KEEP MOVING!

Sneak in activity (and keep it fun) this season!

Kids make excellent exercise gear!
**KEEP MOVING!**

**What it is:** Regular activity of about 150 minutes per week delivers many health benefits. It can lower your risk of heart disease, some cancers, and depression. And paired with a weight-loss focused eating plan like Weight Watchers®, it can help you shed pounds. Plus it’s key to maintaining weight loss. Time, or lack of it, can make it harder to be physically active. But moves like taking the stairs instead of the elevator, walking to do errands instead of driving, getting off the bus a stop early to walk the rest of the way can add activity, even if you never change into workout clothes or lace up a pair of sneakers. And if you bump up the level of these everyday moves you can make them a meaningful part of a healthier life.

**How it helps:** Regular activity can boost your mood, sleep quality, and ability to handle stress—all welcome this time of year. If fitting in 150 minutes of physical activity a week along with your holiday to-dos isn’t happening, even an hour total per week (think 10-minute bouts six days a week, for example) can give some health benefits. Check out the FitBreak by Weight Watchers® app (for iOS or Android) or the Hot5® app for iOS for ways to weave activity into your day without a major time commitment.

For research on the benefits of activity, go to weightwatchers.com/wwwupdates

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**WHAT TO DO: ADD IT UP**

Think about your typical day, then write down where you can sneak in some lifestyle activity. Take a look at our sample schedule to get inspired.

<table>
<thead>
<tr>
<th>TYPICAL DAY</th>
<th>SNEAKY MOVE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>7 a.m.</strong></td>
<td>Wake up</td>
</tr>
<tr>
<td><strong>8:30 a.m.</strong></td>
<td>Leave for work</td>
</tr>
<tr>
<td><strong>9 a.m.</strong></td>
<td>Work meeting</td>
</tr>
<tr>
<td><strong>11 a.m.</strong></td>
<td>Department check-in</td>
</tr>
<tr>
<td><strong>12 noon</strong></td>
<td>Lunch al desko</td>
</tr>
<tr>
<td><strong>3 p.m.</strong></td>
<td>Call to the mailroom to ship a package</td>
</tr>
<tr>
<td><strong>5 p.m.</strong></td>
<td>Leave work</td>
</tr>
<tr>
<td><strong>6:30 p.m.</strong></td>
<td>Dinnertime</td>
</tr>
<tr>
<td><strong>8 p.m.</strong></td>
<td>Post-dinner wind-down</td>
</tr>
</tbody>
</table>

**TODAY’S TASKS**

**MY SNEAKY MOVE**

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*Cover photo by Stocksy. Photo at left by iStock.*

CONTINUED
THINK AGAIN

If you think of activity as something that helps you feel better and have more energy rather than yet another chore, you'll find it more appealing.

OLD THOUGHT
“I’m so exhausted, I can barely keep my head up.”

NEW THOUGHT
“One lap around the block will energize me—mentally and physically.”

OLD THOUGHT
“I can’t make it to the gym, but I can check my Hot5 app for some quickie fitness ideas.”

NEW THOUGHT
“I can’t believe I have to skip my workout again. This stinks.”

NEW THOUGHT
“I can’t make it to the gym, but I can check my Hot5 app for some quickie fitness ideas.”

OLD THOUGHT
“I’m so busy doing things for family and friends this time of year, I don’t have much time for me.”

NEW THOUGHT
“Taking care of myself, including being active, is important; I’ll see if my teenager can take on a few of these tasks, or say ‘no’ to some.”

OLD THOUGHT
I do planks during commercials.

NEW THOUGHT
I do planks during commercials.

Locked my keys in my car... so I walked around while waiting for my sister! —karebear2927*

DITCHED MY CAR TODAY AND WALKED TO THE LIBRARY, THEN WENT OUT OF THE WAY TO PICK UP GROCERIES AT THE SUPERMARKET. —jmkvance*

TO DO THIS WEEK
• Sneak in one fitness move each day, using the ideas on page 3.

*I posted on Connect on the mobile app (for subscribers).
[HOLIDAY TREAT]
DARK CHOCOLATE AND WALNUT CIGARS

The trio of dark chocolate, toasted walnuts, and gooey dates can’t be beat!

2 SmartPoints® VALUE PER SERVING // PREP 20 MIN // BAKE 10 MIN // SERVES 24

3½ oz 70-85% dark chocolate, cut into chunks
4 dates, pitted
¾ cup walnuts, toasted
1 pinch ground allspice
1 pinch table salt
24 wonton wrappers
1 Tbsp powdered sugar

Preheat oven to 400°F. Line two baking sheets with parchment paper. • Place chocolate, dates, walnuts, allspice, and salt in a mini chopper or food processor; pulse until finely minced.
• Place 2 tsp filling diagonally across center of each wonton wrapper; roll two opposite corners in toward center, overlapping slightly to cover most of filling, but leaving a bit of filling showing. Place on prepared baking sheets; lightly coat with cooking spray. Bake until lightly browned, 8-10 minutes; dust with powdered sugar and serve warm or at room temperature. Yields 1 cigar per serving.