TURN IT AROUND!

A simple plan to reverse a small weight gain
A few extra pounds might not require a wardrobe overhaul—but they might signal that it’s time to reassess your behaviors to stop the numbers on the scale from climbing.

It’s tempting to think that your weight will go in one direction—down—till you reach your goal, and then you’ll live happily ever after at that weight. But that’s not realistic. So it’s essential to: a) recognize that a small gain will happen at some point, and b) have a plan in place to reverse it.

How it helps: Gaining even a small amount of weight can be upsetting—and if you’re not prepared, it can knock you off track (potentially leading to a bigger gain). First, decide what “small” means to you: We recommend that a weight gain of three to five pounds that’s stuck over a few weigh-ins should be taken seriously before it becomes larger. This is your “take action” weight—it’s a sort of wake-up call to make some changes. Then, use the steps on page 3 to create your personal weight-gain reversal plan.

You got this!

WHAT TO DO: PUT YOUR “ACTION” PLAN IN PLACE

It can be hard to get back on track (or on the scale!) after even a small gain. But that’s when knowledge is power. Fill in this plan now to make it easier if, and when, the time comes.

GET READY NOW:

1. Your current weight: ________
2. Your “take action” weight: ________ (3-5 lbs above today’s weight)
3. Your “action” plan contact (the person you’ll reach out to for support and accountability if you have trouble executing your plan within a week of the gain. Think: your friend, coworker, sister, etc.): ________

WHEN A SMALL GAIN HITS:

1. Track, starting with the first food/meal you eat after noticing your small gain.
2. If it’s hard to track every meal right away, start with the meal where you use the most SmartPoints® values.
3. Weigh yourself at least once a week (but no more than once a day). Continue tracking carefully until the number on the scale is back where you want it to be.
4. Check in with your “action” plan contact often.
THINK AGAIN

Don't let a small gain send you spinning. Take control of the situation with helpful thinking techniques that helped you succeed in the first place.

**UNHELPFUL**
“Since I gained a few pounds last month I’ll never be able to get back on track, let alone back to my happy weight.”

**HELPFUL**
“OK, I gained a few pounds last month—but I know my weight will go up and down from time to time. That’s why I made a plan to get back on track—and I’m going to use it.”

**UNHELPFUL**
“Now that I’m on Weight Watchers and I’m doing well, I’m never going to gain a pound again! I don’t need an ‘action’ plan.”

**HELPFUL**
“Even though I’m doing well, I’m likely to gain a few pounds from time to time. If I have a plan, I can focus on steps to get back on track, rather than obsess over the number on the scale.”

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

**UNHELPFUL**

**HELPFUL**

Gained 4.2 lbs! I’m owning this. I’m forgiving myself. Here I come with new determination!
—LAURIEPEER*

IF I’VE HAD A SMALL GAIN, I FIRST USE POSITIVE self-TALK: I LOOK AT HOW FAR I’VE COME AND THE SUCCESS I’VE HAD. THEN I GET REAL: I STOP ANY UNHELPFUL HABITS, FORGIVE MYSELF, AND MOVE FORWARD.

TO ACHIEVE SUCCESS, YOU HAVE TO LEARN HOW TO REBOUND WHEN YOU GET OFF COURSE.
—OPRAH

I’VE BEEN AT THIS LONG ENOUGH TO KNOW THAT GAINS AND LOSSES NEED TO BE MEASURED OVER THE LONG TERM.
—NONAKELSEY*

TO DO THIS WEEK
WHAT: Create an “action” plan for reversing a small weight gain.
HOW: Use the steps on page 3.

• What I want to accomplish this week:

*Posted on Connect on the mobile app (for subscribers).
[LIGHT FARE]  

SPIRALIZED BEET SLAW WITH LIME AND PEPITAS

If you don’t have a spiralizer, slice beets very thin, julienne-style.

2 SmartPoints® VALUE PER SERVING // PREP 25 MIN // SERVES 12

- 1 tsp grated lime zest
- 2 Tbsp fresh lime juice
- 1 Tbsp olive oil
- 1 garlic clove, crushed
- ½ tsp table salt
- ¼ tsp freshly ground black pepper
- 3 raw beets, peeled (about ¾ lb)
- 2 cups thinly sliced red cabbage
- 2 medium scallions, thinly sliced
- 3 Tbsp chopped fresh oregano
- 3 Tbsp roasted salted pepitas (pumpkin seeds)
- 6 Tbsp coarsely shredded queso cotija, or Parmesan cheese

In a large bowl, whisk together lime zest and juice, oil, garlic, cumin, salt, and black pepper.
- Spiralize the beets; add to lime dressing.
- Add the cabbage, scallions, and oregano to beets; toss well to coat. Sprinkle with cheese and pepitas; serve. Yields ½ cup beet slaw.

Use our new Vegetable Spiralizer to make this dish!