Go out & play!

Embracing nature can bring you back to yourself, body and spirit. page 4
April 29 is Shrimp Scampi Day!

Try our lighter, crazy-delicious take: Lemon-Garlic Shrimp with Couscous and Broccoli, for 7 SmartPoints™ value (vs. 12 for a typical restaurant version).

Recipe © Weight Watchers International, Inc. All rights reserved. Photo by John Kernick

Cover photo by Stocksy; Shrimp Scampi photo by Tina Rupp

Share your #SpringFun on Connect on the mobile app (for subscribers).

THOUGHTS FROM A LEADER

— Julie, Wausau, WI

MEMBER TIP
I love to play on the swings at the nearby playground; pumping hard and swinging very high is freeing and fun.


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LAST WEEK LOOK-BACK

Did you celebrate a glowment? How did it make you feel? Did it help motivate you?

Thrive

Tips, inspiration, and food for thought

From weightwatchers.com (for subscribers).

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分享你的#SpringFun在移动应用程序上（对于订阅者）。

上周回顾

你庆祝了光辉时刻吗？它让你感觉如何？它帮助你激励了吗？

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想法从领导者

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盛装打扮

提示，灵感，以及食物的想法

柠檬-大蒜虾配藜麦和西兰花，7 SmartPoints™价值（与典型餐厅版本相比为12点）。

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封面照片由Stocksy；虾面照片由Tina Rupp提供。

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春季新鲜

羽衣甘蓝沙拉配葡萄柚和木瓜

从Weight Watchers Year-Round Fresh cookbook

*Avaiable in participating meeting locations.

Tangy, spicy, fruity—this combo of bursting flavors and textures is the food equivalent of a vibrant spring day!

3 SmartPoints VALUE PER SERVING // PREP 15 MIN // SERVES 4

Whisk together vinegar, orange juice, oil, shallot, mustard, coriander, salt, and pepper in small bowl.

• Divide watercress evenly among 4 plates. Top with grapefruit, papaya, and leek. Drizzle evenly with vinaigrette.

TIP Leeks taste like delicate onions and when very thinly sliced, as in this recipe, they can be eaten raw.

6 cups tightly packed watercress sprigs
2 pink grapefruits, peeled and cut into segments
1/2 papaya, peeled, seeded, and diced
1 small leek, cleaned and very thinly sliced, white and light green parts only

3 Tbsp white balsamic vinegar
2 Tbsp orange juice
2 Tbsp canola oil
1 small shallot, minced
1/2 tsp Dijon mustard
1/2 tsp ground coriander
1/2 tsp salt
1/4 tsp black pepper
4 cups tightly packed watercress sprigs
2 pink grapefruits, peeled and cut into segments
1/2 papaya, peeled, seeded, and diced
1 small leek, cleaned and very thinly sliced, white and light green parts only

Whisk together vinegar, orange juice, oil, shallot, mustard, coriander, salt, and pepper in small bowl.

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Hurray for spring!
It’s not just the tulips and daffodils— you’re unfurling and blooming after a long winter, too. The rejuvenating properties of nature are well-documented* but you don’t need a scientist to tell you how good the fresh air and sunshine feel. The change of scenery can recharge your activity, too— compared to a treadmill, a walk in the park is... a walk in the park! Try these ideas to add pleasure to every day. Enjoy!

“I go to nature to be soothed and healed, and to have my senses put in order.” ~John Burroughs

Go out & play!

Embracing nature can bring you back to yourself, body and spirit.

** ANIMAL SPIRITS **

- I spy... a swallow! Bird-watching is a fun way to boost mindfulness.
- Visit a zoo, farm, or wildlife preserve.
- Pet the puppies at the local shelter.

** GAME ON **

- Play catch.
- Cheer on a local softball or minor-league baseball game.
- Try a new sport to stretch mental and physical muscles: golf, Frisbee, tennis...

** VISUAL FEAST **

- Draw with sidewalk chalk (and take a photo for Connect!**).
- Wander among the art at an outdoor sculpture garden.
- Snap photos of flowers and budding trees.

** ROLL OUT **

- Rent roller skates at an outdoor rink.
- Pull your bike out of the garage, check the brakes, grab your helmet, and pedal off!
- Hop on your kid’s skateboard or scooter.

** FEET FIRST **

- Greet the day with a peaceful walk.
- Hiking in woods or hills refreshes—and you feel #SoRugged, too!
- Walk errands instead of driving if you can.

** GO GREEN **

- Visit a botanical garden or flower show.
- Plant summer-blooming annuals.
- Look for four-leaf clovers.

** LITTLE THRILLS **

- Make like a kid at the playground and try out the swings, teeter-totter, monkey bars...
- Go fly a kite.
- Blow bubbles.

** SOUL FOOD **

- Savor the sounds of silence on a canoe ride.
- Look up at the night sky.
- Stroll on a deserted beach.

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* Learn more about how nature nurtures at weightwatchers.com/wwwupdates. **For subscribers.
When I’m stressed and tense,  
a bike ride calms me  
and evens out my emotions.  
I feel the rhythmic pedaling is  
my meditation time.” — TARA, TORRANCE, CA

“Walking gives me a chance  
to see the brilliant blue sky  
scattered with those magical  
white clouds. I breathe the fresh  
air and feel the comfort of the  
warm sun and my day comes  
to life.” — CAROL, CITRUS HEIGHTS, CA

“When I get home from  
work, I walk around the  
block with one of my kids.  
They get one-on-one time,  
I get moving—and we both  
feel good.” — KRISTINE, BOULDER, CO

Branden Wilson, Personal Trainer, Wello.com

“TAKING YOUR WORKOUT OUTSIDE?  
TRY TO FIND A LOCATION THAT ALSO HAS COVER  
NEARBY SO THE SPRING WEATHER (A.K.A. APRIL SHOWERS) CAN’T INTERRUPT YOUR ROUTINE.”

What’s your #OutdoorMove? Tell us on Connect on the mobile app (for subscribers).
This week’s action plan

Plan a short (5- or 10-minute) break outdoors on at least one day.

**STEP TO IT!** Clip on the Fit Pedometer and start moving! It tracks steps, distance, calories, and even tells you how long you’ve been walking. Tap the screens to view all your stats in real time!

Available in participating meeting locations.

**NEXT WEEK**

Spring-clean your fridge

**REMEMBER...**

to include WHAT you will do and HOW you will do it (think of “when,” “where,” and “who”).

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**Late-Breaking News**

For updates and corrections to Weekly recipes and other content, go to weightwatchers.com/wwwupdates