

Weekly

WeightWatchers 360°

3RD MARCH 2013 — WEEK 10

**LITTLE RAY
OF SUNSHINE**

*Ways to brighten
your day and
your health*



**MOTIVATION
MOJO**

*How to handle
ups and downs*

Move your
BODY

Learning to love exercise is easier than you think

Real life slimmer "My fitness improved so much I ran a half marathon!"

A woman wearing a red helmet, a pink tank top, black shorts, and roller skis is standing on a paved path outdoors. She is smiling and looking towards the camera. The background consists of green trees and a clear blue sky.

Move YOUR BODY!

Think exercise isn't for you? Think again – you just haven't found the one for you yet. Discover your exercise soul mate this week.

If running doesn't do it for you, don't force yourself to do it, because before too long you'll want to give up. Don't think you need to run for hours every day to lose weight, there are plenty of other things you can try.

In fact, launching into an exercise program too hard, too quick is what you want to avoid when you're trying to lose weight and just starting

to exercise again. Clinical exercise physiologist, Professor Steve Selig, believes that, “many people are ignorant to the possibilities of exercise. They just think that exercise means getting into some lycra and going to the gym. This can be overwhelming and create a negative association with exercise.”

So where do you start? “Slowly!” exclaims Professor Selig, adding, “If you start with what you like, it will often be what you need.”

EXERCISE ENJOYMENT

Just like enjoying what you eat is an important part of eating well, actually enjoying the exercise you do is crucial to sticking to it. “Enjoyment is vital when you’re exercising, especially when you’re starting out,” says Professor Selig.

To discover if you truly are (or aren’t) enjoying a particular exercise, ask yourself:

- Am I getting pleasure from doing the exercise?
- Does it make me happy?
- Does the exercise make me feel satisfied and like I’ve accomplished something?
- Does the exercise make me feel fit, healthy and alive?

The optimum result is what Professor Selig calls the exercise trifecta. “It’s when you enjoy the movement, feel satisfied with what you’ve done and feel fit and healthy because of it.”

It’s never a case of perseverance though — but this doesn’t mean you can give up. “Perseverance is a negative and pushy term,” says

Professor Selig. Instead he says keep experimenting until you experience the positivity of exercise such as improved health, better fitness, weight loss, increased self-esteem and mental wellbeing. “This is learning to love exercise,” he says.

PERFECT MATCH

Not sure what exercise is for you? Here are eight easy ways to find your exercise dream date.

- Contact local gyms and ask for a free one-week visitor pass. Many gyms are happy to do this for potential new clients.
- Try a casual class at a fitness club or group. This way you will get an idea if that boot camp program really is something you’ll want to keep doing.
- Ask your friends what they enjoy.
- Ask your fellow Weight Watchers members in meetings or online what has worked for them.
- Pick up a copy of the latest *Weight Watchers* magazine and read the exercise articles.
- Think back to when you were a child and what physical activities you liked to do. You might’ve been part of a sports team or did physical culture.
- Think outside the box — exercise and physical activity doesn’t mean going to a gym. You could try dance classes, roller-blading, martial arts or even rock climbing!
- Speak to an accredited exercise physiologist about your goals, likes and dislikes.

Little ray of sunshine

Did you know that most of us are deficient in vitamin D? It's true. Low vitamin D levels are linked to heart disease, mental illness and breast cancer. Get your daily dose of vitamin D by spending 15 minutes in the sunshine. Why not hit two birds with the one stone and go for a short stroll too?



PROTEIN POWER

The human body can't actually store protein, so you've got to make sure you get enough of it each day. Women need 0.75g per every kilo you weigh and men need 0.84g per kilo. So, if you're a female weighing 85kg, you need 64g of protein each day. Try to get around 30 grams for breakfast — that's two eggs and a cup of cottage cheese.

MEETING MATCH

Not sure how to tell if a meeting is for you? 2012 Weight Watchers Leader of the Year, Donna Light, says to take a look around at your fellow members and the Leader. "You relate better to people who are a similar age," says Donna. However, it is important to remember that age is not the only thing you might share in common with your fellow members — you're all here to improve your health!

EXERCISE PACKS A PUNCH

Want to reduce your risk of:

- Coronary heart disease by 35 per cent?
- Type 2 diabetes by 50 per cent?
- Breast cancer by 20 per cent?
- Depression by 30 per cent?
- Dementia by 30 per cent?
- Osteoarthritis by 83 per cent?

Then exercise! It can do all that and help you lose weight!

Motivation mojo

"Motivation waxes and wanes. This is normal," advises clinical psychologist, Dr Cindy Nour. "When you're feeling motivated, take advantage of it. When you're not, look at the reasons why you want to get healthy and write them down. Then assess what you could do differently to help boost your motivation."

LOST
21.2kgs
in 38 weeks

**CAROLINE DELAMARE,
21, WENT FROM COUCH
POTATO TO SUPER-FIT
GYM JUNKIE IN LESS
THAN A YEAR.**

My doctor was telling me to lose weight; I was constantly tired and sick, so I agreed. As a busy shift worker I knew losing weight, and keeping it off, was going to take planning. Committing to regular exercise was a major change. I started with regular walking and Pilates. My fitness slowly improved and I built up to joining a gym, which helped me bust through a weight-loss plateau. Now, in a good week, I exercise three or four times and love doing Pilates, Pump, circuit and spin classes. My fitness has improved so much that I completed a quarter marathon in 2011, and in 2012 another half marathon! These days, I feel so much happier in myself and love how energetic I've become. I feel as though I've come out of my shell. I know I'll have to plan each week to stay healthy and focused, but it's absolutely worth it.



RECIPE

Mango & lime smoothie

2 **ProPoints** values per serve | SERVES: 2 |
PREP: 10 mins

- ▲ 1 mango, coarsely chopped (see tip)
- ▲ $\frac{3}{4}$ cup (185ml) skim milk
- ▲ 150g tub Nestlé Soleil Diet Vanilla Flavoured Yoghurt
- 1 tsp brown sugar
- ▲ 1 tsp finely grated lime rind
- $\frac{1}{2}$ cup ice cubes

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

- 1 Place mango, milk, yoghurt, sugar, rind and ice in a blender. Blend until smooth (see note).
- 2 Pour into glasses and serve immediately.

NOTE: Start blender on a low setting, then gradually increase the speed to high. This is easier on the motor and ensures ingredients are well combined.

TIP: To prepare mango, use a sharp knife to cut down either side of the stone to remove the 'cheeks'. Cut the flesh in a diamond pattern, then push the cheeks inside out and slice off the pieces of mango close to the skin.

This is a perfect post-exercise snack. One cup of sliced mango provides at least 25 per cent of your recommended daily Vitamin A allowance.

WANT TO WIN \$5000*



You and a friend could be 1 of 2 finalists flown to Sydney for an all expenses paid weekend.

You both will be pampered, compete in a **GRILL OFF CHALLENGE** to win \$5000 cash, and then lunch with celebrity chef Pete Evans.

WEEKLY PRIZES

A Breville **800GR GRILL** valued at \$259.95 RRP.



TO ENTER

Buy any 2 Weight Watchers products (supermarket or meeting) in one transaction between **27 February – 27 April 2013**.

*ASK YOUR LEADER FOR ENTRY FLYER TO SEE MORE DETAILS

NEXT WEEK

THE SOCIAL NETWORK

Why working out with a buddy is a great idea.

WATCH YOUR LANGUAGE

The impact of negative thoughts.

NON-JUDGEMENT DAY

How meetings are your common ground.

This week's action

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

**THIS
MONTH'S
ROUTINE**

*Always have
comfortable
shoes with you.*

We believe in counting confidence, not calories.



Confidence shouldn't come with compromise. That's why Soleil™ is a thick, delicious yoghurt with all the feel good factors of no fat and low sugar*.

*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.