MOVE to
LOSE MORE!

The trick? Combine activity with a healthy eating plan.
Physical activity isn’t just going to the gym or jogging around the high school track. Technically, it’s “any body movement that increases your energy expenditure.” Any time you move, you’re physically active: carrying groceries, dancing with your girlfriend, or walking a 5K. Change what you eat and increase physical activity and you’ll see 20 percent greater weight loss than changing your diet alone.

How it helps: Aside from enhancing your well-being—boosting mood, helping heart health, and cutting the risk of certain cancers, among other benefits—moving more can help spur weight loss. Research shows that when you exercise and make changes to your diet, you lose more than if you only did one or the other. Most important, being physically active is the single best predictor of who keeps weight off and who doesn’t! So make your move!

MOVE MORE, LOSE MORE!

Eating alone: 21 lbs
Activity alone: 6.6 lbs
Eating + Activity: 24.2 lbs.

(Weight-loss results of 15-week study with 493 participants, average age 40, average weight 204 pounds.)

WHAT TO DO: GET MOVING
When it comes to physical activity, it all counts. The key is to do what you enjoy—and if you don’t like an activity, switch to something else. The more specifically you can define what you’ll do, the more likely you are to “see” yourself doing it. Customize your “move-more” mission with this worksheet.

WHAT do you want to do?
EXAMPLE: “I will go for a walk.”
YOUR TURN:__________________________________________
__________________________________________

WHEN are you going to do it (and for how long)?
EXAMPLE: “Monday, Wednesday, and Thursday from 5:30-6:00 p.m.”
YOUR TURN:__________________________________________
__________________________________________

WHERE will you do it?
EXAMPLE: “At the park near my home.”
YOUR TURN:__________________________________________
__________________________________________

WHO (if anyone) will do it with you?
EXAMPLE: “My kids will walk with me.”
YOUR TURN:__________________________________________
__________________________________________

FOLLOW UP
Decide what type of physical activity you want to do this week and fill in the chart above to create a plan for how to do it.
THINK AGAIN
If these common thoughts are getting in the way of your physical activity, reframe your thinking for success.

UNHELPFUL
“I’ll be more active so I can lose weight—then once I reach my goal I can stop.”

HELPFUL
“Physical activity is always good for me—whether it helps me lose now or maintain my weight once I reach goal. Plus, it just makes me feel great during and after.”

UNHELPFUL
“I hate to work out—and I can lose weight without doing it anyway.”

HELPFUL
“If I’m not enjoying how I’m moving, it’s time to try another activity. I can lose weight without it, but being active will help me keep it off, and there are so many benefits to moving more.”

YOUR TURN! What unhelpful thought have you had about activity recently? Write it here. Give it a reality check, then write your helpful thought here.

UNHELPFUL
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

HELPFUL
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Lightbulb icon by Shutterstock. Walking photo at right by Thinkstock.
INSPIRATION FROM OUR COMMUNITY!

“YOUR SUCCESS ISN’T JUST REACHING THE GOAL WEIGHT, IT’S EVERYTHING YOU DO LEADING UP TO IT.” —OPRAH

“When I feel unmotivated I tell myself to just go move for 5 minutes, then if I still feel like not moving I can stop. I usually keep moving for 30 minutes.” —MERIDITH45*

“START WHERE YOU ARE. IF YOU CAN WALK TO THE END OF YOUR DRIVEWAY, DO THAT AND KEEP DOING IT UNTIL YOU CAN DO MORE.” —GINGER

“Today I parked as far as I could from my doctor’s offices. Yay me!!!” —TANILYNNE1*

*Posted on Connect on the mobile app (for subscribers).

What helps you #MoveltLoveIt? Share on Connect on the mobile app (for subscribers).
Preheat oven to 400°F. Lightly spray 4 (8-ounce) ramekins or ovenproof bakers with nonstick spray. Cut 4-inch circle from each slice of bread and firmly press 1 into bottom of each ramekin; set aside. Discard scraps or save for another use. • Heat oil in medium skillet over medium-high heat. Add onion, bell pepper, zucchini, and ¼ teaspoon salt; cook, stirring occasionally, until vegetables soften and onion is translucent, 3−5 minutes. Remove from heat and set aside. • Whisk eggs, egg whites, remaining ¼ teaspoon salt, and black pepper together in medium bowl until frothy; stir in cooked vegetables and ¼ cup cheese blend. Divide mixture evenly among ramekins. Sprinkle each with 1 tablespoon remaining cheese. • Place ramekins on small baking sheet and bake until knife inserted into center of each casserole comes out clean, about 20 minutes. Remove from oven and cool 5−10 minutes before serving.

4 slices whole-wheat bread  
½ tsp canola oil  
½ cup diced red onion  
½ cup diced red bell pepper  
½ cup diced zucchini  
½ tsp salt  
4 large eggs  
4 large egg whites  
¼ tsp black pepper  
½ cup reduced-fat Mexican cheese blend

Make ahead and reheat in microwave.
5 SmartPoints® VALUE PER SERVING // PREP 15 MIN // COOK 25 MIN // COOL 5 MIN // SERVES 4

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Smart Ones® offers great-tasting snacks and meals to help you reach your goals, so you can enjoy your journey as much as the destination.

SAVOR YOUR JOURNEY