Try Something New!

It can spur learning, enhance a sense of purpose, and boost your happiness.
Stepping outside your usual routine to sample a new food, take a different route to work, or sign up for a personal training session can be pleasurable, energizing, and perhaps a little scary (“Will I survive a workout with a personal trainer??”).

How does it help?
You’re paying attention to yourself, and putting your needs first. (How often do we do that from day to day?) Being open to novelty can also spur learning and exploration.* Speaking of exploration: Gazing up at the night sky or watching waves crashing on the beach—in other words, immersing yourself in an environment that’s both new and physically vast—can fill you with awe, connecting you to the larger world and to a sense of greater purpose, says another study.** New experiences can lead to greater happiness, which in turn can lead you to make healthier choices.***

That’s the idea of our Summer Try-a-thon—to encourage you to dip a toe into new waters. So take up the challenge! And come to your meeting each week; if you get 11 Bravo stickers, you’ll get a Try-a-thon award! See your Meeting Room team for info.

Happier people tend to make healthier choices!


WHAT TO DO: GET FRESH!
Scan these prompts, then jot down your ideas.

Something new I can do in 1 minute:
(Ideas: read a poem aloud, try a move from the FitBreak by Weight Watchers® app, watch a “kinetic sculpture” video on YouTube)

Something new I can do in 5 minutes:

A food or recipe I want to try:

Something I’ve wanted to do for years:

Something I’ve wanted to do but thought I couldn’t do until I lost weight:

Something I’m a little afraid of but want to try:

Something I tried once but want to have another go at:

A place I’d like to visit:

CONTINUED
THINK AGAIN
Routines can be comforting and familiar, like an old pair of pajamas. So change can be challenging. How can you get to “yes”? Accept where you are, but commit to a strategy for getting to where you want to be.

LESS HELPFUL: “I’m not good with change.”
MORE HELPFUL: “I accept that change is hard—but after all, desire to change brought me to Weight Watchers! I’ll make small changes first and wait till I’m comfortable before trying something else.”

LESS HELPFUL: “I wish I had the time.”
MORE HELPFUL: “Time is an issue, but I can look at my responsibilities and switch out something that’s not bringing me pleasure or fulfillment.”

LESS HELPFUL: “I’m perfectly content with what I’m doing/eating now.”
MORE HELPFUL: “I have nothing to lose by trying something new—and I might like it! If I don’t, I’ll move on.”

LESS HELPFUL: ____________________________
MORE HELPFUL: ____________________________
______________________________
______________________________
______________________________

TO DO THIS WEEK
• Choose one new thing from your page 3 list. Plan when, where, and how you can do it. Note it here or on your Summer Try-a-thon tracker card.

• What I want to accomplish this week:

Get more tips for making changes in “Weekly Extra” in this week’s e-newsletter (for subscribers) or go to weightwatchers.com/weeklyextra

TIP FROM A LEADER
Taking on new challenges keeps me committed to my healthy lifestyle and maintaining my weight. I trained for 5Ks, a mud run, a 10K, then a half marathon this spring!

I’ve had ground ginger in my spice drawer, but never used it till now, when I whipped up an Asian-inspired dish. It was a nice addition!

—GymmomLC*

*Posted on Connect on the mobile app (for subscribers).
GRILLED BABY EGGPLANT WITH YOGURT SAUCE

This Middle Eastern-inspired side dish pairs perfectly with grilled lamb or chicken. And you can’t beat the SmartPoints value!

0 SmartPoints® VALUE PER SERVING // PREP 10 MIN // COOK 10 MIN // SERVES 6

- ¾ cup fat-free plain Greek yogurt
- 2 Tbsp water
- ⅛ tsp kosher salt, divided
- ¼ tsp ground cumin
- ¼ tsp very finely minced garlic
- ¼ tsp regular or smoked paprika, plus extra for garnish
- 3 baby eggplants (about 1 ½ lb)
- 2 sprays cooking spray
- ¼ cup mint leaves, thinly sliced
- ¼ cup fat-free plain Greek yogurt
- 2 Tbsp water
- ⅛ tsp kosher salt, divided
- ¼ tsp ground cumin
- ¼ tsp very finely minced garlic
- ¼ tsp regular or smoked paprika, plus extra for garnish
- 3 baby eggplants (about 1 ½ lb)
- 2 sprays cooking spray
- remaining ½ teaspoon salt
- Grill eggplants until lightly charred and tender, turning as needed, about 8 to 10 minutes; remove to a serving platter or bowl. Spoon yogurt sauce over eggplants; sprinkle with sliced mint and garnish with paprika. Yields about 2 slices of eggplant and 2 tablespoons of sauce per serving.

FIT HITS
Pump it up with Running Burpees: Do 4 quick jogs in place, then get down into a plank for a beat, then get back on your feet and repeat for 1 minute. Whew! Check it out in Cardie Basics, one of dozens of 5-minute full-body workouts on the ® app (free; premium content for subscribers).

THOUGHTS ON MY MEETING...
GREAT STUFF I HEARD.... HELPFUL TIPS... WHATEVER!

FIT,HIT

THE JOURNEY IS EVEN BETTER WHEN YOU TAKE IT TOGETHER.
Invite a friend to join Weight Watchers® for a chance to win a 5-day retreat and MEET OPRAH! Ask your Leader for details.

THE JOURNEY IS EVEN BETTER WHEN YOU TAKE IT TOGETHER.
Invite a friend to join Weight Watchers® for a chance to win a 5-day retreat and MEET OPRAH! Ask your Leader for details.

N O PURCHASE NECESSARY. Open to legal residents of 50 US & DC, who are 21 years of age or older as of date of entry. The Better Together Sweepstakes begins 5/1/16; ends 10/31/16. Sponsored by Weight Watchers North America, Inc. For official rules, free method of entry, and complete details, visit www.weightwatchers.com/oprah-refer-a-friend

*Referral friend must sign up for a Weight Watchers subscription membership.

FIT,HIT

THE JOURNEY IS EVEN BETTER WHEN YOU TAKE IT TOGETHER.
Invite a friend to join Weight Watchers® for a chance to win a 5-day retreat and MEET OPRAH! Ask your Leader for details.

THE JOURNEY IS EVEN BETTER WHEN YOU TAKE IT TOGETHER.
Invite a friend to join Weight Watchers® for a chance to win a 5-day retreat and MEET OPRAH! Ask your Leader for details.

N O PURCHASE NECESSARY. Open to legal residents of 50 US & DC, who are 21 years of age or older as of date of entry. The Better Together Sweepstakes begins 5/1/16; ends 10/31/16. Sponsored by Weight Watchers North America, Inc. For official rules, free method of entry, and complete details, visit www.weightwatchers.com/oprah-refer-a-friend

*Referral friend must sign up for a Weight Watchers subscription membership.

FIT,HIT

THE JOURNEY IS EVEN BETTER WHEN YOU TAKE IT TOGETHER.
Invite a friend to join Weight Watchers® for a chance to win a 5-day retreat and MEET OPRAH! Ask your Leader for details.

THE JOURNEY IS EVEN BETTER WHEN YOU TAKE IT TOGETHER.
Invite a friend to join Weight Watchers® for a chance to win a 5-day retreat and MEET OPRAH! Ask your Leader for details.

N O PURCHASE NECESSARY. Open to legal residents of 50 US & DC, who are 21 years of age or older as of date of entry. The Better Together Sweepstakes begins 5/1/16; ends 10/31/16. Sponsored by Weight Watchers North America, Inc. For official rules, free method of entry, and complete details, visit www.weightwatchers.com/oprah-refer-a-friend

*Referral friend must sign up for a Weight Watchers subscription membership.
Perfect.

No artificial sweeteners.

PEANUT BUTTER CARAMEL
ICE CREAM CANDY BARS

4 SmartPoints
value
per bar

weightwatchers

Save $1.00
on any two (2)
Weight Watchers®
Ice Cream
Novelty Cartons

TO LEARN MORE ABOUT WEIGHT WATCHERS® ICE CREAM, VISIT WEIGHTWATCHERS.COM/ICECREAM

MANUFACTURER’S COUPON EXPIRES 8/31/2016

Consumer/Retailer: LIMIT ONE (1) COUPON PER PURCHASE on product/quantity specified and MAXIMUM OF TWO (2) IDENTICAL COUPONS allowed in same shopping trip. VOID IF altered, copied, sold, purchased, transferred, exchanged, used to purchase products for resale or where prohibited or restricted by law including LA. Valid only in the USA, APOs & FPOs. Consumer pays sales tax. Retailer: We will reimburse you the face value + .08¢ for handling this coupon according to our offer. Any other use constitutes fraud. Cash value 1/20¢. Mail to Wells Enterprises, Inc., CMS Dept. #70640, 1 Fawcett Dr., Del Rio, TX 78840. WEIGHT WATCHERS on foods and beverages is the registered trademark of WW Foods, LLC. WEIGHT WATCHERS for services and SmartPoints are the registered trademarks of Weight Watchers International, Inc. Trademarks are used under license by Wells Enterprises, Inc. ©2016 Weight Watchers International, Inc. All rights reserved. Selection may vary by store.