

A close-up, low-angle shot of a blue bicycle's handlebars and front basket. The basket is filled with beach items, including a pink and white striped beach ball, a yellow beach ball, and a white beach bag. The background is a bright, clear blue sky and a sandy beach, suggesting a sunny day at the beach.

**weightwatchers**

# Summer Success

Tips, tools, and strategies  
to get off to a great start



# Welcome.

Summer can be a great time to shed pounds—you're swimming, biking, walking; eating lots of fruits and vegetables; out of the house and away from temptation. But there are challenges, too: parties, vacations, and unpredictable routines. That's where we come in. *Summer Success* offers you solutions that can help get you off to a great start.

# Dive In!

## Here's how you can get set for success:

- 1** Clean out your refrigerator! Swap out items that won't contribute to your success, and swap in ones that will. See page 6.
- 2** Stock up on Plan-friendly, satisfying foods for a summer of good eating: Put Weight Watchers® Power Foods on your shopping list. See page 10.
- 3** Once you have healthful, delicious options in your kitchen, **get a handle on summer meal prep and planning**, especially with those luscious warm-weather fruits and vegetables to choose from. See page 12.
- 4** Commit to more activity. Summer is a great time to explore the outdoors, learn a new sport, take long sunset walks, and so on. See page 24.
- 5** Get out there and have fun! Share good times with friends and family. See our *Summer Entertaining Guide* to get party tips, menu ideas, and recipes to make the most of this summer.

*Now turn the page and let's get going on a great summer!*

# Refresh Your Fridge

Fill it with smart picks for good eating all summer long!

Check out “**The Plan-Friendly Fridge**” video for more great tips and advice; scan this QR code:



**Here's a typical refrigerator**, filled with a variety of foods and beverages. To start making it into a weight-loss ally, identify the items referred to in each suggestion. Then turn the page to check your makeover skills and get more ideas for your fridge.

- 1 Move foods that make you feel out of control out of sight
- 2 Cut up fruits and vegetables and store in single-serve, easy-to-grab portions
- 3 Add proteins that are Weight Watchers Power Foods
- 4 Satisfy a sweet tooth with single servings of treats
- 5 Lighten up dairy with low-fat or fat-free versions
- 6 Swap regular dressings for low-fat or fat-free versions
- 7 Have a drink without the **PointsPlus**® values ▶

**TIP:** Put *PointsPlus* values on packaging and containers

**Here's the same fridge,** refreshed. How did you do at identifying items that should move, be swapped out, or made easier to grab?

- 1** Move foods that make you feel out of control out of sight. The pie, dip, and take-out cartons go behind other items. Better: Store these foods in opaque containers—or in the freezer!
- 2** Cut up fresh fruits and vegetables and store in single-serve, easy-to-grab portions. Use transparent containers so these healthy items catch your eye.
- 3** Add proteins that are Weight Watchers Power Foods. Aim for a variety of lean proteins—if uncooked, use within 2 days; cooked leftovers will keep 3-4 days.
- 4** Satisfy a sweet tooth with single servings of treats. We swapped a large bowl of pudding for individual cups.
- 5** Lighten up dairy with low-fat or fat-free versions. Yogurt, sour cream, cheese, milk—you name it, there's a low-fat or fat-free version of most common dairy products.
- 6** Swap regular dressings for low-fat or fat-free versions. Slash *PointsPlus*® values from 4 to 1 per serving.
- 7** Have a drink without the *PointsPlus* values. Trade regular beer for lite, regular soda for diet or seltzer. Limes and lemons add a citrus burst to still or sparkling water.



## Making your fridge weight-loss friendly this summer

Write down 3 items in your fridge that you'll get rid of.

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Now write down 3 items you'll add to your fridge.

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## Super chill

Stash a cooler or insulated bag in your car when you grocery shop; pop the frozen and refrigerated items in it so they stay cold till you get home.

# Stock up on Weight Watchers Power Foods\*

One way to improve your chances for weight-loss success is to focus on healthful foods, in each food category, that keep you satisfied longer. Here's a rundown of Weight Watchers Power Foods to add to your shopping list.

*\*We used our own formula to evaluate foods within categories, based on their ability to keep you full and their impact on your health. Those that ranked the best we call Weight Watchers Power Foods. They're the foods that we know help you stay satisfied longer, and deliver more nutrients for the **PointsPlus**® value.*



## ▲ Fruits

### Included:

- ▲ All fresh, frozen, or canned without added sugar
- ▲ Fruit canned in its own juice (drained)
- ▲ Fruit salad—mixed fruits with no added sugar

### These don't count as Weight Watchers Power Foods:

- Dried fruits
- Juices



## ▲ Vegetables

### Included:

- ▲ Most fresh, frozen, or canned without added sugar or oil—whether or not it has a **PointsPlus** value per serving
- ▲ Potatoes—white, red, sweet

### These don't count as Weight Watchers Power Foods:

- Juices
- Vegetables prepared with ingredients that are not Weight Watchers Power Foods (for example, corn in butter sauce, dried tomatoes packed in oil)
- Avocados
- French fries
- Olives
- Plantains
- Pickled vegetables



## ▲ Lean Proteins

### Included:

(See food list for specific cuts and grinds)

- ▲ Beans, dried and canned, including cannellini, kidney, refried, and white
- ▲ Beef, chicken, lamb, pork, turkey, veal: lean, trimmed, all skin removed
- ▲ Dried peas, including black-eyed peas and split peas
- ▲ Eggs: whole, whites, and egg substitute
- ▲ Game meats, including buffalo, ostrich, and venison
- ▲ Lentils
- ▲ Meat substitutes, including tofu and vegetarian burgers with 2g fat or less
- ▲ Most fish and shellfish: fresh, frozen, and canned in water
- ▲ Organ meats from beef, lamb, pork, and veal

### These don't count as Weight Watchers Power Foods:

- Canned fish or shellfish packed in oil
- Meats or fish with breading or added fat
- Processed meats, such as hot dogs

▲ indicates a Weight Watchers Power Food.



## ▲ Non-Fat Dairy & Dairy Substitutes

### Included:

- ▲ Fat-free cheeses, including fat-free cottage cheese
- ▲ Fat-free milk and beverages made with fat-free milk—such as cappuccino or latte, as long as it's sugar-free
- ▲ Yogurt, fat-free, plain or flavored with artificial sweetener
- ▲ Fat-free sour cream
- ▲ Unflavored fat-free soy cheese
- ▲ Unflavored soy milk and soy yogurt



## ▲ Whole Grains

### Included:

- ▲ Brown and wild rices
- ▲ Hot cereals, cooked—without added sugar, dried fruits, or nuts: 100% bran, cream of rice, cream of wheat, grits, oatmeal
- ▲ Pasta, whole-wheat or other whole-grain varieties
- ▲ Popcorn, as long as it's air-popped, plain or light microwave-popped, or 94% fat-free microwave-popped
- ▲ Whole-grain, ready-to-eat cereals—without added sugar, dried fruits, or nuts, and with 4g fiber or more per serving
- ▲ Whole grains, such as barley, buckwheat, bulgur, cornmeal (polenta), whole-wheat couscous, or quinoa



## ▲ Plus More

### Included breads:

(Whole grains make the best choices)

- ▲ Light English muffins
- ▲ Light hot dog and hamburger rolls
- ▲ Reduced-calorie (light) breads or rolls, and sandwich thins

### Included soups:

- ▲ Broth, onion, and some broth- and tomato-based vegetable soups

### Included desserts:

- ▲ Sugar-free gelatin

# Plan Your Summer Meals

See why and how doing some advance work can pay off—deliciously!

**W**hat's for dinner? If you wait until 6 p.m. to decide, it could end up being greasy fast food. And who wants to eat *that* when summer means an abundance of ripe produce, fragrant herbs—and a hot grill beckoning! So reap the pleasures of the season by planning ahead with these strategies and ideas.

## 5 ways to plan meals

- 1** Use the weekend to plan your week's menu. Decide what you'll cook; confirm that you have pantry staples you need; buy the rest in one or two grocery runs.
- 2** Build your meal around Weight Watchers Power Foods. It could be a lean protein, an in-season vegetable or fruit, or a whole grain you're in the mood for.
- 3** Switch up proteins. Aim to feature a different lean protein each night of the week. Consider Meatless Monday—try a frittata or omelet, black bean or lentil burgers, tofu satay, or falafel.
- 4** Consider what's on hand. Got a grilled chicken? Make chicken and spinach quesadillas. Open a can of chickpeas. Puree them with lemon juice, garlic, and water to make a smooth dip; season to taste.
- 5** Incorporate produce. What's fresh and in season will be tastiest, healthiest, and cheapest. Try tomatoes, corn, cucumbers, strawberries, melon, yellow squash. ▶

Photo by Kreg Holt



Photo by Tina Rupp

### Design a meal

For practice with meal planning, take a few minutes to create a dinner entrée that meets these criteria:

- Has 10 or fewer **PointsPlus**® values
- Contains at least one in-season fruit or vegetable
- Includes at least 3 Weight Watchers Power Foods

Use your Weight Watchers materials to choose recipes, ingredients, and prep techniques; and to determine **PointsPlus** values.

Title of dish/**PointsPlus** value per serving

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Ingredients

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How it's prepared

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What I'll serve it with

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Turn the page for our Summer Meal Planner, with dozens of delicious mix-and-match options for breakfast, lunch, dinner, and snacks.

Easy, delicious, and super-summery! To get the recipe for **Grilled Pizza with Sausage, Onions, and Peppers**, shown opposite, scan this QR code:



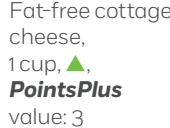





# Summer Meal Planner

KNOW WHAT YOU'LL EAT

## Build a breakfast

<h3>1</h3> <p><b>Start with</b> (choose one or more)</p>	 <p>Fortified whole-grain cereal (ready-to-eat), 3/4 cup, <b>PointsPlus</b> value: 2</p>	 <p>Low-fat granola, 1/4 cup, <b>PointsPlus</b> value: 2</p>	 <p>Bran flakes, 3/4 cup, <b>PointsPlus</b> value: 3</p>	 <p>Weight Watchers Maple Brown Sugar instant oatmeal*, prepared, 1 serving, ▲, <b>PointsPlus</b> value: 3</p>	 <p>Grits (corn), cooked, 1 cup, ▲, <b>PointsPlus</b> value: 5</p>	 <p>Light English muffin, 1, ▲, <b>PointsPlus</b> value: 3</p>	<p>Reduced-calorie whole-wheat bread, 2 slices, ▲, <b>PointsPlus</b> value: 3</p>	
	<h3>2</h3> <p><b>Then add</b> (choose one or more)</p>	 <p>Fat-free milk, 1 cup, ▲, <b>PointsPlus</b> value: 2</p>	 <p>Low-fat (1%) milk, 1 cup, <b>PointsPlus</b> value: 3</p>	<p>Light yogurt (artificially sweetened) or fat-free plain yogurt, 1 cup, ▲, <b>PointsPlus</b> value: 3</p>	 <p>Fat-free cottage cheese, 1 cup, ▲, <b>PointsPlus</b> value: 3</p>	 <p>Egg, 1, ▲, <b>PointsPlus</b> value: 2</p>	 <p>Egg whites, 3, ▲, <b>PointsPlus</b> value: 1</p>	<p>Low-fat hard or semi-soft cheese, 1 slice, <b>PointsPlus</b> value: 2</p>
		<h3>3</h3> <p><b>Top it off with</b> (choose one or more)</p>	 <p>Walnuts, chopped, 1 Tbsp, <b>PointsPlus</b> value: 1</p>	 <p>Almonds, sliced, 1 Tbsp, <b>PointsPlus</b> value: 1</p>	 <p>Jelly or jam, 1 Tbsp, <b>PointsPlus</b> value: 1</p>	 <p>Reduced-sodium lean ham, 2 oz, ▲, <b>PointsPlus</b> value: 2</p>	 <p>Light butter, 2 tsp, or margarine, 1 tsp, <b>PointsPlus</b> value: 1</p>	 <p>Canadian bacon, 1 oz, <b>PointsPlus</b> value: 1</p>
<p>▲ <b>Power it up for</b> (choose as many of these—or any other 0 <b>PointsPlus</b> value fruit or veggie—as you need to feel satisfied)</p>			 <p>Blueberries</p>	 <p>Banana</p>	 <p>Apple</p>	 <p>Chopped red onion</p>	 <p>Roasted red pepper</p>	 <p>Sliced tomato</p>






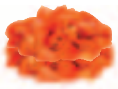




**NOTE:** For cooking eggs, feel free to use 1 tsp oil (canola, olive, flaxseed, safflower, or sunflower) for a **PointsPlus** value of 1.



# Summer Meal Planner

## Lunches you'll love

KNOW WHAT YOU'LL EAT

<b>1</b> <b>Start with</b> (choose one or more)	Whole-wheat pasta, cooked, 1 cup, ▲, <b>PointsPlus</b> value: 4	Regular pasta, cooked, 1 cup, <b>PointsPlus</b> value: 5	 Brown rice, cooked, 1 cup, ▲, <b>PointsPlus</b> value: 5	Mixed greens, ▲, <b>PointsPlus</b> value: 0	Reduced-calorie whole-wheat bread, 2 slices, ▲, <b>PointsPlus</b> value: 3	Whole-wheat pita, 1 small, <b>PointsPlus</b> value: 2	White or red potato, 1 medium, cooked, ▲, <b>PointsPlus</b> value: 4
<b>2</b> <b>Then add</b> (choose one or more)	Tuna (canned in water), drained, ½ cup, ▲, <b>PointsPlus</b> value: 2	Reduced-sodium lean ham, 2 oz, ▲, <b>PointsPlus</b> value: 2	Skinless, boneless chicken breast, grilled, 3 oz, ▲, <b>PointsPlus</b> value: 3	Salmon (canned in water), drained, ½ cup, ▲, <b>PointsPlus</b> value: 4	 Egg, 1, ▲, <b>PointsPlus</b> value: 2	Fat-free luncheon meat, 2 oz, ▲, <b>PointsPlus</b> value: 1	Black beans, cooked, ½ cup, ▲, <b>PointsPlus</b> value: 2
<b>3</b> <b>Top it off with</b> (choose one or more)	Fat-free salad dressing (Italian-style or creamy), 2 Tbsp, <b>PointsPlus</b> value: 1	Feta cheese, ¼ cup, <b>PointsPlus</b> value: 3	 Mustard, <b>PointsPlus</b> value: 0	Fat-free plain yogurt, 1 cup, ▲, <b>PointsPlus</b> value: 3	Fat-free hard or semi-soft cheese, 1 oz, ▲, <b>PointsPlus</b> value: 1	 Olives, 10 small or 6 large, <b>PointsPlus</b> value: 1	 Avocado, ¼ medium, <b>PointsPlus</b> value: 2
▲ <b>Power it up for</b> (choose as many of these—or any other 0 <b>PointsPlus</b> value fruit or veggie—as you need to feel satisfied)	 <b>Diced tomato</b>	 <b>Green onion</b>	 <b>Cucumbers</b>	 <b>Mushrooms</b>	 <b>Red pepper</b>	 <b>Salsa, fat-free</b>	
<b>4</b> <b>Bulk it up with</b> (choose one or more)	Grapes, ▲, <b>PointsPlus</b> value: 0	Tuna or rainbow roll (sushi), 6 small pieces, <b>PointsPlus</b> value: 3	Reduced-sodium lentil soup, 1 cup, <b>PointsPlus</b> value: 4	Berries, ▲, <b>PointsPlus</b> value: 0	Watermelon chunks, ▲, <b>PointsPlus</b> value: 0	Light yogurt (artificially sweetened), 1 cup, ▲, <b>PointsPlus</b> value: 3	Reduced-sodium black bean soup, 1 cup, <b>PointsPlus</b> value: 2

**NOTE:** For cooking eggs, feel free to use 1 tsp oil (canola, olive, flaxseed, safflower, or sunflower) for a **PointsPlus** value of 1.













**Portable eats!**  
 Our **Salad Solution To-Go** is an all-in-one container: A main compartment for greens and veggies, a special 2-ounce tight-sealed container for dressing, and a divided lid for storing nuts, seeds, cheese, and more. A detachable chill ring keeps your salad fresh! Available in participating meeting locations and through the online store (for Weight Watchers Online subscribers only).

# WW Summer Meal Planner

## Dinner deconstructed

KNOW WHAT YOU'LL EAT







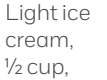


<h3>1</h3> <p><b>Start with</b> (choose one or more)</p>	Whole-wheat pasta, cooked, 1 cup, ▲, <b>PointsPlus</b> ® value: 4	Regular pasta, cooked, 1 cup, <b>PointsPlus</b> value: 5	 Brown rice, cooked, 1 cup, ▲, <b>PointsPlus</b> value: 5	White rice, cooked, 1 cup, <b>PointsPlus</b> value: 5	Quinoa, cooked, 1 cup, ▲, <b>PointsPlus</b> value: 5	Whole-wheat tortilla, 1 medium, <b>PointsPlus</b> value: 2	White or red potato, 1 medium, cooked, ▲, <b>PointsPlus</b> value: 4
	<h3>2</h3> <p><b>Then add</b> (choose one or more)</p>	99% fat-free ground turkey breast, cooked, 3 oz, ▲, <b>PointsPlus</b> value: 3	Kidney, pinto, garbanzo, or white beans, cooked, ½ cup, ▲, <b>PointsPlus</b> value: 3	 Chicken breast, skinless, boneless, cooked, 3 oz, ▲, <b>PointsPlus</b> value: 3	Light tofu, firm, 3 oz, ▲, <b>PointsPlus</b> value: 1	Tuna, cooked, 1 fillet (6 oz), ▲, <b>PointsPlus</b> value: 5	Pork (tenderloin or top loin), trimmed, cooked, 3 oz, ▲, <b>PointsPlus</b> value: 3
<h3>3</h3> <p><b>Top it off with</b> (choose one or more)</p>		Store-bought marinara sauce, ½ cup, <b>PointsPlus</b> value: 2	Fat-free cheese, 1 oz, ▲, <b>PointsPlus</b> value: 1	 Avocado, ¼ medium, <b>PointsPlus</b> value: 2	Teriyaki sauce, 1 Tbsp, <b>PointsPlus</b> value: 0	Tartar sauce, 1 Tbsp, <b>PointsPlus</b> value: 2	Fat-free sour cream, ¼ cup, ▲, <b>PointsPlus</b> value: 1
	<p>▲ <b>Power it up for</b> (choose as many of these—or any other 0 <b>PointsPlus</b> value fruit or veggie—as you need to feel satisfied)</p>	 Spinach	 Green peppers	 Carrots	 Zucchini	 Salsa, fat-free	 Lettuce
<h3>4</h3> <p><b>Bulk it up with</b> (choose one or more)</p>	 Reduced-sodium chicken noodle soup, 1 cup, <b>PointsPlus</b> value: 3	Reduced-sodium black bean soup, 1 cup, <b>PointsPlus</b> value: 2	 Banana, ▲, <b>PointsPlus</b> value: 0	Apple slices, ▲, <b>PointsPlus</b> value: 0	Kiwifruit slices, ▲, <b>PointsPlus</b> value: 0	Reduced-sodium lentil soup, 1 cup, <b>PointsPlus</b> value: 4	



# Summer Meal Planner

## Snack smart

KNOW WHAT YOU'LL EAT

<p>Fat-free hard, semi-soft, or soy cheese, 1 oz, ▲, <b>PointsPlus</b> value: 1</p>	<p>Low-fat hard, semi-soft, or soy cheese, 1 oz, <b>PointsPlus</b> value: 2</p>	<p> Homemade chocolate chip, oatmeal, or sugar cookies, 2 small (1 oz), <b>PointsPlus</b> value: 3</p>	<p> Saltine crackers, 6, <b>PointsPlus</b> value: 2</p>
<p> Fat-free ice cream, 1/2 cup, <b>PointsPlus</b> value: 2</p>	<p>Egg, hard-cooked, 1, ▲, <b>PointsPlus</b> value: 2</p>	<p>Light yogurt (artificially sweetened), 1 cup, ▲, <b>PointsPlus</b> value: 3</p>	<p> Sugar-free gelatin, 1/2 cup, ▲, <b>PointsPlus</b> value: 0</p>
<p>Plain popcorn, air-popped, 3 cups, ▲, <b>PointsPlus</b> value: 2</p>	<p>Pretzel twists, 15 small or 7 regular (3/4 oz), <b>PointsPlus</b> value: 2</p>	<p>Lean ham, 2 oz, ▲, <b>PointsPlus</b> value: 2</p>	<p>Baked tortilla chips, 1 oz, <b>PointsPlus</b> value: 3</p>
<p> Plain popcorn, air-popped, 3 cups, ▲, <b>PointsPlus</b> value: 2</p>	<p> Pretzel twists, 15 small or 7 regular (3/4 oz), <b>PointsPlus</b> value: 2</p>	<p>Apple, orange, or pear, ▲, <b>PointsPlus</b> value: 0</p>	<p>Light ice cream, 1/2 cup, <b>PointsPlus</b> value: 4</p>
<p> Light ice cream, 1/2 cup, <b>PointsPlus</b> value: 4</p>	<p>Fat-free latte, 1 tall (12 fl oz), ▲, <b>PointsPlus</b> value: 3</p>	<p> Fat-free latte, 1 tall (12 fl oz), ▲, <b>PointsPlus</b> value: 3</p>	
<p>Baked potato chips, 1 oz, <b>PointsPlus</b> value: 3</p>	<p>Melon chunks, ▲, <b>PointsPlus</b> value: 0</p>	<p>Fat-free Greek yogurt, 1 cup, ▲, <b>PointsPlus</b> value: 3</p>	<p> Fat-free milk, 1/2 cup, ▲, and fortified whole-grain cereal, 1/2 cup, <b>PointsPlus</b> value: 3</p>

A refreshing summer drink (great after a workout). To get this **Pomegranate Cooler** recipe, and other fun summer recipes, be sure to check out the *Summer Entertaining Guide*.



**3** **PointsPlus** value **Pomegranate Cooler**

Photo by Tino Rupp

▲ denotes a Weight Watchers Power Food. \*Available in participating meeting locations and through the online store (for Weight Watchers Online subscribers only).



# Make Your Move!

Summer is the perfect time to start a new activity plan

**You know that regular activity can be great for body and mind.** As with planning your meals, thinking ahead about exercise can help you stay the course. Here's why, how, and when to make an activity plan.

**Why** Developing an activity plan helps put you in an "active" frame of mind. And that has multiple benefits.

- It helps you focus on activity as a natural part of life.
- It empowers you to think of yourself as someone who works out—an "exerciser."
- It eliminates the "oh, if only I had my stuff with me" excuse, since you will have clothing and gear ready.

**How** Zero in on activities that you enjoy and that work with your lifestyle.

What physical activities do you like? Sports? Or activities that aren't labeled exercise, like square dancing or bowling? Do you like being outside?

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Where do you prefer exercising—indoors or outdoors? Do you like the idea of working out with a buddy, in a group, or solo?

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When during the day is most feasible? Can you bring workout gear with you? Is your schedule routine or erratic?

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How long do you have for a workout? Can you block out 30 minutes or more a day? Or will you fit in short hits? Factor in time for driving to a gym, changing clothes, showering, etc.

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Check out "**Activity-Friendly Spaces**," a strategy-packed video that will help you move more with easy, simple changes. Scan this QR code!



**When** Now, follow these steps to schedule in your workout.

- 1** Plot out your weekly activity on your smartphone or calendar. Block out work, family, and other obligations.
- 2** Add specific activities and amounts of time you have to exercise—short, long, or in between.
- 3** Aim for at least 30 minutes of activity most days. You can divvy it into a few 10- or 15-minute spurts and it'll still pay off, especially if you amp up intensity.
- 4** Add any other notes that are helpful, like a reminder to call your exercise buddy the day before, or a few songs you want to add to your workout playlist.

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### Already a regular exerciser?

Build on your routine. Plan to go longer, harder, or faster. Some other ideas:

- **Try something new!** (Surfing? Rollerskating? Kayaking? Summer's the perfect time.) Plus you get the benefit of working different muscles and building up aerobic stamina in new ways.
- **Grab a friend.** Having a fitness buddy can liven up your routine.
- **Take it outside (or vice versa).** A change of venue can make a stale activity seem fresh again.



### Drink up!

Remember to stay hydrated in summer, especially when you're active. Carry a water bottle with you and use it before, during, and after your workout.



### Get the scoop on ActiveLink®\*

This state-of-the-art Activity Monitor and personal web experience is the perfect summer fitness pal! It records your every move, giving you feedback on your activity levels, helping you earn activity **PointsPlus®** values—and encouraging you to have fun trying new things. Want to learn more about this exciting gadget? Scan this QR code to see a cool video about ActiveLink.



\*You must have an active Weight Watchers eTools or Weight Watchers Online subscription to use ActiveLink.

For Meetings members, the ActiveLink monitor is available for purchase by eTools subscribers in participating Weight Watchers meeting locations. If ActiveLink is not available in your meeting location, you can also learn more and purchase it by visiting [weightwatchers.com/startactivelink](http://weightwatchers.com/startactivelink).

If you have a Weight Watchers Online subscription, you can log into your account and purchase the ActiveLink monitor in the Online Store.

For all ActiveLink users, an additional monthly ActiveLink subscription is required, which automatically renews each month until you cancel.

# For more info

See the videos highlighted in this booklet, plus more great ways to jumpstart your summer success! Go to [weightwatchers.com/summerkit](http://weightwatchers.com/summerkit)

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**1-800-651-6000**  
**[weightwatchers.com](http://weightwatchers.com)**

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