RETHINK ACTIVITY

Choose what you want to do (yes, it can be fun!)
RETHINK ACTIVITY

**What it is:** If you think that exercise is only for sporty people, that it takes a lot of time, that it’s pricey to join a gym and buy dedicated workout gear, well, think again. In fact, for now forget the words “exercise,” “fitness,” and “workout.” Instead think “activity,” which means moving more—however you want to. It’s something you can do, whether you’d describe yourself as active or not.

**How it helps:** If you jettison the notion that activity means hard work and lots of time, it’s easier to see how to add movement to your day, without upending your life. Activity isn’t an all-or-nothing proposition. Small moments count: walking to lunch instead of driving, taking the stairs instead of the escalator, playing ball with the kids instead of sitting and watching. Over time these moments can add up to something great. Regular activity has been linked to a reduction in coronary heart disease, type 2 diabetes, Alzheimer’s disease, and dementia. The more consistently you move, the more energy your body burns, the more confidence you can gain, and the better your mood might be—and that can help you achieve and maintain weight loss!

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

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**WHAT TO DO:**
GET READY FOR ACTION

It takes remarkably little prep to start adding activity to your day. Grab what you need from this list, kick the negative self-talk, and you’re off!

**GET COMFORTABLE SHOES.** Sneakers are best, but flat supportive shoes you can walk in will work too. The happier your feet feel, the more likely you are to go that extra block.

**MAKE IT A GAME.** Fitness apps can help with this. Track your steps and stairs, and try to outdo yourself each day (or, to start, each week). Our FitBreak by Weight Watchers® app has one-minute, do-anywhere moves.

**CREATE A PLAYLIST.** Don’t worry about beats per minute; this playlist should be your personal get-happy soundtrack. It’s more fun to move throughout your day—even to and from the bus stop—with earbuds blasting your favorite tune.

**DRAFT A TEAM.** Your dog may not know she’s a key player on Team You, but her early-morning “gotta pee!” bark can be incredibly motivating. Kids, partners, neighbors, and coworkers also make great everyday-activity buddies. It’s more fun to check out that new boutique coffee place down the street with a pal!
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.

UNHELPFUL
“I don’t have a half-hour in my day to work out.”
HELPFUL
“I don’t need half an hour. I can sneak in 10 minutes here and there—on my commute, at lunch, after dinner. That’ll be more than I’m doing now!”

UNHELPFUL
“My knees (feet/shins/hips) hurt when I walk anywhere—let alone for exercise.”
HELPFUL
“I’ll start slow and small with one new ‘move-more’ moment a day. If something hurts, I’ll stop or slow down and I’ll consult with my doctor about any pain I’m having.”

UNHELPFUL
“I don’t have money for a gym.”
HELPFUL
“I can get plenty of activity without spending a dime on classes or memberships. I’ll walk, try the moves in my Move More guide, and search for free local opportunities.”

TO DO THIS WEEK
• Add one more minute of activity one day this week: walk farther, march in place, etc.

I try to sneak in any walking I can. My coworkers think I have a bladder problem. —RLSDUDEY*

I get motivation from my doodle, Quinn, who has energy to spare and never passes up a chance to run around! —HUGGME123*

My myth busted? “Exercise isn’t fun.” It totally is! Just got a great arm and ab workout on the river in my brand new kayak! —AMROBSON84*

*Posted on Connect on the mobile app (for subscribers).
Try this recipe with escarole, cabbage, kale, or broccoli, too!

1 SmartPoints® VALUE PER SERVING // PREP 10 MIN // COOK 10 MIN // SERVES 8

3 lb broccoli rabe (2 big bunches, tough stems removed)
1 Tbsp extra-virgin olive oil
2 garlic cloves, thinly sliced
1 tsp minced jalapeño peppers
1 tsp ground fennel seed
¼ tsp table salt
1 Tbsp grated lemon zest

Bring a large pot of water to a boil; add broccoli rabe and cook 2 minutes. Transfer to colander and run under cold water; squeeze as much water out of it as possible. • In a large skillet, heat oil over medium heat. Add garlic, jalapeño, and fennel seed; heat, stirring until fragrant, 1 minute. Add broccoli rabe; sprinkle with salt. Sauté until broccoli rabe is well coated with flavorings, 2 minutes; stir in zest. Serve hot or warm. • Yields ¾ cup per serving.