND THE FULLY FUNCTIONAL STRAP IN THE FOREFOOT HELPS TO CREATE A PERSONALISED FIT TO ENSURE PROPER FOOT IMPACT ALIGNMENT. LOVE FITNESS DANCING, LOVE THE RYKÄ SYNERGY!

RYKÄ - A VOICE OF WOMEN

EXCLUSIVELY FITTED AT
Not all colours available in all stores.

The  **Athlete's Foot**