Love Your Summer

Mindfulness can help you savor the best of the season!
Love Your Summer

What is it about this season that’s so special? For most of us, summer is a time to ease up on routines, travel more, and enjoy longer days. It just feels happier! Bring that feeling to your own life by savoring all that summer has to offer.

How does it help?
Taking part in pleasurable, engaging, and meaningful activities can boost life satisfaction, according to research.* And when you do them with attention—and intention—even a 20-minute daily walk can leave you feeling happy and appreciative all week.** In fact, scientists think it’s possible that regular meditation and mindfulness practices may literally change your brain, enhancing emotional and self-regulation, memory and learning, and body awareness.*** All of those good things can help you stay motivated and on track with your weight-loss and healthy-living progress.

“What summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language.”
—Henry James

CONTINUED

WHAT TO DO:
Savor Your Summer

Treat your senses with this delightful exercise, inspired by a classic mindfulness practice. Choose a ripe piece of fruit—a peach, blackberry, strawberry, or plum is ideal. But you can try it with any ripe summer fruit or vegetable.

SIGHT Gaze at the fruit. What does the skin look like? Is it shiny? Is it one solid color or are there variations? What is the shape? Do you notice any dents or markings?

TOUCH As you roll the fruit in your hand, what does it feel like? Does it give under your fingers? Is the skin bumpy or smooth? Do you feel any drops of moisture?

SMELL Bring it to your nose and inhale the fragrance. Is there a sweet perfume? A hint of mustiness? Earthiness?

HEARING Gently bite into the fruit. What does that sound like? Is there a soft slurp or a crunch?

TASTE Chew slowly, letting the fruit linger on your tongue. Are there tangy notes? Sweet? Bitter?

Think of how different this experience is from eating while driving to work or watching TV. Bring this sense of presence to other day-to-day activities—and you might find yourself calmer and even happier.*


THINK AGAIN

If you’re not sold on the benefits of mindfulness, see if these tips can help. Change your thinking and you can change how you feel, and thus, what you do!

**CHALLENGE:** “I don’t know what to do.”

**SOLUTION:** Being mindful is simply being fully present in the moment, such as being aware of your body, the pressure of the chair beneath you, your breathing, your heart beat. Visit bit.ly/5MinuteMeditation for an easy way to do it.*

**CHALLENGE:** “I don’t have the time to sit and meditate.”

**SOLUTION:** Even a minute or two of sitting quietly, eyes closed, and focusing on your breath and body can work wonders. And you can practice being mindful when doing a task like folding laundry or weeding, or even while eating.

**CHALLENGE:** “When I try it, my mind wanders.”

**SOLUTION:** It’s normal for thoughts to intrude. Acknowledge them and gently bring your mind back to the present. The more often you do it, the easier it gets!

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*I from the UCLA Mindful Awareness Research Center.

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**Tip from a leader**
I’ll enjoy everything summer brings: tomatoes, outside concerts, and sunlit walks with my wife.

**ZACH, LEADER IN CONNECTICUT**

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**TO DO THIS WEEK**

- Do the “Savor Your Summer” exercise on page 3. Jot down your thoughts.

- What I want to accomplish this week:

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Learn more about mindfulness in “Weekly Extra” in this week’s e-newsletter (for subscribers) or go to weightwatchers.com/weeklyextra

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*Posted on Connect on the mobile app (for subscribers).
[VEGETARIAN]
PASTA SALAD WITH TOMATO & BASIL

This is not your typical deli-style pasta salad. This much brighter tasting and colorful version is loaded with crunch (but not SmartPoints!).

5 SmartPoints® VALUE PER SERVING // PREP 12 MIN // COOK 10 MIN // SERVES 6

6 oz mini farfalle or bowtie pasta (about 2 cups)
½ cup light mayonnaise
1 Tbsp red wine vinegar
½ tsp table salt
¼ tsp freshly ground black pepper
3 medium plum tomatoes, seeded and diced
1 small carrot, diced
½ cup chopped fresh basil
3 Tbsp chopped red onion

In a large pot of lightly salted boiling water, cook pasta as package directs. Drain and rinse under cold running water; drain well. In a medium bowl, combine mayonnaise, vinegar, salt, and pepper. Add pasta, tomatoes, carrot, basil, and onion to bowl; toss to mix and coat. Yields about ½ cup per serving.

MAKE AHEAD
This recipe tastes best freshly made, but if you would like to prepare it ahead, just keep the dressing separate and toss shortly before serving. It’s important to use nice, ripe tomatoes for the best flavor. Diced beefsteak or halved grape tomatoes can be substituted for plum tomatoes if they aren’t beautifully ripe.

FIT HIT
Tighten your abs with Knee Pulls!
Lie on your back, then curl up to sitting, bringing in one knee, keeping the other leg straight. Hug your knee into your chest as you sit up, then lower back to the floor, arms straight out. Alternate legs for 1 minute.

Check it out on the Hots® app (free; premium content for subscribers)

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

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.

NO 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

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

SIP SMART
Enjoy Cosmopolitan City and Margarita Mambo non-alcoholic cocktail mixers, each 0 SmartPoints value per serving! Available in participating meeting locations.
3-Layer Mocha Chip Ice Cream Cake

Serves: 16
Servings: ⅛ in. slice each (or ¼ in. of the cake)
Preparation Time: 15 min.
8 snack size mocha latte bars to nearly cover bottom of pan.
• Line a standard sized loaf pan with plastic wrap. Arrange (or ⅛ th of the cake)
• Smooth together with a spatula and top with ⅔ cup of pan.
• Freeze for several hours or overnight. Carefully unmold cake onto a platter and sprinkle with mini chips before serving.
• Slice into 8 pieces and each slice in half for one serving.

Ingredients:
1⅓ TBSP mini chocolate chips
18 chocolate wafer cookies, crushed
2 packages snack size Weight Watchers Mocha Latte Ice Cream Bars (24)
1½ TBSP mini chocolate chips

Instructions:
- Line a standard sized loaf pan with plastic wrap. Arrange 8 snack size mocha latte bars to nearly cover bottom of pan.
- Smooth together with a spatula and top with ⅔ cup crushed cookie. Repeat with another layer of bars and crushed cookie and finish with a layer of bars.
- Freeze for several hours or overnight. Carefully unmold cake onto a platter and sprinkle with mini chips before serving.
- Slice into 8 pieces and each slice in half for one serving.

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